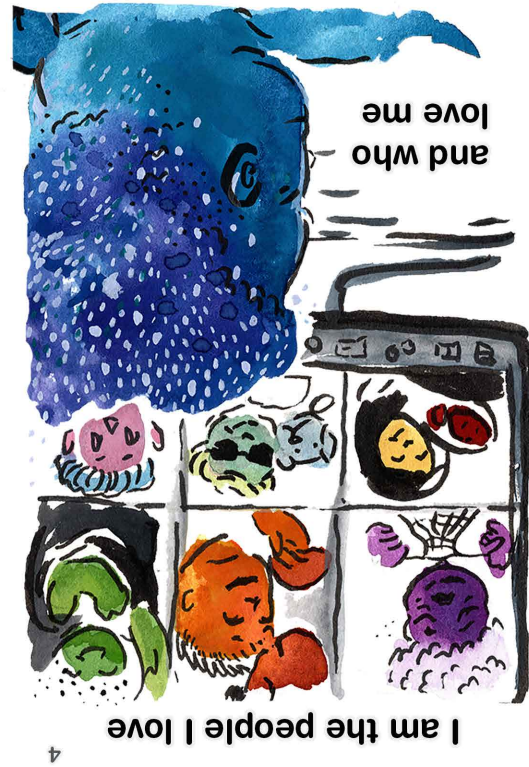




and share with others.

I am the things I love to do

5



and who love me

I am the people I love

4



I am also my culture and my community.

3



I am more than what people see.

2



I can be proud about what sets me apart,

and loud about what is unfair.

6



All of these things and more make up who I am.


And together, they become the universe of my identity.

7

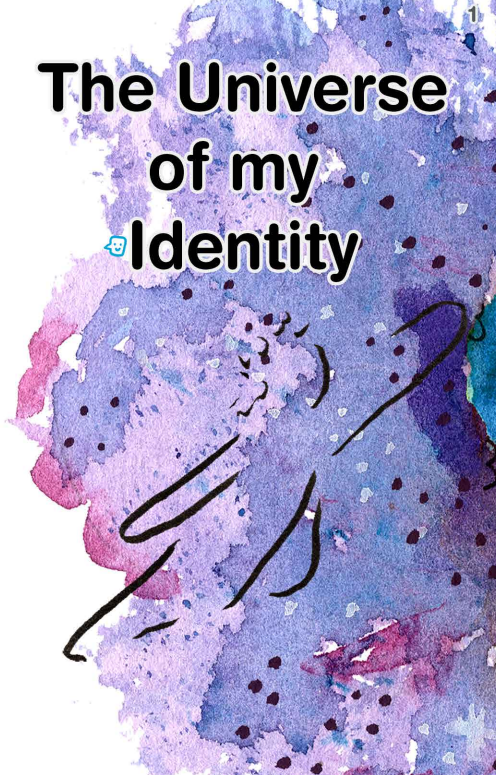
8

The universe of my identity is my own to name and explore, to keep to myself, or to share with those I trust.

If I want to talk about my identity, or get support with anything on my mind, I can check out KidsHelpPhone.ca for information and resources 24/7

Kids Help Phone 

Kids Help Phone would like to thank Markus Harwood-Jones & Myriad Augustine for designing this piece and for their support of youth mental health and wellbeing



The Universe of my Identity

1



What does identity mean to me?

Who do I trust to celebrate me?

What does community mean to me?

What names and pronouns do I use?

What people and places are important to me?

Where do the different parts of my identity connect / overlap?

What are the parts of my identity that make me, me?

The Universe of My Identity