A GUIDE TO KEEP HANDY

At your service!

Youth

Studies

Work, money, rights

Feeling good about yourself

Trips and projects

Social commitment and community involvement

Québec
Québec society makes available a number of tools and resources to help young people fulfill their ambitions. To prepare for the future, the Government of Québec is investing in education, prevention and youth protection, as well as in programs specially designed for young people. The government also provides youth associations, projects and organizations with financial assistance.

It is this willingness to help young people to achieve their potential and to find their rightful place in Québec society that led the Government of Québec to adopt the 2002-2005 Plan d’action jeunesse (Youth Action Plan).

This plan aims to ensure that young people can fully develop their potential, to foster a feeling of belonging, to facilitate access to the work market, to improve the quality of professional life, and to prepare the next generation of workers, while promoting youth exchanges and greater openness towards young people.

At Your Service! Youth addresses a host of questions and concerns, in addition to listing most of the places where young people can find assistance or obtain guidance for everything that concerns studies, work, money, rights, their general well-being, training periods and studies outside Québec, projects, social commitment and community involvement. Of course, the list is not exhaustive.

Intended for young people who are 16 to 24 years of age, the At Your Service! Youth guide was prepared in cooperation with the Secrétariat à la jeunesse and with various organizations such as Carrefours jeunesse emploi (CJE), the Student services of CÉGEPs, universities and high schools, YMCAs, CLSCs and numerous assistance and self-help services serving young people.

NOTE
The masculine gender when used in this guide designates both women and men.

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The Solidarité jeunesse program offers a one-year personal reflection and orientation service to young people who are under 21 years of age and who submit a first application for social aid. This service allows young people to return to school, to find a job or to take part in job integration training.

Studies

Guidance

It’s not always easy to find your way in life. Who can help me find the right training for me?

Everything depends on your interests, your expectations and your determination. Educational institutions have services that can guide you.

Network of educational institutions
Ministère de l’Éducation
www.meq.gouv.qc.ca
See regional office, p. 6

Ordre des conseillers et conseillères d’orientation et des psycho-éducateurs et psycho-éducatrices du Québec
1-800-363-2643
www.orientation.qc.ca

Financial assistance

How do I find out if I am entitled to loans or bursaries for my studies?

Several criteria, including the financial situation of your parents and your income for the previous year, make it possible to determine if you are entitled to a loan or a bursary. While you are at it, find out if you can get a loan to purchase a computer.

I am raising my three-year-old on my own. What assistance am I entitled to?

If you are a mother and a single parent, at least 20 weeks pregnant, or the mother of a child under six years of age, you might be eligible for the

Loans and Bursaries Program, whether you are studying full-time or part-time. Check with the student aid office at your educational institution.

Student Aid
1-877-643-3750
www.afe.gouv.qc.ca

Doing well at school

I get discouraged at times because I don’t always understand what I’m supposed to be learning. Where can I get help?

Talk to your teacher/professor or consult Student services at your CÉGEP or your university. They offer support to help you be successful in your studies.

I’m bored at school. There are so many other things in life! I feel like dropping out...

Consult your school’s guidance services to find out your options (individualized path for learning, learning a trade, etc.). You can also contact your local Carrefour jeunesse-emploi (see Page 6).

I’m studying and I’m working at the same time. Where can I learn how to manage my time?

The Student services at your CEGEP or university can provide you with assistance.

www.jparle.com
Tel-jeunes
1-800-263-2266
www.teljeunes.com
Jeunesse j’écoute
1-800-668-6868
www.jeunesse.sympatico.ca

In 2000-2001, 128,385 students benefited from student aid for the following average amounts:

A loan: $2,491 for 71,439 students
A bursary: $4,780 for 501 students
A loan and a bursary: $6,240 for 56,445 students
Work, money, rights

Work
What steps should I take to find a job?
Check with the Job placement service at your CÉGEP or university, with the Carrefour jeunesse-emploi (CJE) or the Local Employment Centre (CLE) in your region. Also consult the Web sites of public, private and community organizations, which have several points of service in Québec (see Page 6).

