



Supporting youth health through real, measurable engagement.

In 2024 participants across Canada committed an estimated 1,092,000 hours of experiential engagement.



From snowshoeing to coding to volunteering, Award activities introduced hundreds of young people to regular, extended healthy habits such as...



Empowering youth through movement, routine, and resilience:

With over...

56,000 hours

of physical activity in 2024 strengthening confidence, health, and independence across Canada.

”

I've biked over 1,000km for my Award, and gone on day-long biking trips with friends. I've been places where I'd never have gone by car or on foot. - Jerry, Bronze Award Holder

As a result...

79%

feel more confident

&

92%

feel the Award challenged them





Inspiring Real Action. Lasting Change:

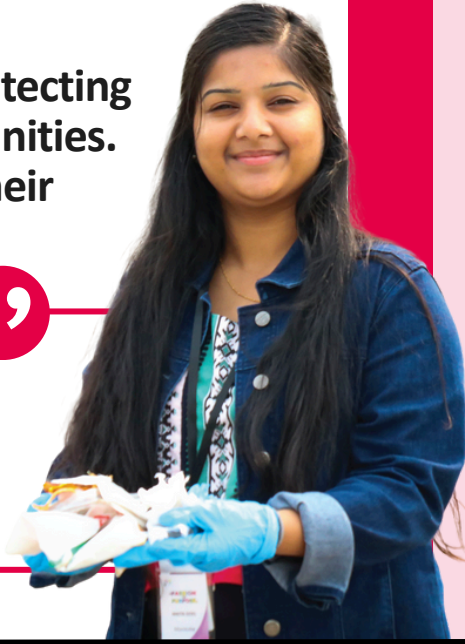
With over...

41,000 hours

driving impact—leading, tutoring, protecting the planet, and strengthening communities. For over 45%, sustainability shaped their service.



It started with tracking hours and getting signatures, but long after that, I was still showing up. It became part of who I am.”
- Kathleen, Bronze, Silver & Gold Award Holder



As a result...

88%

felt their voluntary service had a positive impact

&

72%

are more satisfied with their lives



Developing Skills That Build Confidence and Purpose:

With over...

48,000 hours

dedicated to mastering skills that shape identity—music, languages, coding, and public speaking.



One of my favorite skills I developed was during my Silver Award, I was learning how to take aerial photos and videos with my drone.
- Ian, Bronze, Silver & Gold Award Holder



As a result...

79%

now see challenges as opportunities to develop.

&

87%

find it more exciting to try new things



Embracing a challenge through the Adventurous Journey:

With over...

46,284 hours

discovering leadership, teamwork, and resilience in every setting—wilderness or city streets. With 1 in 4 journeys unfolding in urban spaces, adventure proved to be wherever young people pushed their limits.



My favorite part of this program was, by far, the Adventurous Journey. It was such an excellent chance to meet people I would never have associated with.
- Brenna, Bronze Award Holder



As a result...

86%

got better at working in a team.

&

83%

I got better at seeing other people's point of view

additionally Award participants also indicated additional impact including...

84%

said it has become more important to them to contribute to their community

79%

said they feel strongly that they can be a good group leader

84%

said they feel more resilient and determined

82%

feel more comfortable in new and unusual situations