

**The New Canadians Centre's Young Leaders
Council (NCCYL) Presents:**

The Newcomer Youth's Guidebook



All artwork was created by students from the Kenner Collegiate Vocational Institute International Night.



The Newcomer Youth's Guidebook



Hi I'm Aya! If you are a newcomer youth in Canada and feel alone and confused - Don't worry! As youth with newcomer experience we know how it feels, and we hope that these resources and coping strategies can help you settle down in your new home.

My peers and I will take you through this pamphlet to share some information and resources we found useful to know!



**Made by youth
For YOUTH**



What's Inside?



Ian & Sami are going to
guide you through
LANGUAGE Learning



Preshtha will
introduce you to
SOCIAL INTEGRATION

Saoirse is going to
share some facts
about **CANADIAN
CULTURE**



Lu is going to share
some tips about
navigating the Do's
and Don'ts in Canada



Language



Hey everyone, I'm Sami. When I first came to Canada, I didn't speak English. It was very hard not understanding anything happening around me, but don't worry... it's hard at first... keep going!

FRIENDSHIPS

Learning language through friendships is really important. It can be nerve wrecking at first to practice English with your friends, especially if they don't speak any other language. Practice on social media, or make a friend at school with someone who is willing to be silly with you and teach you words and Canadian sayings in English. Joining school clubs is also a great way to learn the language. I learned a lot for example by joining the chess club at my school, so I got to learn words in chess. It's important to learn language from different environments and try new things.

MEDIA

There is a lot of media platforms in our world. Take advantage of it and use it to learn language. It can range from YouTube and Tik Tok videos, or books and movies.

Media helped many newcomers before you, and it can help pick up words you use in daily life. We listed some links and videos to show you how easy and fun it can be to learn language through media. You can access this list by scanning the code on this page



SCAN ME!

Use your mobile's camera to scan this barcode, and click on the link that appears for more information and resources on language as a newcomer youth!

Language



Hey! I'm Ian - even though I spoke English when I came to Canada, language is very close to a country's culture, and it took me a while to get used to the phrases and sayings in Canada... here are some tips that helped me...

TECHNOLOGY

Technology plays a huge role in our lives at the moment. Especially during a pandemic we are relying on it more than ever. With so much being online, it is important to use technology to also learn language. Switch your language on your phone to English, search for language learning on social media so that more can pop up for you, and you can get practice quickly and daily. You will also need to learn a lot of words around technology. Don't you think it will help you if you want to learn a new language?

EXPAND YOUR VOCABULARY

Using a bilingual dictionary of English and your native language can really help. As you learn the language use a bilingual dictionary application on your phone, such as Google translate to help you express yourself. There will come a time where you understand more than you can say, so using a dictionary can help you learn new words as you speak.

Language is also very close to culture, some words and sayings you may hear a lot include:

- Canadians use please and thank you all the time.
- Canadians say "sorry" all the time. Most times they mean it, but it's something that is said a lot.
- Slang words (most teenagers and youth uses slang words)
- Shortcuts/abbreviation: omw, ngl, lmk, ttyl, ikr etc..
- "You know"
- Greetings like "Have good day" "Have a great weekend/enjoy the weekend"
- "Eh?"

Scan the QR code on the page above using your phone camera for links and explanations to Canadian sayings!

Social Integration



Hi, I'm Preshta! Social cues and customs are different everywhere. You might feel out of place or question how you act. That's okay. When you find yourself wondering here are some ways to reassure yourself:

What if I don't know social cues or don't know what is expected in a situation?

Communicate. Talk to one person (in private if you feel embarrassed) and ask about things you don't understand.

What if I end up offending or hurting somebody without realising it? There are different expectations here.

Don't be afraid to explain behaviours/words. If you hurt someone, apologize and explain your perspective. Be willing to look at their perspective too. This will get better the longer you are around.

I don't want to look uncool or badly dressed, but I don't know how to fit in. Should I mimic other people's fashion sense?

If you want, ask for tips, look online for ideas or mimic other people, but don't lose your identity in the process! It's okay to try out new clothing, but you come first. The people who are your friends will like you regardless.

Social Integration

I'm afraid I'm going to be stereotyped according to culture/race/geography or face discrimination from my peers.

Be aware that people are sometimes unwilling to learn new things. Don't worry! You have the freedom to speak to whoever you want about whatever you want; you don't have to associate with people who do not respect you. Talk to your teacher about placing you in groups with people whom you are comfortable working with.

I don't feel comfortable wearing clothes like shorts etc. due to religion or culture. Should I try to anyway? Will people look down on me if I don't?