Network of Carrefours jeunesse-emploi
www.cjereseau.org

Emploi-Québec
www.emploiquebec.net

For permanent or temporary positions in the public service
Conseil du trésor
www.tresor.gouv.qc.ca

Placement étudiant du Québec
1-800-463-2355
www.emploietudiant.qc.ca

Other sites
www.monster.ca
www.jobboom.com
www.monemploi.com

What jobs offer the best future?
You can find out the job outlook by region at all Local Employment Centres (CLE) as well as on the Emploi-Québec site. For vocational or technical training, consult the Top 50 vocational and technical training programs of the ministère de l’Education that offer the best employment opportunities.

Ministère de l’Éducation
www.meq.gouv.qc.ca
www.inforoutefpt.org
Regional office, p. 6

Emploi-Québec
www.emploiquebec.qc.ca

Is there a placement service reserved for students?
Placement étudiant du Québec (PEQ) offers students who register for its services, summer jobs in Québec’s public service and summer or part-time jobs in businesses during the school year. Via the Projet inforoute-jeunesse (Youth information highway project), full-time students enrolled at the vocational high school, college or university level can take part in a remunerated practical training period for a maximum of 12 weeks (see Page 6).

I feel like starting up my own business next summer. Is it possible?
Yes, the booklet for “self-employed students” will help you prepare your project.

Placement étudiant
1-800-463-2355
www.emploietudiant.qc.ca

I’m completing my studies. How can I find a job or practical training in my field?
You can contact the Job Placement Service of your CÉGEP or university, or your local Carrefour jeunesse-emploi (see Page 6).

Network of Carrefours jeunesse-emploi
www.cjereseau.org

Emploi-Québec
www.emploiquebec.net

Place aux jeunes du Québec (to facilitate your return to and vocational integration in your hometown area)
www.placeauxjeunes.qc.ca

Bursaries for professional artists
Conseil des arts et des lettres du Québec
www.calq.gouv.qc.ca

Supervision of articling law students
Ministère de la Justice
www.justice.gouv.qc.ca

Espaces Emergents
Services offered to young creators
Tourisme Québec
www.espaceemergents.com
In Québec, there are specific laws dealing with worker rights and conditions of employment. The Commission des normes du travail can answer your questions on this subject.

Starting up a business

I have a great idea. How do I go about setting up my own business?

Do you want to prepare a plan for a business, a cooperative or a non-profit organization? Visit the Web site http://demarrez-entreprise.gouv.qc.ca. School boards and CÉGEPS offer business start-up programs. You can also submit your project to the Concours québécois entrepreneurship-entrepreneur à tout âge (Entrepreneurship Competition) sponsored by the ministère de l’Éducation.

Ministère de l’Industrie et du Commerce http://demarrez-entreprise.gouv.qc.ca

Association des centres locaux de développement du Québec www.acldq.qc.ca

Young promoters Ministère des Régions www.mreg.gouv.qc.ca

Ministère de l’Éducation www.meq.gouv.qc.ca

Fondation de l’entrepreneuriat www.entrepreneuriat.qc.ca

Société d’investissement jeunesse du Québec www.sij.qc.ca

Restaurant businesses www.agr.gouv.qc.ca

Service d’aide aux jeunes entrepreneurs (SAJE) www.sajemontrealmetro.com

Regroupement des jeunes gens d’affaires du Québec www.rjgaq.com

Money

When does my parents’ financial responsibility end?

If you are studying, in addition to your own contribution, the Loans and Bursaries Program provides for a financial contribution by your parents, even if you are over 18. This obligation ensues from the Québec Civil Code (art. 597 to 605), which stipulates that it is the duty of a father and a mother to feed, look after and educate their children.

Where can I learn how to manage my budget?

You will find information on preparing a budget, personal loans, savings and other financial matters on a number of Web sites including that of the Union des consommateurs du Québec, which groups together the Associations coopératives d’économie familiale (ACEF).

Union des consommateurs du Québec www.consommateurs.qc.ca

Mouvement des caisses populaires et d’économie Desjardins du Québec www.desjardins.com

Canadian Bankers Association www.cba.ca/fr

Rights

At what age can you start working in Québec?

