



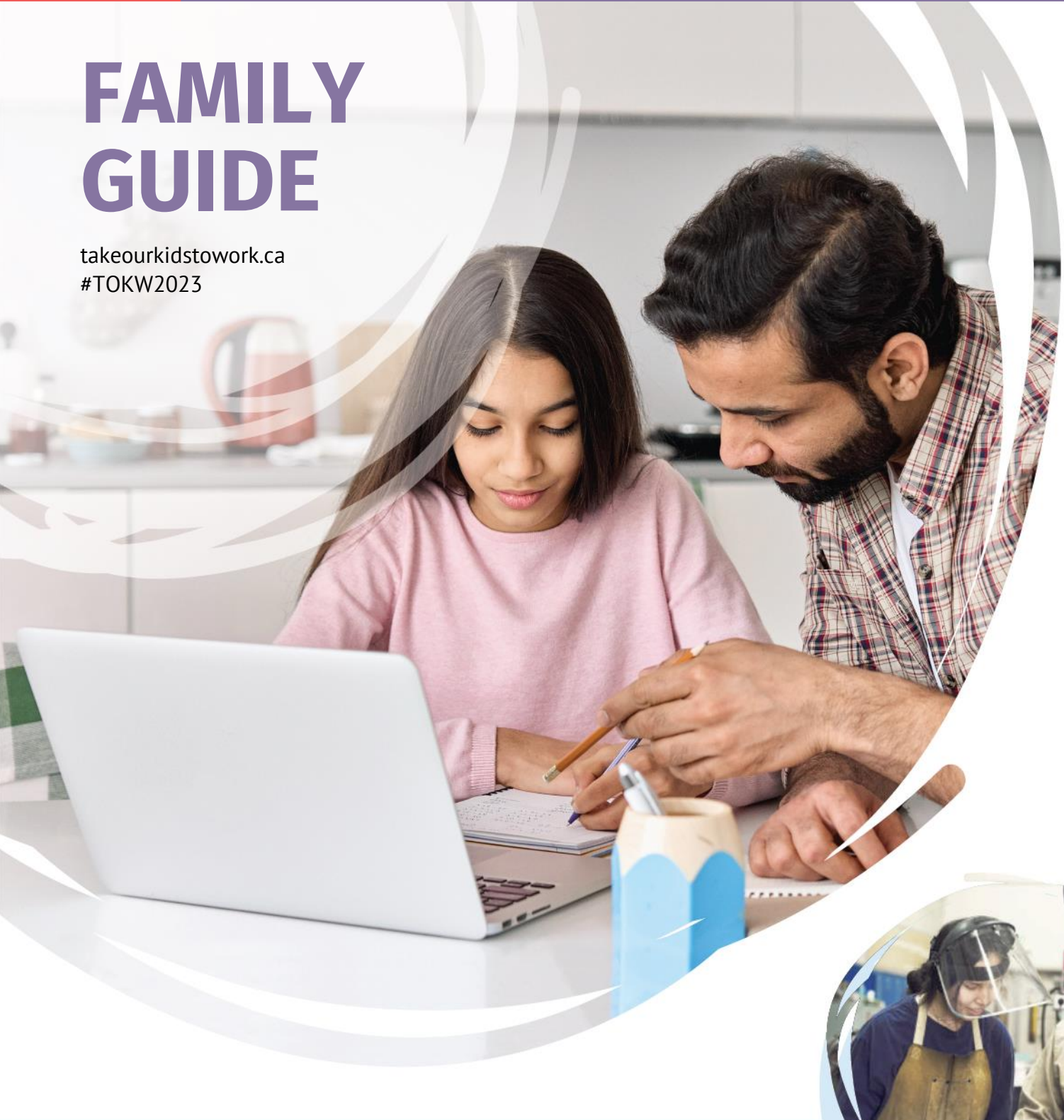
# Take Our Kids to Work™

*The Students Commission of Canada*

## FAMILY GUIDE

takeourkidstowork.ca

#TOKW2023



Presented  
by



**Future Launch**



# WELCOME!

Take Our Kids to Work Day is an experiential learning opportunity for Grade 9 and Secondary III (Quebec) students across Canada since 1994. Now hosted by the Students Commission of Canada, this day offers youth the chance to see the world of work firsthand, explore a variety of careers and sectors, and look at what skills are important to thrive in the world of work.

