



FOXY & SMASH 2023 Peer Leader Retreats Application

Fostering Open eXpression among Youth (FOXY) and Strength, Masculinities, and Sexual Health (SMASH) are excited to announce our summer Retreat applications are now open for youth aged 13-17 years old from the Northwest Territories, Nunavut, and Yukon. We have confirmed dates for two Retreats this summer:

- **June 12-20, 2023 at Frontier Lodge is a FOXY & SMASH Peer Leader Retreat, meaning youth of all genders are invited to apply.**
- **July 24-August 1, 2023 at Nonacho Lodge is a FOXY Peer Leader Retreat, meaning young women and gender diverse youth are invited to apply.**

If you have any questions about which Retreat is right for you or a youth in your life please contact us at retreat@arcticfoxy.com or at 867-444-9108. Please review all of the attached information, then submit the attached application or apply online through our Google Form application.

All expenses for participants, including travel from their home communities to Yellowknife, are covered through the generous support of the Public Health Agency of Canada, the Department of Women and Gender Equality, Government of the Northwest Territories, and our other sponsors. There is no charge to any participant in the FOXY & SMASH Peer Leader Retreats.

APPLICATION DEADLINE: FRIDAY, MAY 26, 2023 at 5pm MDT

Completed applications may be scanned and emailed to retreat@arcticfoxy.com, faxed to 1-888-518-4945, or mailed to: FOXY, 5029 57th Street, Yellowknife, NT, X1A 1Y4

SPACE IS LIMITED. APPLYING DOES NOT GUARANTEE ACCEPTANCE – WE WILL CONTACT ALL APPLICANTS WITHIN TWO WEEKS AFTER THE DEADLINE!

Note to Parents, Guardians, & Teachers helping to complete this application:

Thank you for helping the youth in your life learn about FOXY & SMASH. We look forward to hearing from all youth, and ask that you allow them to complete the Section D Participant Interest page of this application as independently as possible. We want to see their handwriting, their personality, and even their spelling errors come through in the application! **If you need to scribe for the prospective participant, please include a note letting us know that you wrote down what the applicant said.**

We are an arts-based organization and previous experience with the arts or artistic talent is not required, but we hope you will enjoy expressing yourself and giving it a try! We want all participants to be excited to try new stuff (even if they're nervous!), such as: digital storytelling (videos & audio stories), mixed media art (like painting, sculpting, felting), traditional arts (like drum circles, smudging), and sexual and mental health education.

If you require further information or have any questions, please see our website at www.arcticfoxy.com, our Facebook - <https://www.facebook.com/foxysmash> - Instagram <https://www.instagram.com/foxysmash>

FOXY & SMASH Peer Leader Retreat

Monday, June 12th, 2023 (Day 1) – Tuesday, June 20th, 2023 (Day 9)

Day 1

- Participants arrive in Yellowknife from their home communities.
- Participants and facilitators get to know one another and have a sleepover in Yellowknife accommodations.

Day 2

- Participants and facilitators fly out to Lutselk'e in the morning then boat out to Frontier Lodge (5 minute boat ride).
- Participants arrive at Frontier, get settled, and eat lunch before doing an orientation and getting started on Retreat activities.

Days 3-6

- Participants take part in digital storytelling, mixed media art, sexual and mental health education, empowerment exercises, and plan their Community Projects.

Day 7

- Participants finish up the projects they have worked on and have the opportunity to share with one another and staff at our Retreat showcase.

Day 8

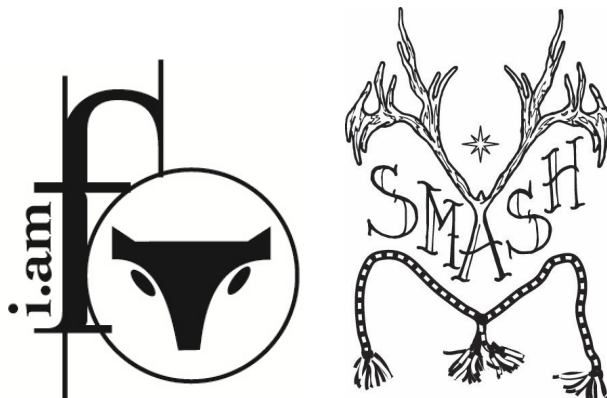
- Participants spend the morning debriefing from the Retreat and share what they have learnt and their Community Project plans.
- After lunch, everyone packs and gets ready to leave.
- We fly back to Yellowknife.
- Over supper, we give out our Camp Awards!
- All participants and facilitators go to the Yellowknife accommodations to spend the night.