There is no minimum age. However, if you are under 14, you cannot work without the written consent of one of your parents or your tutor. Moreover, you are required to attend school, generally up to age 16, and you cannot work during regular school hours.

Am I entitled to the minimum wage?

Of course! Apart from a few exceptions stipulated by law, you cannot be paid less than the minimum wage, regardless of your age. Feel free to learn more about the rights that you have, just like every other worker in Québec.

I’m working. What are my rights?

The Commission des normes du travail can provide you with information about the various labour standards such as wages, overtime, holidays and leaves (see Page 6).
If necessary, the main resources listed here can refer you to others.

General references

**Government resources**

Communication-Québec  
1-800-363-1363
Service for persons who are deaf, mute or hearing impaired  
1-800-361-9596  
www.gouv.qc.ca
Secrétariat à la jeunesse  
1-800-463-5306  
www.jeunes.gouv.qc.ca
Conseil permanent de la jeunesse  
1-800-363-1049  
www.cpj.gouv.qc.ca
Ministère de la Santé et des Services sociaux  
1-800-707-3380  
www.msss.gouv.qc.ca
Info-Santé CLSC (See p. 7)  
www.agressionsexuelle.com  
www.detresse.com  
www.allumelagang.com  
www.jcapote.com  
www.jparle.com
Comité permanent de lutte à la toxicomanie  
www.cpil.com
Ministère de l’Éducation  
www.meq.gouv.qc.ca
Aide financière aux études  
1-800-265-1414  
www.cnt.gouv.qc.ca
Commission des normes du travail  
1-800-265-1414  
www.cnt.gouv.qc.ca
Ministère de l’Industrie et du Commerce  
Placements étudiants  
1-800-463-2355  
www.emploietudiant.qc.ca
Ministère des Relations internationales  
www.mri.gouv.qc.ca
Ministère des Relations avec les citoyens et de l’Immigration  
www.mrci.gouv.qc.ca
Conseil des relations interculturelles  
www.conseilinterculturel.gouv.qc.ca
Secrétariat au loisir et au sport  
Programme sport-études  
www.sls.gouv.qc.ca

**Resources providing help**

Tel-Jeunes  
Service d’intervention pour les jeunes  
Service 24 hours – 7 days  
1-800-263-2266  
www.teljeunes.com
Ligne Jeunesse J’écoute  
1-800-668-6868  
www.jeunesse.sympatico.ca/fr
Drugs : help and referrals  
1-800-265-2626  
www.info-reference.qc.ca
Éduc’alcool  
1-888-252-6651  
www.educalcool.qc.ca
Gai Écoute  
1-888-505-1010  
www.gai-ecoute.qc.ca
Ligne Info-Parents  
1-888-603-9100  
www.parentsinfo.sympatico.ca/fr
Centre de prévention du suicide du Québec  
1-866-277-3553

**Additional resources**

Service régional d’admission du Montréal métropolitain  
(SRAM)  
(514) 271-2454  
(collect calls accepted from outside Montréal)  
www.sram.qc.ca
(SRAS)  
1-800-361-6477  
www.sras.qc.ca
Ordre des conseillers et conseillères d’orientation et des psycho-éducateurs et psycho-éducatrices du Québec  
www.orientation.qc.ca
Commission des droits de la personne et des droits de la jeunesse (CDPDJ)  
1-800-361-6477  
www.cdpdj.qc.ca
Amnesty International  
1-800-565-9766  
www.amnistie.qc.ca
Éducaloi – Le carrefour d’accès au droit  
www.educaloi.qc.ca
Union des consommateurs du Québec (ACEF)  
1-888-521-6820  
www.consommateure.qc.ca
Solidarité rurale du Québec  
www.solidarite-rurale.qc.ca
Tourisme jeunesse Québec  
www.tourismejeq.qc.ca
YMCA  
www.ymca.montreal.qc.ca
YWCA  
www.ywca.canada.ca
Regional resources