This year, on **Wednesday, November 1**, students, caregivers, educators and workplaces will have options for participating in diverse, inclusive and accessible career exploration on Take Our Kids to Work Day 2023!

The theme for Take Our Kids to Work 2023, ***Everyone Belongs Here***. The return to in-person experience, featuring diverse experiences and representatives, all students, regardless of their circumstances, will be empowered to see the value they hold and power they possess in making decisions about their future. Through it all, the goal is to ignite students' curiosity and open the door for them to see what is possible for their future.





# HOW TO GET THE MOST OUT OF THE DAY THAT LASTS A LIFETIME!

Wherever students are – at home, in school, or with a caregiver – you can build your own day based on what fits with your schedule. Families can participate in any of the following ways:

## AT WORK

Youth can take part in activities and events organized and hosted by their caregiver's employer.

**Tip:** Caregivers, check with your employer to see if they are participating in Take Our Kids to Work 2023. Share [Take Our Kids to Work Resources](#) with the appropriate people in your organization and encourage them to learn more!

## AT SCHOOL

Teachers can lead students through the Take Our Kids to Work Day, which may include viewing or assigning as homework pre-recorded sessions and other fun, career-related activities in the classroom, before, on and after Wednesday, November 1.

**Tip:** Check with your child's teacher to see what their plans are for incorporating Take Our Kids to Work 2023 in the classroom.

## AT HOME

Caregivers and their children can participate directly from home in the Take Our Kids to Work Day. More activities will be provided in this guide.

**Tip:** Visit the [Take Our Kids to Work Resources](#) to use archived resources and video!

Take Our Kids to Work Day offers families a great chance to connect with their kids, sharing their own workplace world while learning about the goals, hopes, dreams and possibilities their child envisions for their future.





# IN THIS GUIDE

This guide has been prepared to give families all they need to make the most out of Take Our Kids to Work Day, whether in school or at home. Here's what you'll find in the pages that follow:

## PART A

### BEFORE: PREPARING YOUR CHILD

Activities to engage and prepare children for their Take Our Kids to Work Day experience.

## PART B

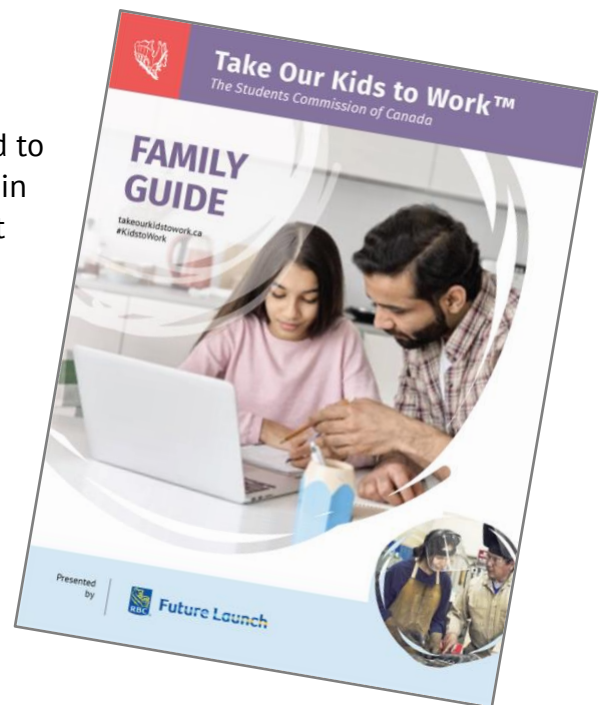
### DURING: MAKING THE DAY MEMORABLE

Some of the ways you can incorporate Take Our Kids to Work Day into your workplace.

## PART C

### AFTER: REFLECTING ON TAKE OUR KIDS TO WORK DAY

Activities for the whole family to reflect upon the kind of day they had, what they learned, and to share their learnings.