Don't! The most important person in your style of dress is you. You should wear whatever makes you comfortable. If someone is constantly asking questions or mocking you about something, you should tell them firmly but clearly to respect your boundaries. If they don't stop, talk to a teacher or a trusted adult, or even to your other friends.

Is there a lot of systematic racism/discrimination I will face? I don't know how to deal with that.

Find communities where you can become part of groups fighting for equality. See the list in the QR code. Look for social media groups with other newcomers, and discuss the issues with your peers. Look into organizations that provide mental/emotional support for minorities facing discrimination.

I feel like I will lose touch with friends back home. How can I keep my existing friendships going?

Organize calls with your friends back home. Make a schedule so that you don't run into problems with the different time zones. Keep track of them through social media. Let them know you're not going to disappear!

Social Integration

I feel embarrassed because I have a different culture and don't want to stand out that much. What can I do?

To make friends, find a new hobby that could bring you closer to a person or to the community. You have to make the first effort and forge new friendships. Look for common ground, and see how their life connects to your own. Your experiences and memories are valid, and you shouldn't be afraid to bring up stories/incidents from your native country, but you need to make those stories accessible to the people around you.

I feel lonely because I don't have people to celebrate my native culture with. How can I combat this?

Look online to find a local community of people who share your culture and language, and join them for events if you can. You can also find trusted friends who you can share your culture with, people who would be excited to learn about your food, traditions and experiences.

I feel like teachers are unaware of my traditions and cultural needs.

It's your right to advocate for yourself in the classroom. Always ask for help from a teacher if you need it. The teachers are there to support you. If you need concessions, such as being unable to come to school for a cultural festival, you should talk to them in advance.

How can I support myself through this transition?

Learn to be kind to yourself. Acknowledge when you need breaks or rest from overwhelming changes. Don't be afraid to take some alone time! Ask your teacher for a quiet space if you're feeling overwhelmed. Write your feelings in a journal, or talk to trusted adults/peers about the issues you're facing.

Social Integration

I feel lonely without as much cultural representation.

Read books/watch movies/follow art created by creators that are native to your culture. Even better, look for art made by newcomer Canadians or second/third generation immigrants to Canada that come from your culture. They are facing the same things you are, and you will feel better after consuming their work. Reach out to these creators, or the fan community to find other people in the same boat as you!

I feel like I am stuck between two cultures and not feeling fully accepted by either.

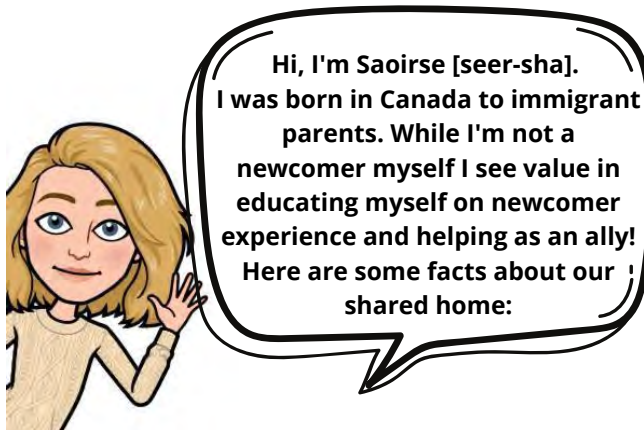
You are in control of your identity! You are and can be whatever you want to be. You can embrace your native culture and your culture as a Canadian newcomer. You should give yourself time to settle into your new life. It is okay to feel stuck between two cultures. It doesn't mean that you're any less valid as a member of either, rather, you have two to call your own. Be proud of your newcomer identity! You are one of many brave newcomer kids. You are not alone in your experience.



Not sure where to look up some facts? Scan this code on your phone's camera for more info!



Canadian Culture



1 in 5 Canadians are newcomers!

Just over 200 different cultures are represented in the Canadian population.



Toronto, the capital of Ontario and the largest city in Canada, has been named the most diverse city in the world by the BBC.

LAND ACKNOWLEDGEMENT

This land was first inhabited by the Indigenous peoples of Canada. British and French colonizers took the land of Indigenous Canadians and subjected them to a number of abuses. Canada is currently working to reconcile with the Indigenous community, which continues to suffer due to historical and present day traumas.

One way of reconciling is through land acknowledgements. This is when we name the indigenous territories that we live on, to respect the land we all share, and the history of Canada.

You may hear this before an event or someone addressing a group of people.



The map on the left shows the original Indigenous parts of Canada, and to the right Canada's provinces today.

Canadian Culture

LANGUAGE

The official languages of Canada are English and French.

There are more than 60 Indigenous languages spoken across the nation.

FOOD

The national dish of Canada is poutine: fries topped with gravy and cheese. Many local restaurants serve this dish.