**MEQ**

(514) 873-4630

**Commission des normes du travail**

1-800-567-4947
(514) 873-4947

**Centre d’aide et de lutte contre les agressions à caractère sexuel (CALACS)**

CALACS Montréal
(514) 934-4504
(514) 890-8000

**Youth resources**

Le Forum jeunesse de l’Île de Montréal
www.forumjeunessesedeliledemontreal.org

Conseil jeunesse de Montréal
www.ville.montreal.qc.ca/cjm

Institut interculturel de Montréal
www.iim.qc.ca

**Carrefours jeunesse-emploi**

CJE Ahuntsic–Bordeaux–Cartierville
(514) 353-5400

CJE Anjou–Saint-Justin
(514) 383-1136

CJE Bourassa et Sauvé Montréal-Nord
(514) 327-5555

CJE Centre-Sud–Plateau Mont-Royal–Mile-End
(514) 528-6838

CJE Côte-des-Neiges
(514) 342-5678

CJE Hochelaga-Maisonneuve
(514) 523-2400

CJE de Marquette Lachine
(514) 634-0450

CJE de Mercier
(514) 354-5552

CJE Notre-Dame-de-Grâce
(514) 482-6665

CJE de l’Ouest-De-l’Île Dorval
(514) 633-9663

Dollard-des-Ormeaux
(514) 421-1414

Sainte-Geneviève
(514) 626-2666, ext. 263

CJE Pointe-aux-Trembles et Montréal-Est
Pointe-aux-Trembles
(514) 640-4700

CJE Rosemont–Petite-Patrie
(514) 279-8725

CJE Verdun
(514) 767-9971

CJE Sud-Ouest de Montréal
(514) 934-2242

CJE Montréal Centre-Ville
(514) 875-9770

CJE Viger–Jeanne-Mance Montréal, Saint-Léonard
(514) 256-5051

CJE Saint-Laurent
(514) 855-1616

CJE Lasalle
(514) 368-1832

CJE Rivièr des-Prairies
(514) 648-8008

**Local development centres**

CLD Anjou–Montréal-Est
(514) 353-7117

CLD de lasalle
(514) 367-1490

CLD Mont-Royal–Outremont
(514) 495-7446

CLD Montréal
(514) 872-0573

CLD de Lachine
(514) 634-3471, ext. 216

CLD de l’Ouest-de-l’Île–West Island
(514) 694-0260

CLD Verdun
(514) 362-0177

**Ligne info-santé CLSC**

CLSC Ahuntsic
(514) 381-4221

CLSC Bordeaux-Cartierville
(514) 331-2572

CLSC Des Faubourgs
(514) 527-2361

CLSC Côte-des-Neiges
(514) 731-8531

CLSC Outremont–Ville–Mont-Royal
(514) 270-1536

CLSC Plateau Mont-Royal
(514) 521-7663

CLSC du Vieux-Lachine
(514) 639-0650

CLSC Hochelaga-Maisonneuve
(514) 253-2181

CLSC Pointe-aux-Trembles
(514) 642-4050

CLSC La Petite-Patrie
(514) 273-4508

CLSC Lac-Saint-Louis Pointe-Claire
(514) 697-4110

CLSC Lasalle
(514) 364-2572

CLSC Mercier-Est–Anjou
(514) 356-2572

CLSC Métro Montréal–Westmount
(514) 934-0354

CLSC Montréal-Nord
(514) 327-0400

CLSC Notre-Dame-de-Grâce–Montréal-Ouest
(514) 485-1670

CLSC Olivier-Guimond
(514) 255-2365

CLSC Parc-Extension
(514) 273-9591

CLSC Pierrefonds
(514) 626-2572

CLSC de Pointe-Saint-Charles
(514) 937-9251

CLSC René-Cassin
(514) 488-9163

CLSC Rivière-des-Prairies
(514) 494-4224

CLSC Rosemont
(514) 524-3541

CLSC Saint-Henri
(514) 933-7541

CLSC Saint-Laurent
(514) 748-6381

CLSC Saint-Léonard
(514) 328-3460

CLSC Saint-Louis-du-Parc
(514) 286-9657

CLSC Saint-Michel
(514) 374-8223

CLSC Verdun–Côte-Saint-Paul
(514) 766-0546

CLSC Villeray
(514) 376-4141

CLSC Notre-Dame-de-la-Merci
(514) 331-3020

CLSC de Pointe-Saint-Charles
(514) 937-9251

CLSC René-Cassin
(514) 488-9163
Without adequate protection, a sexually transmissible disease can come back even if a person has already been treated. To avoid the various health problems associated with these diseases, it is best to tell your sexual partners and to use proper protection.