# PART A: BEFORE PREPARING YOUR CHILD FOR THE WORK EXPERIENCE



Whether your child will be taking part in the Take Our Kids to Work day in your workplace or in school, engaging in some conversation and activities before the day can help to set the stage.

## What can your child expect on Take Our Kids to Work Day?

The following checklist outlines what your child can expect during Take Our Kids to Work 2023. Review the list with your child before November 1.

- Kick off the day by watching the Cornerstone Video – ***Everyone Belongs Here!***
  
- Watch one or more of the pre-recorded sessions hosted by industry experts, where they discuss career journeys and trends and answer young peoples questions from across Canada.
  - Advancing Diversity and Representation in Healthcare
  - Transforming Manufacturing with Advanced Technologies
  - Exploring Tech @ RBC's Strategy & Innovation Team!
  - Discovering your talents in the 21st century
  - Cultivating Green Careers of the Future
  - Diversifying the Creative Journey



- ☑ Tune in to Take Our Kids to Work Live, an all-day casual drop-in live stream where students can ask questions of our Career Advisors and see other students, parents and workplaces from all across Canada.
  
- ☑ All these let your child
  - Learn from professionals about the various career paths available within different industries and sectors.
  - Ask employers questions about the organization, their role, and the industry, field or sector – and in some cases, get a virtual tour of workplaces.
  - Engage in fun, interactive, career-related activities, workshops and demonstrations.
  - Gain a deeper knowledge of today’s workforce and the skills they need to be successful in the world of work.

## Setting the stage for a great experience!

Here are three activities that will help prepare youth for Take Our Kids to Work Day regardless of how they are participating.

- Pre-Activity 1: Setting goals and expectations for the day
- Pre-Activity 2: My Values
- Pre-Activity 3: Operation Dream Quest



## Pre-activity #1: Setting your goals and expectations!

*Have your child complete Part A of this planning worksheet before Take Our Kids to Work Day. This can simply be a conversation starter at dinner, in the car, or done on paper. After the day, they will return to it to complete Part B.*

### Goals & Expectations of Take Our Kids to Work Day

#### Part A: Before Take Our Kids to Work Day

3 things I expect to experience during my Take Our Kids to Work experience:

1. ....
2. ....
3. ....

3 questions I hope to have answered during my Take Our Kids to Work experience:

1. ....
2. ....
3. ....



**Part B: After Take Our Kids to Work Day**

3 things I learned during my Take Our Kids to Work experience:

- 1. ....
- 2. ....
- 3. ....

3 careers or jobs I encountered during my Take Our Kids to Work experience:

- 1. ....
- 2. ....
- 3. ....

3 opportunities I am excited about after my Take Our Kids to Work experience:

- 1. ....
- 2. ....
- 3. ....





## Pre-activity #2: My Values

*When we name our values, it's easier for us to act in line with them. As a family, each member can do this activity at the same time and compare your answers. If your child is unsure about some of these words, it can bring great conversations.*

**Circle the five values on this list that are the most important to you<sup>1</sup>.**

- |              |                    |                     |                 |
|--------------|--------------------|---------------------|-----------------|
| Achievement  | Fairness           | Integrity           | Respect         |
| Adventure    | Faith              | Joy                 | Self-discipline |
| Authenticity | Family             | Justice             | Self-expression |
| Balance      | Freedom            | Kindness            | Self-respect    |
| Belonging    | Friendship         | Knowledge           | Spirituality    |
| Community    | Future generations | Leadership          | Sportsmanship   |
| Compassion   | Generosity         | Legacy              | Success         |
| Connection   | Giving back        | Love                | Teamwork        |
| Cooperation  | Growth             | Loyalty             | Tradition       |
| Creativity   | Health             | Making a difference | Trust           |
| Dignity      | Honesty            | Nature              | Uniqueness      |
| Diversity    | Hope               | Openness            | Vulnerability   |
| Environment  | Humility           | Optimism            | Well-being      |
| Equality     | Inclusion          | Perseverance        | Wisdom          |

Write your own:

.....  
.....

*Discuss:*

Why did you pick these values?

Which ones almost made your top 5? Why not?

How can these values be reflected in a job, in the workplace?

