



CHAMPIONS OF YOUTH

A MILESTONE ON A LIFELONG JOURNEY

Prince Harry's visit a royal treat for this year's Duke of Edinburgh's International Award recipients



HRH Prince Harry delighted recipients at The Duke of Edinburgh's International Gold Award Ceremony in Toronto. PHOTO: GRANT MARTIN

THE CANADIAN ROOM AT THE FAIRMONT ROYAL YORK IN TORONTO WAS BUZZING WITH EXCITEMENT this fall when His Royal Highness Prince Henry of Wales made a Royal appearance at The Duke of Edinburgh's International Award – Canada Gold Award Ceremony.

The Award was presented to 150 participants from across Canada by The Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario.

Prince Harry moved around the room, spending a special moment with each participant, taking the time to greet, shake hands and speak to the Achievers about their Duke of Ed journeys.

Peter Lawless, Vice President of the Canadian Olympic Committee and

Duke of Ed Gold Award alumni, spoke to the Achievers, remarking, "I hope you see the receipt of this Award not as a destination but as a milestone on a lifelong journey."

Gold Award recipient Bibi Hakim was passionate about the effects of the Award on her as an individual Achiever.

"This award means so much because it has taught me valuable lessons, connected us to together and led us on a path to success," she said.

The Duke of Ed would not survive without the continued support of dedicated Award Leaders, Volunteers, alumni, donors and staff.

For more than 50 years, the Duke of Ed in Canada has been supporting Canadian youth, as they grow as indi-

viduals by giving back through community service, learning new skills, completing an adventurous journey and remaining physically active.

The Award recognizes how overwhelming it is for today's young people to discover his or her place in the ever-expanding globalized society.

Many young people, through lack of confidence, opportunity or education, often feel incapable of affecting real change within their communities. The Award provides a platform of encouragement and support that helps young Canadians excel as individuals while building the framework to realize their dreams.

The Award believes that formal education is not the only place to nur-

ture a young person's potential. The program challenges young Canadians to develop skills and tools that go beyond their comfort zone to ignite a feeling of confidence in themselves and those around them.

The focus is character building, so that when a participant reaches the final stages of their Award journey, they are self-reliant, compassionate and ready to be community leaders.

Unlike most programs, Award participants set their own goals and determine their own pace. Every Award journey is as unique as the individual designing their blueprint in pursuit of self-development.

Currently, there are more than 50,000 young Canadians enrolled in the program.

OUR IMPACT

Too many young Canadian are spending their free time perched in front of screens, making unhealthy food choices, and not exercising. The Award is helping to change that

PHYSICAL ACTIVITY

More than 90 per cent of young Canadians are currently failing to meet the most recent MVPA (Moderate to Vigorous Physical Activity) guidelines, according to a report card from Active Healthy Kids Canada.

THE GOOD NEWS

- 69 per cent increase in number of hours spent weekly in physical activity for Award participants.
- 79 per cent of participants continue being active after completing the Award.

VOLUNTEERISM

49 per cent of Canadians, aged 15-24, say they don't volunteer because they've never been asked.

THE GOOD NEWS

- 79 per cent of Award participants say they will continue to volunteer in the future.
- 87 per cent gained a new perspective on their communities.

YOUTH EMPOWERMENT

Over 20 per cent of Award participants are considered at-risk youth.

THE GOOD NEWS

- 84 per cent of them developed skills to help them achieve their goals.
- 83 per cent developed lasting interpersonal skills.

SELF CONFIDENCE

ALL GOOD NEWS

- 87 per cent felt more confident about themselves as a result of the Award.
- 91 per cent were proud of the goals they achieved.

Q&A

ANTHONY GRAHAM, CHARTER FOR BUSINESS CHAIR, ON HIS FORMATIVE YEARS AND WHY HE SUPPORTS THE DUKE OF ED

Anthony Graham is the Chair for the Charter for Business, which is a partnership between The Duke of Edinburgh's International Awards Canada and the business community.

HOW DID YOUR TEEN YEARS SHAPE YOU?

I was fortunate to attend a school that embraced the ethos of The Duke of Edinburgh's International Awards program – a well-rounded curriculum of schoolwork, physical activity and community service. From very early on we learned that we had the opportunity for greater responsibility if we got ourselves involved.

WHAT WERE YOUR ASPIRATIONS WHEN YOU WERE A TEENAGER?

Like every teenager, I wanted to make friends and be part of a growing circle of friends. However, unlike many teenagers, who are usually trying to discover their interests and aspirations, I knew at a fairly early age that I had a fascination to get involved in business.

WHO WERE YOUR ROLE MODELS?

My parents – my father for his work ethic and, as a veteran of World War II, his service to country; my mother for her curiosity and irreverence for pretentiousness. And both of them for their wonderful sense of humour.

“The Duke of Ed cannot only be life-building, but life-changing

Anthony Graham
Vice Chairman and Director of Wittington Investments Ltd. and Chairman and Director of Choice Properties Real Estate Investment Trust

WHY DID YOU AND YOUR WIFE CHOOSE TO SUPPORT THE DUKE OF ED?

All three of our daughters participated in the Duke of Ed. We saw first-hand how the values of the program were put into action by the participants. However, years later, we realized that the program required the financial resources to get into parts of our community and country that had not experienced it before: inner-city youth, troubled youth, Indigenous youth. We truly believe that The Duke of Ed cannot only be life-building, but life-changing.

WHAT ROLE DOES THE CORPORATE COMMUNITY PLAY IN ENGAGING CANADIAN YOUTH?

Enlightened companies quickly realize that today's youth are tomorrow's customers and employees. By investing in a program such as The Duke of Ed, Canadian corporations are investing in the future community leaders of our country.

THE AWARD PROGRAM'S COMPONENTS ARE DESIGNED TO BUILD SELF-CONFIDENCE, PERSEVERANCE, INITIATIVE AND TEAMWORK. AS AN EMPLOYER, HOW ARE THESE SKILLS VALUED?

Every employer has different "job specific" requirements, but the attributes embodied by the Award program, as described in the question, are universally desired traits for any organization.

WHAT ADVICE DO YOU HAVE FOR PARTICIPANTS WHO ARE ABOUT TO EMBARK ON THEIR CAREERS?

Show a sense of initiative; take on tasks that will lead you to taking on responsibility; keep your mind open and flexible because the only predictable thing is that the world keeps changing!



Anthony Graham is the Charter for Business Chair for The Duke of Edinburgh's International Award.

The Charter for Business ensures that the Award is accessible to all young Canadians, regardless of geography, circumstances or abilities.