Feeling good about

I’m having problems with others, both with family members and friends. What can I do?
A toll-free telephone help line and a Web site are available to young people. You can talk about anything that is bothering you: relations with your parents or friends, sexual matters, your love life, loneliness, worries, eating disorders or any other question.

Do not hesitate to call or to tell a friend who may be going through a difficult time about this service.

www.jparle.com
Tel-jeunes 1-800-263-2266
www.teljeunes.com
Gai j’écoute 1-888-505-1010
www.gai-ecoute.qc.ca
La Ligne Parents 1-800-361-5085

My boyfriend refuses to use protection when we make love. What should I do?
You have to respect yourself and make sure that your boyfriend respects your decision. Using adequate protection is a sign of mutual respect as condoms are the only efficient means of protecting against both pregnancy and several STDs including AIDS. Consult your CLSC if you have a problem (see Page 6).

www.jcapote.com

I’m pregnant. I’m still in a state of shock and I don’t know what to do.
Several possibilities may be envisaged but, whatever your choice, be sure to consult a physician or a CLSC quickly (see Page 6).

I’ve been sexually assaulted. What should I do?
Talk about it with a person you trust, a friend or a nurse. Quickly go to your CLSC. If it is an emergency, dial 911. They will refer you to the appropriate resource.

www.agressionsexuelle.com

Is a doctor required to inform my parents of my state of health?
Beginning at age 14, your medical consultations are confidential. But if your medical condition requires a hospital stay exceeding 12 hours, your parents must be informed.

Commission des droits de la personne et des droits de la jeunesse du Québec
www.cdpdj.qc.ca
1-800-361-6477
Regional office, p. 6

I have a weight problem. What can I do?
You can consult a dietitian-nutritionist, a CLSC or your family physician. There are also Web sites that provide information on this subject.

Ordre professionnel des diététistes du Québec
www.opdq.org
Programme d’intervention et de traitement des troubles de conduite alimentaire
CHUL Québec
www.pitca.com
Tel-jeunes 1-800-263-2266
www.teljeunes.com
Jeunesse j’écoute 1-800-668-6868
www.jeunesse.sympatico.ca
Kino-Québec
www.kino-quebec.qc.ca
Web sites exist to help young people who are experiencing all sorts of difficulties. It is even possible to ask questions confidentially. A visit to jparle.com or détresse.com will help you to better understand some concerns and to avoid potential problems.

My parents are separated and I find it hard coping with the situation. Who can I talk with?

You can talk with a friend or a relative that you trust, a school psychologist, Student services at your CÉGEP and, if necessary, an assistance organization.

Tel-jeunes
1-800-263-2266
www.teljeunes.com

Jeunesse j’écoute
1-800-668-6868
www.jeunesse.sympatico.ca

Upon leaving a party, a friend asks me to drive his car because he has drunk more than me. Can I do so if I only have a learner’s permit and if I only have had 2 beers?

No. You cannot drive your friend’s car because you have been drinking. With a learner’s permit, the rule is zero tolerance (no alcohol).

Société de l’assurance automobile du Québec
1-800-361-7620
www.saaq.gouv.qc.ca

I have a friend who has started drinking and taking drugs. How can I help him?

First, listen to your friend to find out why he is drinking and taking drugs. Don’t lecture him. Drug and alcohol use often results from boredom, loneliness or a need to impress others. Drugs and alcohol can do a lot of harm. Advise your friend to talk to a professional at school or at his local CLSC. You can accompany him if you like (see Page 6).