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<sup>1</sup> Adapted from Brené Brown: <https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf>



## Pre-activity #3: Operation Dream Quest

Now is your chance to think through your goals, dreams and the change you are going to create. When your family or friends look back on this time right now, what do you hope they will remember about you? What do you need to learn or do to accomplish your mission?

The worksheet is titled 'Pre-activity #3: Operation Dream Quest'. It features a central illustration of a person in a purple jacket and blue pants, standing on a purple hill with arms raised in a celebratory gesture. To the left, two smaller figures are also on the hill. A large, red-outlined thought bubble with a white interior is positioned in the center, containing the text 'YOUR MISSION' in red capital letters. Surrounding this central bubble are seven rectangular boxes with blue borders and dotted lines for writing. Each box is connected to the central bubble by a red dotted line. The questions are as follows:

- Who's on your superteam to help make it happen?** (Top-left box)
- What's the first step you should take?** (Top-middle box)
- Which people/groups should you reach out to?** (Top-right box)
- What skills do you have now?** (Middle-left box)
- What do you need to learn?** (Middle-middle box)
- How will you know your mission is complete?** (Middle-right box)
- How do you hope people will remember your mission?** (Bottom-right box)



## PART B: DURING MAKING THE DAY MEMORABLE



If you are welcoming your child in your workplace and there are no specific activities in place, here are some ideas for making the most out of the Take Our Kids to Work experience.

The Students Commission of Canada produced seven unique Take Our Kids to Work Day session recordings. These components may be used by workplace hosts, by teachers in their classrooms, or by parents with child at home. More students will be able to access more diverse workplace experiences than ever before!

The pre-recorded sessions are designed to be:

- **Modular:** You can select which session(s) you want to watch and include all or some in your day. Each session is designed to be up to 45 minutes to be compatible with your schedule.
- **Flexible:** Each session will be available not only throughout the day, but even after November 1<sup>st</sup> to complement the journey that is career exploration.
- **Inspiring and fun!**

Below, you will find a short description of each of the sessions to help you select the ones that will be best suited for the day.



## How to Access the Recorded Sessions and Virtual Event

### *Everyone Belongs Here!*

This cornerstone virtual event is an uplifting way to kick off the day, bringing a message of purpose and belonging to students, their parents and educators alike. The 45-minute pre-recorded video sets the stage for a great Take Our Kids to Work Day and is available afterwards to use as part of your regular curriculum. RBC Olympian Larissa Franklin will share her journey in high-performance sport and her career emphasizing resilience and self-discovery. Students from across Canada will ask questions and a panel of experts from diverse industries will provide their insights and tips. Available in English and French.

### **Theme sessions**

These 45-minute videos feature seven different career themes., Hosted by dynamic and interactive industry experts, they offer more options than ever before for students to encounter numerous professionals, sectors and industries. Each session is available for viewing throughout the day, and after the day. Available in English and French.

### *Take Our Kids to Work Day Live!*

All day November 1, 2023, your employees, visiting students and their families can drop-in to a casual coast-to-coast live stream event. Ask questions of **Career Advisors**. Share stories of discoveries from

Register and learn more  
[www.studentscommission.ca](http://www.studentscommission.ca)  
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workplaces with other students and employers from across Canada. Moderated in English and French.

## How to access the virtual recorded 2023 resources

You can register any time or update your registration at <https://www.studentscommission.ca/en/take-our-kids-to-work>

After registration, access videos, guides, planning webinars, related materials, links and the recording of ***Everyone Belongs Here!*** for pre-planning purposes.

***Everyone Belongs Here!*** and themed sessions will go live for public viewing by students, families and employers to view all day on Wednesday, November 1 on our website and The Students Commission [YouTube channel](#), plus post event day.

You can view each session as a class or share the links with your students so that they can watch and participate individually.



