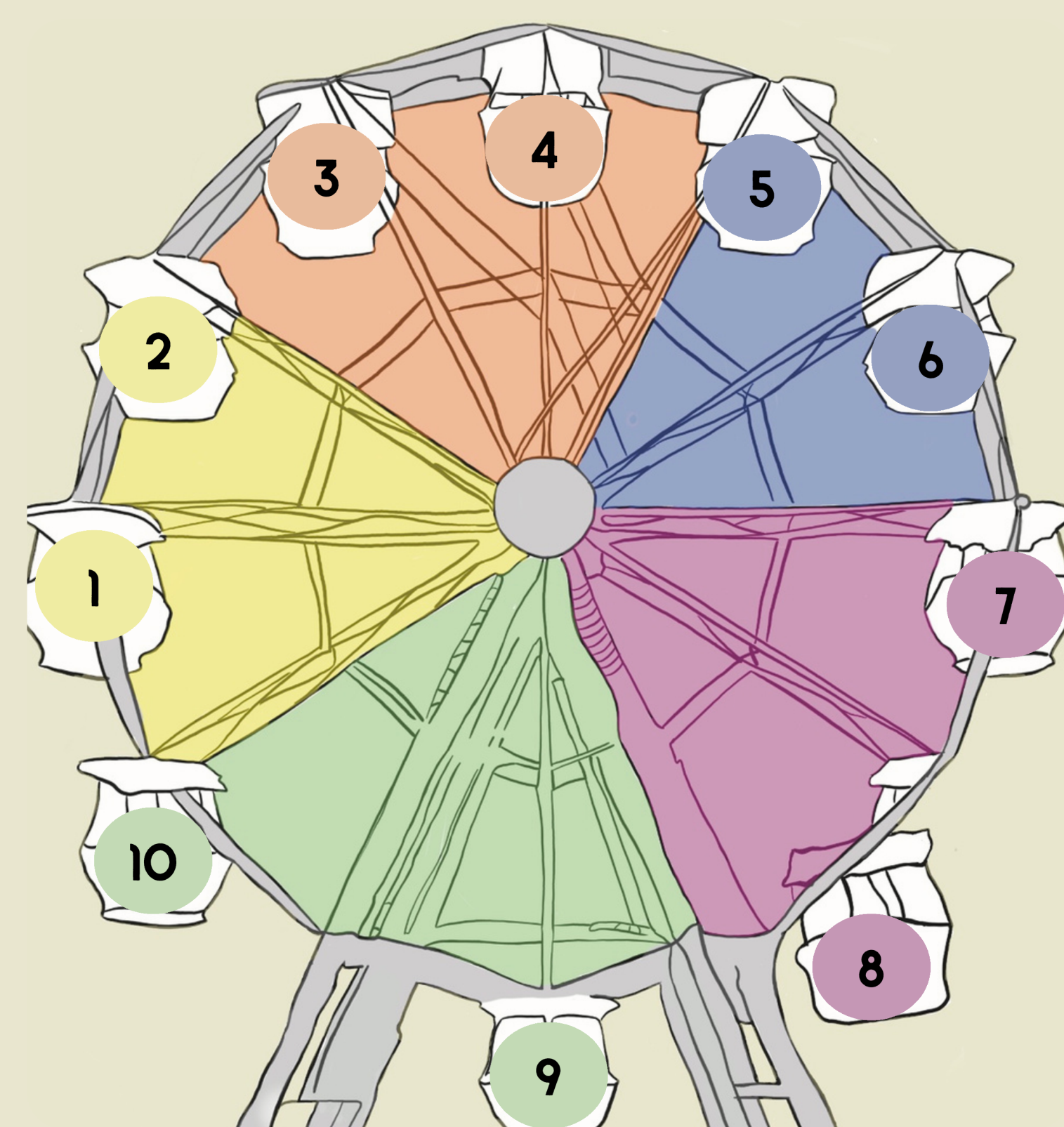


Social Determinants and the Fairness Wheel : a Path to Empowering Youth

Adolescence and early adulthood are filled with uncertainties and challenges. Youth navigate through difficult periods and at times face unexpected circumstances.