Ministère de la Santé et des Services sociaux
www.msss.gouv.qc.ca

www.parlonsdrogue.org
www.toxquebec.com

Drugs: help and referrals
1-800-265-2626

Fondation
Jean Lapointe - Jeunesse
www.fondjeanlapointe.com

Educ’alcool
1-888-252-6651
www.educalcool.qc.ca

Nothing interests me, I’m all confused. Who can help me?

TALK ABOUT your situation, don’t cut yourself off from others. Tell your parents, friends or an adult that you trust. You can also ask questions confidentially on Web sites that exist for this very purpose.

www.jparle.com
www.detresse.com

I’ve lost all interest in life. Can someone help me?

Everyone goes through periods of discouragement. But if you feel depressed and have thoughts of committing suicide, don’t keep it to yourself. Be sure to get help by finding someone you can talk to about what you are going through.
Whether it is by way of the Office franco-québécois pour la jeunesse, the Agence Québec Wallonie Bruxelles pour la jeunesse or the Office Québec-Amériques pour la jeunesse, you can obtain financial support to do practical training or carry out projects abroad.

Trips and projects

Government programs
Is there a government program that can help me carry out my project?
You can consult the Web site of the Secrétariat à la jeunesse. It contains a directory of programs by activity sector such as agriculture, culture, employment, the environment, wildlife, tourism, training, research, etc.

Secrétariat à la jeunesse
1-800-463-5306
www.jeunes.gouv.qc.ca
Fonds Jeunesse Québec
www.fondjeunessequebec.com

Elsewhere in Canada
I’m a student and I would like to find a job outside Québec to learn another language. Where can I obtain information?
The interprovincial summer job exchange program allows university students to work in the public service as tour guides, guide-interpreters or in other fields. A transportation allowance is offered, but not living and accommodation expenses. The wages paid are those in effect in the host province, and the registration deadline is January 31st of each year. You can also become a language monitor elsewhere in Canada.

Placement étudiant
1-800-463-2355
www.emploietudiant.qc.ca
Official language monitors program
monit.canada@meq.gouv.qc.ca

Abroad
And if I want to study, do practical training or work abroad?
A Bursary program for short trips related to university studies outside Québec was created in September 2000. Find out more from Student services or the International Cooperation Service of your university.

Ministère des Relations internationales
www.mri.gouv.qc.ca
Ministère de l’Éducation
www.meq.gouv.qc.ca
Office Québec-Amériques pour la jeunesse (OQAJ)
www.oqaj.gouv.qc.ca
Office franco-québécois pour la jeunesse (OFQJ)
www.ofqj.gouv.qc.ca
Association Québec-France
www.quebecfrance.qc.ca
Agence Québec Wallonie Bruxelles pour la jeunesse
www.aqwbj.org
Secrétariat à l’aide internationale
www.quebecsansfrontieres.com
Cercle québécois des affaires internationales
www.lecercle.qc.ca
Voluntary co-operant training program
Cégep de Rivière-du-Loup
www.cegep-rdl.qc.ca/coopran/coop.htm
Oxfam-Québec
www.oxfam.qc.ca
Horizon
www.horizoncosmopolite.com
Stagiaires sans frontière
www.guidesulysses.com/cc/stagiaires.htm
Practical training outside Québec in the scientific and technical communications field
Ministère de la Culture et des Communications
www.mcc.gouv.qc.ca

Thanks to a sum of $40 million, Fonds étudiant solidarité travail makes it possible to offer students practical training periods in various non-profit organizations, unions and cooperatives.
There are several ways of making a contribution to society and learning how democratic institutions function. A case in point is the Parlement étudiant du Québec which offers 125 young people from all regions of Québec a unique experience by allowing them to explore the work of a Member of the National Assembly.

Social commitment and community involvement

I want to get involved in my community. Who can I contact?

There are plenty of possibilities if you want to get involved. Whether it is in your neighborhood or at the other end of the world, there are agencies working in fields that interest you.