## Themed Session Descriptions

- Everyone Belongs Here! Cornerstone Kick-off  
Showcasing self-discovery, resilience and play in career exploration
- Advancing Diversity and Representation in Healthcare  
People Power People
- Transforming Manufacturing with Advanced Technologies  
The future of making in the digital era
- Exploring Tech @ RBC's Strategy & Innovation Team!  
Boost your artificial intelligence
- Discovering your Talents in the 21st Century  
The Art of Work today, tomorrow and forever
- Cultivating Green Careers of the Future  
Diversifying sustainable career pathways
- Diversifying the Creative Journey  
The Art, Media, and Design Industry



### **Everyone Belongs Here! Cornerstone Kick-off**

#### **Showcasing self-discovery, resilience and play in career exploration**

*Presented by RBC Future Launch*

Welcome to a day of discovery. So often, we don't know what we don't know. That can limit what and who we aspire to be. Everyone deserves insights into all the possibilities ahead, the opportunity to explore how their talents match jobs of today and tomorrow. Our goal is to introduce you to as many happy people with diverse career stories as you have time for today and in the year ahead. Everyone belongs here! is our theme for introducing a world of endless possibilities and ways of meeting some challenging realities. In this session, RBC Olympian Larissa Franklin kicks us off with her journey in high-performance sport, emphasizing resilience and self-discovery in the career journey. Sharif Mahdy goes from camper to CEO of a national charity for youth. In addition, some young Canadians will share their lived experience such as how they turned a teenage career in anti-racism work into a career in corporate banking and social responsibility or went from attending a youth conference to Deputy Chief. We'll finish up suggesting you check our Career Advisors featured on the website who will be available throughout the day for live interaction in our Take Our Kids to Work Live! Drop-in livestream

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## **Advancing Diversity and Representation in Healthcare People Power People**

*Sponsored by McKesson Canada*

Some of the best jobs and companies in health care aren't household words. Take a peak! Discover the vast range of careers hidden away in the health care and pharmaceutical industry. This session showcases the importance of diversity within the healthcare sector and how it positively impacts patient care. Engage in a panel conversation with experts from diverse backgrounds, who provide valuable insights and personal experiences from different career journeys. Gain knowledge about essential connections that make health care smarter, expanding access and reducing waste. Explore how partnerships between key players create a world of better health. Take a look at the range of resources, support, and technology offered by the diversity of all these partnerships, improving the industry.

*McKesson Canada operates like a central nervous system of health care, partnering with key players in the health care industry for more than 100 years.*

## **Transforming Manufacturing with Advanced Technologies The future of making in the digital era**

*Sponsored by NGen, Next Generation Manufacturing Canada*

Discover the cutting-edge world of Advanced Manufacturing and its impact on industries and careers. Join industry leaders and experts as they showcase breakthrough technologies and innovative solutions. Explore the diverse opportunities within this dynamic sector and learn about the skills needed to thrive in the "future of making." Youth will submit video questions for panelists to provide valuable insights and inspiration for your journey in the world of Advanced Manufacturing. Don't miss this chance to explore how creativity, technology, and entrepreneurship come together in shaping a sustainable future.

*NGEN is the industry-led, non-profit organization leading Canada's Global Innovation Cluster for Advanced Manufacturing.*

## **Exploring Tech @ RBC's Strategy & Innovation Team! Boost your artificial intelligence**

*Sponsored by RBC Future Launch*

Follow along the RBC's Strategy & Innovation team and learn how RBCers are experimenting with Generative AI, Immersive Technology, Climate Research, and Quantum Computing! Hear from different team members on how they got their roles, walk through what they're working on and learn about the potential impact of emerging technologies in today's world.





*RBC Future Launch is an important player in helping young Canadians accessing a variety of opportunities to develop the skills they need for a bright future.*

### **Discovering your Talents in the 21st Century** ***The Art of Work today, tomorrow and forever***

*Plum io, Shad Canada, International Experiences Canada, The Students Commission of Canada*

Dive into the world of 21st-century skills and their relevance in today's job market. New jobs, new careers are being created every day. Your talents, your skills can lead you to success in more jobs than perhaps anyone knows. Discover the key skills and competencies that employers seek in today's workforce or kick-start you into your own business. This session offers insights into how to discover and strengthen your talents and skills every year you are in high school, through work, volunteering and travel. Panelists will share their stories of discovering and harnessing their talents, moving from building one business, to another and then another. Discover how to align your unique strengths and talents with jobs and careers that energize you. Discover how you can travel, within and outside of Canada with programs that prepare students for the challenges of the future. The session highlights various success stories and showcases real-life examples of young and older individuals who have honed their 21st-century skills to excel in their careers. Panelists will respond to youth-submitted video questions, providing personalized insights and advice to inspire and empower young participants on their career journeys.