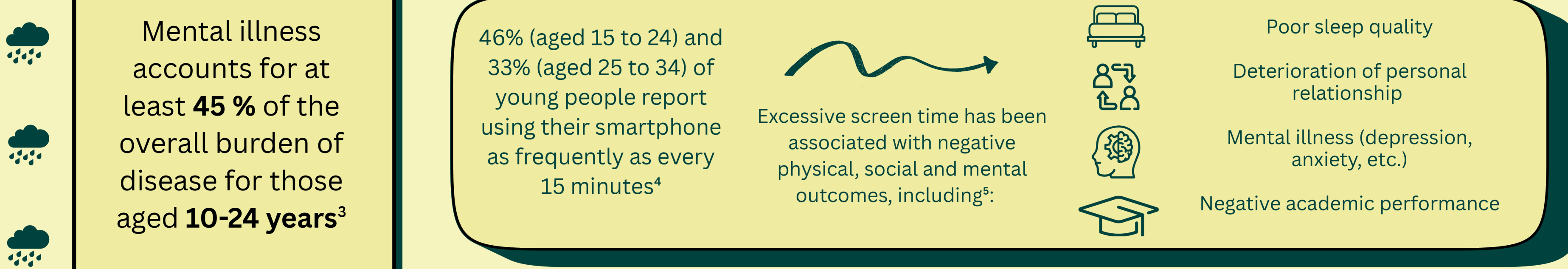
We propose the metaphor of the **Fairness Wheel** to illustrate that life is not a straight path but a moving wheel. While people may face barriers such as unstable housing, lack of access to care, trauma and mental health challenges, there are also ways to find purpose, meaning and hope - through art, time in nature, strong supports systems (family and friends), belonging, reconnecting with one's culture and community.

Each path is different and unique, shaping who we are. We choose to empower youth through an assemblage of drawings and painting - a gallery that reflects resilience, chaos, and the beauty of different journeys.



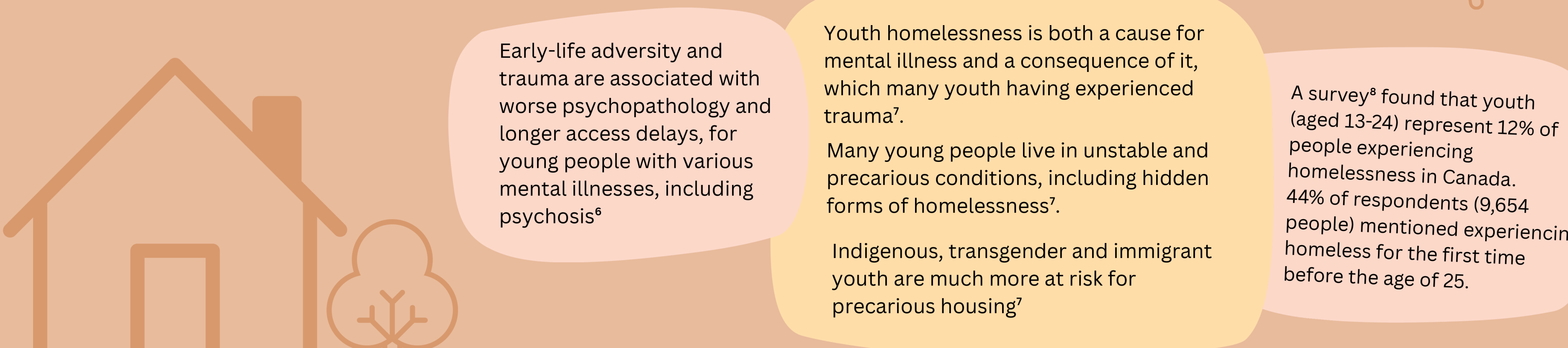
Mental illness (1) and Addictions (2)

We are living through a “youth mental health crisis”¹
Across the world, young people are facing rising levels of stress, uncertainty and pressure about their future, from climate change, to social inequalities to a “digital revolution”²



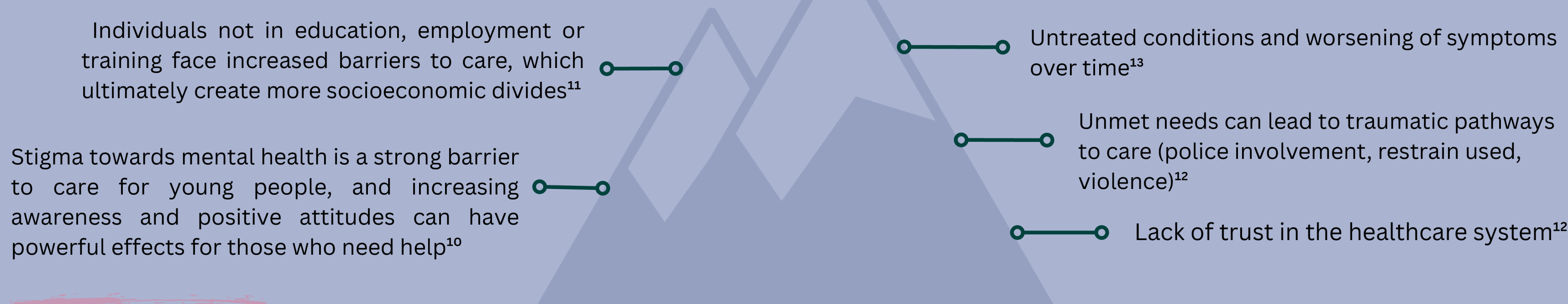
Housing insecurity (3) and Early-life adversity (4)

Early life adversity, such as trauma (emotional, physical and sexual) during periods of development has been linked to severe consequences in young adulthood, including those related to housing insecurity⁶.