Day 9

- Participants return to their home communities. We will miss you!

Community Project Completion Deadline – December 15th

- Participants check in with the Program Coordinator responsible for Community Projects until they have completed their Community Projects (due before December 15th). We encourage everyone to do them as soon as possible after the Retreat! Community Projects don't need to be onerous. They are small projects that youth do for the betterment of their community.



FOXY Peer Leader Retreat

Monday, July 24th, 2023 (Day 1) – Tuesday, August 1st, 2023 (Day 9)

Day 1

- Participants arrive in Yellowknife from their home communities.
- Participants and facilitators get to know one another and have a sleepover in Yellowknife accommodations.

Day 2

- Participants and facilitators fly out to Nonacho Lodge via float plane.
- Participants arrive at Nonacho, get settled, and eat lunch before doing an orientation and getting started on Retreat activities.

Days 3-6

- Participants take part in digital storytelling, mixed media art, sexual and mental health education, empowerment exercises, and plan their Community Projects.

Day 7

- Participants finish up the projects they have worked on and have the opportunity to share with one another and staff at our Retreat showcase.

Day 8

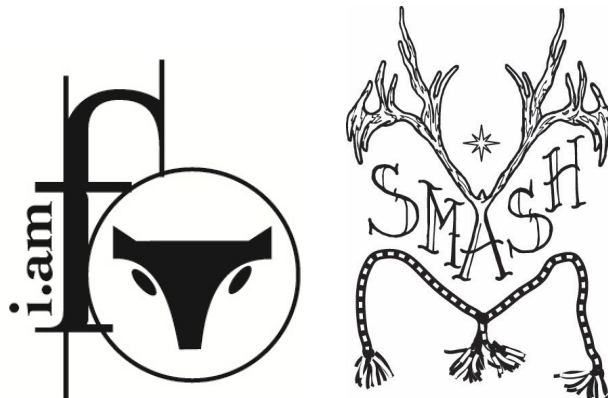
- Participants spend the morning debriefing from the Retreat and share what they have learnt and their Community Project plans.
- After lunch, everyone packs and gets ready to leave.
- We fly back to Yellowknife.
- Over supper, we give out our Camp Awards!
- All participants and facilitators go to the Yellowknife accommodations to spend the night.

Day 9

- Participants return to their home communities. We will miss you!

Community Project Completion Deadline – December 15th

- Participants check in with the Program Coordinator responsible for Community Projects until they have completed their Community Projects (due before December 15th). We encourage everyone to do them as soon as possible after the Retreat! Community Projects don't need to be onerous. They are small projects that youth do for the betterment of their community.