Canada loves maple syrup! We put it on pancakes or in coffee, and in the winter, we even pour it on snow to make maple taffy. You could visit a festival to see how maple syrup is made.

SOME POPULAR PARKS IN ONTARIO

It is common to visit provincial parks where you can enjoy nature, walk or bike on trails, and learn more about land.

Algonquin park

Kawartha Highlands provincial park

Silent lake provincial park

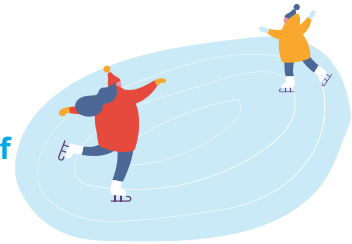
Petroglyphs provincial park

Emily park

Canadian Culture

SEASONAL FUN!

Speaking of snow... there's LOTS of it here. Don't worry, we find ways to make the best of it! In the winter, Canadians enjoy ice-skating, skiing, tobogganing, snowshoeing, making snow forts and snowmen, the possibilities are endless! There are also lots of winter sports like Ice-hockey, figure skating, curling, speed skating, cross-country and downhill skiing.



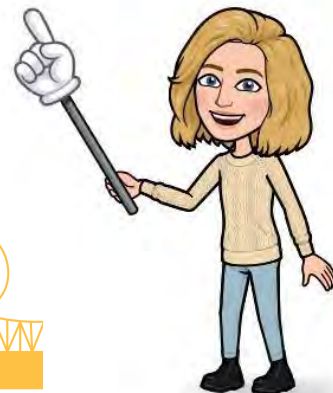
Canadians find just as much to do in the summer. When the weather gets hot, we like to visit national parks to camp, and hike. (check out some popular parks above) Canada is full of lakes and rivers which means we have lots of opportunities to swim, paddle board, canoe, kayak, and white water raft. If you're looking for something more laid back, you could try fishing, stargazing or holding a campfire.

A lot of Canadians like to spend their summers in a cottage. This is a house in nature, usually next to a lake.



Don't forget to scan this for more information! Hover your camera phone over this code until a link appears!

Summer fun can also involve trips to Canada's Wonderland! This amusement park has roller coasters, water slides, and lots of funnel cakes! (Funnel cakes are deep fried batter with ice cream and powdered sugar.)



Do's & Don'ts



Hey, I'm Lu! Even though I was very young coming to Canada, visiting Egypt every so often has highlighted the basic rules on what to do, and what not to do in Canada...

DO

Be ready for the weather. Find out where to buy winter gear and what companies to buy.



Be on time! Time is followed more closely Canada



Use please and thank you, or kind words.



Respect lines and queues, your turn will come! Don't worry and be patient.



DON'T

Don't try to bargain prices; The price is final



Don't be afraid to reach out to your teacher or school counselor for help with anything.



Don't forget to check the windchill in the winter. The temperature you see at first may be deceiving.



Don't forget to leave a tip at sit-down restaurants. The tip is not included in the price.

Do's & Don'ts

DO

Start small with learning your environment, like with school rules and your schedule



**Respect personal space.
Keep an arm's length distance from people you don't know.**



Be aware of your noise level when in public

DON'T

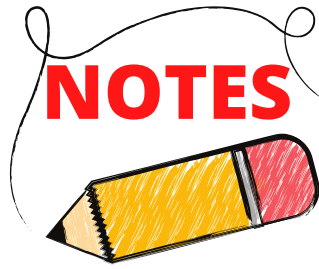
Don't be afraid to get involved in your school or community and make new friends!



Don't be scared to be yourself! Although it may seem like there are lots of rules, just relax and be yourself!

Scan this code on your phone's camera for resources and links that can help you prepare!





Meet the Authors

The New Canadians Centre's Young Leaders (NCCYL) council is a youth led group of high school students with newcomer experience in Peterborough-Nogojiwanong.

Founded virtually amidst the pandemic in November 2020, we came together to discuss how to support newcomer youth.

With a passion for youth advocacy, we offered homework help to newcomers, and created this pamphlet as a guide of resources and assurances to the struggles newcomer youth may face.



AYA Darrouba

Adam Scott Collegiate Vocational
Institute



IAN Nazario

Holy Cross Catholic Secondary
School



LUJAINA Kamar

Kenner Collegiate Vocational
Institute



SAMI El Moussa

Adam Scott Collegiate Vocational
Institute



SAOIRSE Aherne

Kenner Collegiate Vocational
Institute



PRESHTHA Garg

Kenner Collegiate Vocational
Institute



That's a wrap on our guidebook! We hope you found this useful and reach out to the New Canadians Centre if you need any more support! We are here for you!



The Newcomer Youth's Guidebook