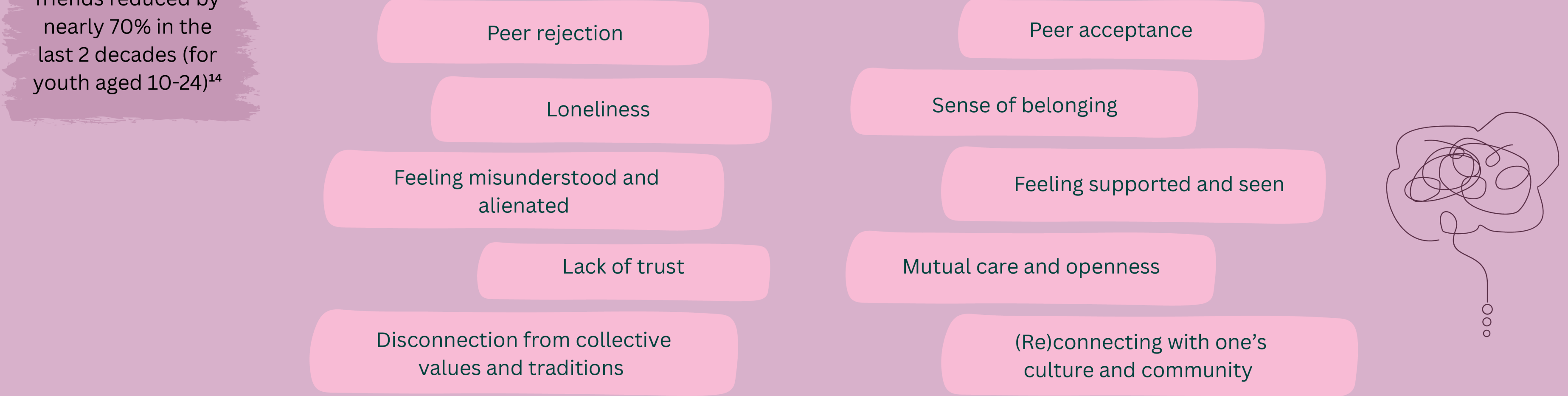


Unequal opportunities (5) and Access to care (6)

Unequal opportunities such as poverty, unstable housing and lack of access to care strongly affect the lives of youth by exacerbating suffering and gaps in society⁹. However, when care becomes more accessible and inclusive, youth are given the chance to grow – to feel supported, empowered and connected to resources they need to build a brighter future. Below are some components linked to barriers to care:

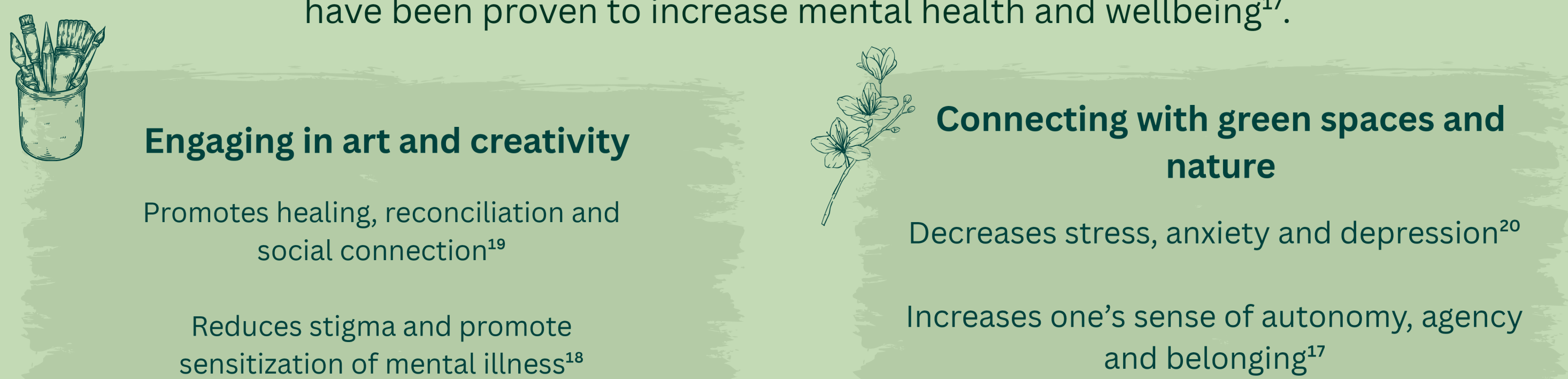


Isolation (7) VS Social connectedness (8)



Arts (9) and Green spaces (10)

Engaging in various forms of arts (visual arts, performative arts, digital arts) and spending time in nature have been proven to increase mental health and wellbeing¹⁷.



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DETAILED LIST OF REFERENCES
AVAILABLE BELOW



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