Secrétariat à la jeunesse
1-800-463-5306
www.jeunes.gouv.qc.ca

Conseil permanent de la jeunesse
www.cpj.gouv.qc.ca

Amnesty International
1-800-565-9766
www.amnistie.qc.ca

Parlement étudiant
www.peq.org

Red Cross
www.redcross.ca

UNICEF
www.unicef.ca

Greenpeace
www.greenpeace.ca

I want to do volunteer work. Where might my services be needed?

There are so many needs! Depending on your interests, contact schools, youth centres, hospitals or centres that help immigrants become integrated. Consult the Répertoire des organismes communautaires (directory of community organizations) where you will find numerous possibilities in several fields.

Ministère de l’Emploi et de la Solidarité sociale
Répertoire des organismes communautaires
1-888-643-4721
www.mess.gouv.qc.ca

Become a volunteer with Tel-Aide
www.telaide.qc.ca
telaide@clic.net

Association des Grands Frères et Grandes Soeurs du Québec
1-800-661-4252
www.gfgs.qc.ca

A friend of mine mentioned the Jeunes volontaires (Young volunteers) program. What’s it all about?

If you are between the age of 16 and 29 and you are not working or studying full-time, you could - either alone or with six other friends - carry out a project lasting a maximum of 52 weeks. This would involve becoming associated with an organization that agrees to help you on a volunteer basis. The Local Employment Centre (CLE) in your region will be able to advise you, and you could receive an employee assistance allowance and an operating budget. Contact your local CLE.

Ministère de l’Emploi et de la Solidarité sociale
1-888-643-4721
www.mess.gouv.qc.ca

How can I do my part to contribute to a better society?

By not focusing solely on your interests, by doing your part as a citizen (remember that you vote!) on behalf of democracy, justice and a fairer society. You will not have to look very far as there are plenty of needs in your community!

Secrétariat à la jeunesse
1-800-463-5306
www.jeunes.gouv.qc.ca

Conseil permanent de la jeunesse
www.cpj.gouv.qc.ca

Democracy training sessions
Chief Electoral Officer of Québec
www.dgeq.qc.ca

See other references, p. 6

With a budget of close to $2.3 million spread out over three years, Regional youth forums will offer various information and referral services in conjunction with the organizations of their region and government programs intended for young people.
Plan d’action jeunesse (Youth Action Plan)  
New investments, 2002-2005  
$254 million

Why the need for a youth policy in Québec?

To **promote** a greater openness towards young people in order to ensure the progress and vitality of Québec society and to allow young people to make their contribution starting right away.

To **ensure** the development of the full potential of young people so that all can benefit from conditions conducive to their self-fulfillment.

To **facilitate** access to the work market and to improve the quality of professional life so that young people can achieve their vocational goals and actively participate in the renewal of Québec society.

To **foster** a feeling of belonging so that young people can find self-fulfillment in their living environment and contribute to opening Québec society to the world and cultural diversity.

Cost of educating graduates per person

<table>
<thead>
<tr>
<th>Level of studies</th>
<th>Government investment to educate graduates</th>
<th>Average length of studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school</td>
<td>$87,120</td>
<td>11.2 years</td>
</tr>
<tr>
<td>Pre-university CÉGEP</td>
<td>$112,403</td>
<td>13.6 years</td>
</tr>
<tr>
<td>Vocational CÉGEP</td>
<td>$141,521</td>
<td>15 years</td>
</tr>
<tr>
<td>University: Bachelor’s level</td>
<td>$171,712</td>
<td>17 years</td>
</tr>
</tbody>
</table>

Tuition fees

Full-time student at the Bachelor’s level, average in 2001-2002

- In Québec: $1,691
- Rest of Canada: $4,009


How many young people are there in Québec?

977,822 young people between the age of 15 and 24, namely **19.74%** of the entire population.

Following the Sommet du Québec et de la jeunesse, February 2000:

- 90 measures
- Close to $2.4 billion.

This amount is over and above all the investments in health, social services, education and other sectors.

Aussi disponible en version française
Also available in Braille
1-800-363-1363

Source: Institut de la statistique du Québec, July 1, 2001, Secretariat à la jeunesse, ministere de l’Education, ministere de la Santé et des Services sociaux.