IMPORTANT THINGS TO KNOW

- At the Retreat, you will be sharing a cabin or room in the lodge with other participants. If you have any concerns about this, or would like to make any special requests, please contact us in advance.
- At the Retreat, **smoking (cigarettes, vaping, marijuana), drinking, and drugs are strictly prohibited. Please leave these items at home so they don't jeopardize your chance to stay at the Retreat. If you think you will need support to manage not using substances at the Retreat, please let us know in advance.**
- We will make all attempts to accommodate special medical, nutritional, and personal needs, however, due to the nature of our venue being out on the land, there may only be so much we can do. Please be honest about your needs (especially on your health form) and we will work with you as much as possible to make sure that you have the best time at the Retreat!
- During the days and evenings that we are spending in Yellowknife, **all participants and facilitators will remain at the Retreat, as these are team-building activities that are central to the Retreat. There will be no exceptions made.**
- During our time at the lodge, participants are not able to leave for any reason outside of an emergency. **If a participant must be removed from the site for disciplinary reasons, the cost of the flight charter will be forwarded on to the participant's family.**
- While the emphasis will not be on strenuous activity, participants should be prepared to spend time outside and engage in some moderate physical activities. Frontier and Nonacho Lodge are internationally acclaimed fishing lodges and we experience all of these arts and activities in a beautiful outdoor environment, but our Retreats are not meant to be an outdoor adventure camp.
- **FOXY strongly discourages you from bringing your phone or device to the Retreat** – we don't have cell service anyway, and the limited wireless Internet is exclusively for the use of the lodge staff. If you are concerned about your device getting lost or damaged, please leave it at home. **If you choose to bring your phone it will be collected at the Retreat and put in a lock box for safekeeping for the duration of the Retreat. Any other devices such as smart watches, tablets, laptops, portable video game consoles will also be placed in the lock box.** We'll be super busy anyway doing fun things, and many participants in previous years found that they enjoyed being free from their electronic devices during the Retreat. Staff will be taking some photos that will be available for you to view after the Retreat, and you are welcome to bring your own digital camera as well if you'd like to capture your memories!

PACKING LIST

*Frontier and Nonacho are premier lodges, but some activities will be outside and everything will take place in a rustic environment. Please do NOT bring anything that you will be upset about if it gets damaged/lost!

*This is a suggested packing list, but remember that all of our accommodations will be shared, and you'll be responsible for keeping track of all of your belongings.

*Please pack light! Make sure that your baggage is within the weight limit of your flights to the lodge/Yellowknife (no more than 30lbs).

IF YOU DON'T HAVE EVERYTHING ON THE LIST, DON'T WORRY! CONTACT FOXY - YOU CAN PROBABLY BORROW SOMETHING FROM FOXY!

- Small backpack (to bring from your cabin to the lodge)
- Your FOXY/SMASH t-shirts or hoodies if you already have them!
- A set of clothing that you can get paint on (for art activities)
- Layers for different weather (t-shirts, long sleeves, pants, shorts)
- Warm sweater or coat (it can still get chilly in the evenings)
- Pyjamas
- Underwear
- Swimwear and beach towel for swimming
- Additional towel for showering
- Water bottle (reusable & marked with your name!)
- Flashlight or headlamp
- Toiletries including:
 - toothbrush, toothpaste and floss,
 - hairbrush and/or comb, hair ties
 - soap, shampoo and conditioner
- deodorant
- Pads/tampons (if needed)
- Glasses/contacts (if needed)
- Camera and battery charger (optional)
- Shower sandals (optional)
- Slippers for the Lodge (optional)
- Book or a deck of cards (optional)
- Sleeping bag, pillow, and a small foamie for the sleepovers in Yellowknife (these will get stored in Yellowknife when we go out to the lodge – so pack them separately from the rest of your gear! **If you are coming from a community that is very far away, please discuss this with FOXY staff as you may be able to borrow some of ours instead!**)
- Any medications (prescription or over the counter) in their original containers (these are to be given to the Retreat First Aider on the first day for safe keeping – they will be given back to you at the end of the Retreat!)

REGISTRATION FORM A – PARTICIPANT & CONTACT INFORMATION

Completed applications may be emailed to retreat@arcticfoxy.com or faxed to 1-888-518-4945

APPLICATION DEADLINE: Friday May 26th, 2023 at 5pm MDT

Which Retreat are you applying to?

- FOXY&SMASH (all genders) June 12th to 20th
 FOXY (young women and gender diverse youth) July 24th to August 1st
 I can attend either Retreat!