*Plum is a Talent Platform, that provides employers data-driven insights to empower individuals to find career opportunities that align with their unique strengths and talents. Shad Canada offers a month-long summer program in 22 universities across Canada focused on STEAM and entrepreneurship for grade 10 and 11 students. International Experience Canada (IEC) offers Canadians the opportunity to work and travel abroad. The Students Commission of Canada offers skill building programs for youth through conferences, volunteering, youth advisories, employment and social justice projects.*

### **Cultivating Green Careers of the Future** ***Diversifying sustainable career pathways***

Explore the future of green careers, helping to repair, improve and preserve the environment. Get a sense of how industries are innovating and understand the importance of sustainability in today's world. This session will feature a section where key actors of the sector respond to youth video-







submitted questions, addressing specific inquiries and inspiring participants to consider careers in the green economy. Hear from Rodney, whose work for social change as a teenager taught him skills that led him from a heavy equipment operator to a successful management career in the oils and how he now balances two worlds, protecting and preserving the environment in his reserve and working for change in industry.

### **Diversifying the Creative Journey** **The Art, Media, and Design Industry**

This session focusses on art, media, and design careers. Explore the diverse and dynamic world of creative industries and learn about the exciting opportunities they offer. Engage in discussions with experts and professionals from the art, media, and design sectors, gaining valuable insights into their journeys and experiences. Discover the power of creativity, storytelling, and innovation in these industries and how they shape our culture and society. This session will also provide an interactive element where panelists respond to youth video-submitted questions, offering personalized advice and encouragement to aspiring young creatives.





## Sample Agenda: Take Our Kids to Work Day

This agenda includes The Students Commission of Canada’s 2023 cornerstone kick-off video – **Everyone Belongs Here!** – six themed session videos and Take Our Kids to Work Live, where students, teachers and employers can drop-in to a casual coast-to-coast live stream event. Use it in part or in full to inspire learning about careers with your class!

TIME	ACTIVITY
9:00 - 9:20 a.m.	<p><b>Setting goals and expectations</b></p> <p>See pre-activities in this guide for inspiration.</p> <p>Set-up Cornerstone video: Take Our Kids to Work is a national event, with thousands of students participating and your career exploration may take you anywhere across Canada.</p>
9:20 – 9:50 a.m.	<p><b>View the cornerstone kick off video – Everyone Belongs Here!</b></p> <p>Watch this video together.</p>
9:40 – 12:00 p.m.	<p><b>View the pre-recorded 2023 Take Our Kids to Work themed sessions</b></p> <p>You can choose with your child the themed sessions that appeal to them. For each session there are suggested post-video discussion questions and activities for group or solo work.</p>
9:40 – 12:00 p.m.	<p>Share <b>link for the moderated Take Our Kids to Work Live!</b> Your child can interact with other students and career experts from across Canada throughout the day. Ask questions of <b>Career Advisors</b>. Hear stories of discoveries from diverse workplaces across Canada.</p>
12:00 – 12:50 p.m.	<p><b>Lunch</b></p> <p>May include entertainment or a fitness break.</p>
12:50 – 3:00 p.m.	<p>Continue watching <b>Take Our Kids to Work themed sessions</b>, doing <b>post session activities</b> and participating in <b>Take Our Kids to Work Live!</b></p>
3:00 – 3:15 p.m.	<p><b>Wrap up and Presentation of Certificates of Participation</b></p> <p>Suggested reflection questions:</p> <ul style="list-style-type: none"> <li>• What skill do I want to focus on developing in the year ahead?</li> <li>• What is one question I still have after Take Our Kids to Work Day?</li> <li>• Who may be able to help me answer this question?</li> </ul> <p>Ask your child to fill out quick quiz and present Certificate of Participation.</p>





## PART C: AFTER REFLECT ON TAKE OUR KIDS TO WORK DAY



*Here are four activities families may complete following Take Our Kids to Work Day. These activities allow youth to reflect on their day and identify what they learned.*