Participant:

First & Last Name (on identification): _____ Name used (if different): _____
Pronouns (If comfortable sharing) (He/Him/She/Her/They/Them, etc.): _____
Gender (For sleeping arrangements): _____
Age (on May 26, 2023): _____ *Participants must be at least 13 years old on the first day of the Retreat
Grade: ____ Date of Birth (DD/MM/YY): _____
Current school: _____
Mailing Address: _____ Community: _____ Postal Code: _____
Participant Phone: (h) _____ (c) _____
Participant Email: _____ The best way to contact me is: _____

Parent/Guardian (Main contact):

Name: _____ Relation to Participant: _____
Home Address: _____
Phone: (h) _____ (w) _____ (c) _____
Email: _____ ****Email is the main way FOXY will contact you
make sure this is an email you have access to and check regularly**

Parent/Guardian (Secondary Contact):

Name: _____ Relation to Participant: _____
Home Address: _____
Phone: (h) _____ (w) _____ (c) _____
Email: _____ ****Email is the main way FOXY will contact you**

Emergency Contact during Retreat (if Parent(s)/Guardian(s) cannot be reached):

Name: _____ Relation to Participant: _____
Home Address: _____
Phone: (h) _____ (w) _____ (c) _____

REGISTRATION FORM B – PARTICIPANT HEALTH FORM

First & Last Name (on ID): _____ **Name used (if different):** _____
Date of Birth (DD/MM/YY): _____ **Health Care Number & Territory:** _____

The information on this form may be used by and shared with FOXY/SMASH staff or medical personnel to administer or authorize appropriate first aid, provide medical attention, or additional support to your child/ward during the FOXY/SMASH Retreat. The participant’s health information is reviewed only by FOXY/SMASH Retreat staff or medical personnel. It is shared on a need-to-know basis in our effort to best support their participation. If your child/ward has any health issues or disabilities that may require accommodation, disclosing and discussing them with us will help us accommodate their needs. **We will be a plane ride from Yellowknife, so it is very important to be as detailed as possible on this form.**

Year of most recent tetanus immunization: _____ This info helps us in case of an emergency.

Is the participant up to date on their Covid-19 immunizations (two doses in the primary series and 1+ booster doses)? YES NO Date of most recent Covid-19 dose (month/year): _____

Please note that it is not required, but is highly recommended, that all Retreat participants are vaccinated for Covid-19 to help protect themselves and other members of our Retreat community (including Elders, young children, and pregnant and immunocompromised individuals)

Does the participant have any physical, cognitive, emotional, or behavioural challenges that require assistance and/or modifications to the program to enable them to participate? YES NO

If yes, please explain (**Answering ‘yes’ and providing details about how it is managed will help us to meet a participant’s needs but will not affect an applicant’s chance to attend the Retreat**)

Does the participant know how to swim and are they comfortable in water?
 YES NO

Provide details of previous swimming lessons/certification (if applicable)

Does the participant have any allergies to medications, insect stings, food, etc.?
 YES (provide details below) NO

Allergy	Life threatening?	Allergy	Life threatening?
_____	YES <input type="checkbox"/> NO <input type="checkbox"/>	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
_____	YES <input type="checkbox"/> NO <input type="checkbox"/>	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
_____	YES <input type="checkbox"/> NO <input type="checkbox"/>	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>

Please explain details of allergies (symptoms, severity, treatment, etc.):

Does your child/ward need to keep with them an allergy medication such as an Epi-pen or asthma inhaler and know how to self-administer in the case of an allergic reaction?

YES NO (no Epi-Pen/inhaler needed) NOT APPLICABLE (no allergies)

Please list any DIETARY RESTRICTIONS due to allergies or medical conditions

Please list any dietary restrictions due to other reasons, or dietary preferences

Is the participant lactose intolerant? YES NO

**If the participant is lactose intolerant, will they choose to eat dairy or will they eat lactose free options?

Will eat dairy Will eat lactose free options ex: lactose free yoghurt, cheese etc.

Does the participant have a history of any of the following:

Headaches

Bed Wetting

Asthma

Motion Sickness

Sleep Walking

Mental Health Challenges

Cognitive Challenges

Nightmares

Behavioral Challenges

Ear Trouble

If yes, please provide details:

Please provide details of any chronic or recurring illnesses or conditions:

Describe any surgeries or serious injuries (include dates):

Describe any concerns you have related to the participant's emotional health (including grief, depression, trauma, triggers, anxiety, panic attacks, etc.), including strategies to help manage any challenges:

List any medications (name/dose/time administered/etc.) the participant will bring to the Retreat:

Do you give permission for the FOXY/SMASH First Aider or other FOXY/SMASH staff to offer non-prescription medications to your child/ward (acetaminophen (Tylenol), Ibuprofen, Imodium, Tums, Pepto Bismol, Benadryl, or Gravol), if relevant and requested by participant? YES NO

ADDITIONAL COMMENTS

Special instructions for the FOXY/SMASH Staff regarding the participant's health care:

IMPORTANT: Please notify FOXY & SMASH at (867-444-9108) if the participant is exposed to any communicable diseases (such as strep throat, tuberculosis, scabies, lice, mononucleosis, COVID-19, etc.) during the two weeks prior to Retreat attendance.

Medications (prescription and over-the counter) must be given to the First Aider upon arrival at the Retreat. The First Aider or FOXY/SMASH staff will provide the individual's medication to them when requested, according to the instructions provided. Participants must be willing to take their own medication(s) that they bring with them.

FOXY provides limited liability insurance coverage for accidents and for illness incurred while attending the Retreat. It is the responsibility of every participant's parent or legal guardian to provide the participant's own accident and health coverage beyond the limits of the basic coverage from FOXY.

I hereby give permission to and authorize FOXY/SMASH and its representative(s) to: share information, and provide first aid, and/or obtain medical care and services (e.g., contacting EMS/ambulance) as needed using their best judgment for the health and safety of myself and/or my child/ward during FOXY activities. I agree to accept financial responsibility in excess of the benefits allowed by my provincial/territorial health plan or the FOXY liability insurance plan. In the event I cannot be reached in an emergency, I hereby give permission to the medical provider selected by the FOXY/SMASH staff member to secure proper treatment for, to order injections and/or anaesthesia and/or surgery for, or to hospitalize the individual named above.

The health history in this 3-page form is correct so far as I know, and the person herein described has permission to engage in all prescribed Retreat activities as noted by myself and the child/ward's examining physician.

Name of Participant: _____

Name of Parent/Guardian: _____

Parent/Guardian Signature: _____

Date: _____

REGISTRATION FORM C – PARTICIPANT INTERESTS

***Participants should fill out the following section alone, without parental or teacher assistance. There are no right or wrong answers and you cannot “fail” – these will just help us figure out how FOXY/SMASH can fit into your life! Please attach another page if you need more space.**

Participant Name: _____ **Pronouns (if comfortable sharing):** _____

Age: _____ **Grade (in May 2023)** _____

Have you ever done a FOXY/SMASH workshop before? YES NO

If yes, where? _____

Have you ever completed a FOXY or SMASH Peer Leader Retreat at Blachford Lake Lodge or B. Dene Adventures before?

YES NO If Yes, Which Year or Years? _____

IF YES, complete this page AND the Form D Returning Peer Leader Questions on page 11.

If no, what have you heard about FOXY or SMASH?

Why do you want to attend the FOXY & SMASH Peer Leader Retreat?

What do you think are some issues faced by youth in your community?

What do you like to do for fun/what are your hobbies?

FOXY Peer Leaders are expected to complete a Community Project after the Retreat when they return home. What are some ideas you have to make your community a better place for kids, youth, and/or your Elders? Don't worry if you don't have an idea right now, we will help you figure it out at the Retreat!

How do you feel about taking photos and making videos?

How do you feel about creating art like painting and drawing, making videos, participating in ceremony, and acting things out (like charades, or in a role play scenario)?

**REGISTRATION FORM D – PARTICIPANT INTERESTS
RETURNING PEER LEADER**

**This page should only be completed by youth who have participated in one or more FOXY/SMASH Retreats at Blachford or B. Dene Adventures in the past. If you have not participated in a Retreat before, skip this page **

What Community Project(s) have you completed or attempted to complete? If they weren't successful, what would you do differently next time?

You have already been to one or more Retreats, why do you want to come back to the Retreat as a Peer Apprentice? What will you do differently at the Retreat this time?

What do you think being a leader means? Describe how you will act as a leader during the Retreat.

What do you think are your strengths as a leader?

How have you used what you learned from FOXY/SMASH since you attended the Retreat?