### **Post-activity #1: Take Our Kids to Work Day reflection**

*Engage in a discussion about their Take Our Kids to Work Day experience and encourage your child to share highlights of the day (e.g., a presentation that was made, guest speaker, their favourite activity, etc.).*

*On the Goals & Expectations worksheet completed prior to Take Our Kids to Work Day (see pre-activity #1 in this guide), have your child list three things that they learned during their workplace experience as well as reflect and assess whether they met their goals for Take Our Kids to Work Day.*

### **Post-activity #2: Dream job**

*Encourage your child to creatively describe their dream jobs and the five skills they need to do these jobs. You can even refer back to the Values activity (Pre-activity #2) done prior to the day.*

*You may want to provide a list of the global competencies (below) as a starting point for what types of skills youth may include.*

*Students can present their ideas through a poem, song, rap, infomercial, etc. or simply discuss it at dinner time. They are also encouraged to show a photograph or drawing representing their dream jobs.*



## Global Competencies



Creativity,  
Innovation and  
Entrepreneurship



Critical Thinking  
and Problem  
Solving



Global Citizenship  
and Sustainability



Collaboration



Communication



Self-Directed Learning  
(Learning to Learn)





## Post-activity #3: Sharing My Stories

*We all have a story to tell about this day and we are still writing our story! This is a space for your child to reflect on their experiences right now and how they picture the next chapters.*



**Draw the cover** of your story:

**A book written by:**

**Title:** What would the title of your story be?

**Dedication:** Who would you dedicate your story to? It could be yourself, a quote you resonate with, or an inspirational individual:

**Introduction:** What is there to know about the author? Where does the story begin?

**What chapter are you at now?** Chapter title:

**What does your current chapter include?** Where are you at now? What are some accomplishments and feelings about this specific chapter?

**What would you like future chapters to look like?** What are some of your hopes, dreams, and visions you would like to see in your future chapters?



## Post-activity #4: My Memory Jar

**Use the following activity with your child:** Imagine you are putting together a Memory Jar of your day for your friends and family to discover. What is important to you and the way you lived your day? What do you want people to remember you as? What are some things you want future generations to know about your generation? Fill up your jar with drawings, photos, words, stickers, website/link you love, etc.

**Favourite book/movie/website:**  
.....

**Your personal motto:**  
.....

**Things impacting youth your age right now:**  
.....  
.....

**How you and your friends spend time:**  
.....

**Theme song of this year:**  
.....

**Message to future self or future generations:**  
.....  
.....  
.....

**Hopes/visions of what the future looks like:**  
.....  
.....  
.....

**Anything you want to add:**  
.....  
.....



# FOLLOW THE MOVEMENT

## #KidsToWork

Check out tips and resources and share your excitement about this important day that lasts a lifetime! Follow Take Our Kids to Work 2023 online using the **#CanadaWeWant** hashtag and be sure to tag @StdntsCmmssn (Twitter)!

## The Students Commission of Canada and The Students Commission of Canada's liability information

Take Our Kids to Work Day is an educational program provided by employers for Grade 9 students across Canada. The Students Commission of Canada is pleased to provide suggestions to employers for planning and preparation, including health and safety preparation, in anticipation of Take Our Kids to Work Day. However, The Students Commission of Canada does not arrange or monitor activities or programs that are provided by employers as part of Take Our Kids to Work Day, nor do they provide specific health and safety training to employers or students. As such, employer and student participants in Take Our Kids to Work Day acknowledge and agree that participation in Take Our Kids to Work Day is completely voluntary, and employer and student participants acknowledge and accept all risks of participation and assume full responsibility for all such risks to themselves and/or liability to others.

The Students Commission of Canada is not liable for damages arising from any and all actions, claims, demands, obligations, causes of actions, costs, expenses, and compensation of any kind on account of or in any way arising out of, or which in the future may result from, participation in Take Our Kids to Work Day or in conjunction with Take Our Kids to Work Day or the negligence of other people, including other participants.



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*The Students Commission of Canada*

**We want to thank our generous supporters for Take our Kids to Work 2023**



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