

About Us

Youth 2 Knowledge (Y2K) is a science-based, mental health organisation that educates children on the importance of establishing and maintaining positive mental health

Our hour-long holistic health programs educate students in regards to brain development, the dangers of neurotoxins, goal setting, motivation and the importance of healthy nutrition and exercise in order to establish and maintain positive mental health

Y2K uses the latest 3D brain scan technology, interactive motor-control and exercise modules delivered by trained mental health specialists. We use food pyramids, healthy nutrition guides and an inspirational goal setting and motivational module. In our program students are engaged with a wide array of stimulus, in order to effectively address the needs of a wide range of youth.

We cater for grades 2-4, 5-6 and 7-9 with our three science-based programs that are specifically designed for these age groups. Individual classes or <30 students are optimally impacted by our modules and generally absorb the most information, so for this reason we discourage larger classes.

Staff training is also available upon request.



Y2K – Grade 2-4 Program (Health Harmony)

Here at Y2K we offer a program specifically designed for children in grades 2-4. This program titled 'Health Harmony' encourages a holistic approach to health by teaching kids the importance of mental health, nutrition, sport and exercise, goal setting and motivation.

In our 60 minute program kids receive:

- **The latest in 3D brain scans**
- **Basic Dietary tips and advice**
- **Interactive motor-control demonstrations**
- **Goal setting workshop**
- **Motivational videos and speeches**



Y2K – Grade 5-6 Program (Holistic Health)

Here at Y2K we offer a program specifically designed for children in grades 5-6. This program titled 'Holistic Health', encourages a holistic approach to health by informing youths on the importance of neurons in regards to our physical and mental wellbeing. In this program we discuss the negative impact that neurotoxins such as illegal narcotics and alcohol have in regards to our physical and mental health, while also educating students on the importance of healthy nutrition and adequate exercise, in order to enhance our general wellbeing.

In our 60 minute program kids receive:

- **A science-based introduction to neurons**
- **Interactive activities based on brain function**
- **Brain MRI's of neurotoxin users (Optional)**
- **A mental health food pyramid**
- **An overview of exercise and its physical and mental benefits**



Y2K – Grade 7-9 Program (Health Conscious)

Here at Y2K we offer a program specifically designed for youths in grades 7-9. This program titled 'Health Conscious', informs students about the impact that choices made as a teenager can have leading into their adult lives. In this program, we examine 3D brain scans to analyse the impact that neurotoxins have on a developing brain. An overview of exercise and nutrition and the impact that both of these factors have in regards to enhancing our mental health and general wellbeing will also be discussed. Lastly, the program will be concluded with a goal setting module and a motivational video to encourage students to apply these modules to practise.

In our 60 minute program teenagers receive:

- **A scientific overview of the brain and how it works**
- **The negative impacts that illegal narcotics and alcohol have on our brains**
- **A food pyramid designed to improve both mental and physical wellbeing**
- **An interactive exercise module**
- **A goal setting module and motivational video**



Y2K – Staff Training

Here at Y2K we offer a program specifically designed to up-skill frontline workers in the health and education sector. Y2K's 1-hour program educates these sectors by giving workers an understanding of how the brain operates, as well as an understanding of the dangers that neurotoxins have in regards to mental health.

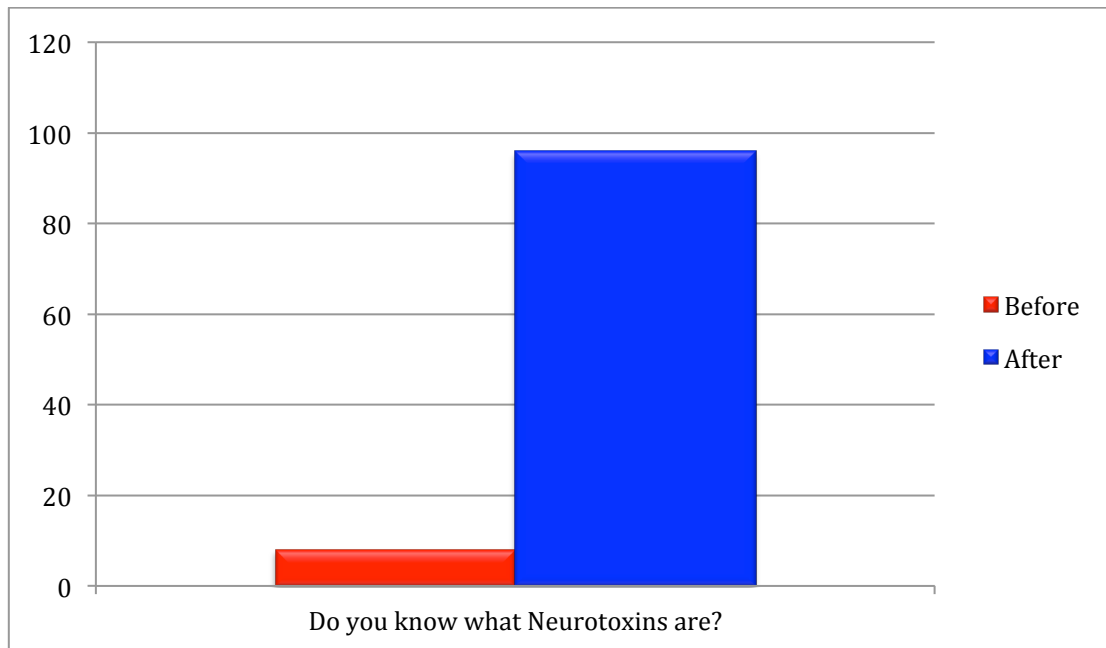
In our 90-minute program staff members receive:

- **Consultation with Y2K about community-based issues**
- **Training and education with the latest in neuroscience**
- **How to positively enhance mental health through diet and exercise**
- **An overview of neurotoxins and their detrimental effects in regards to mental health**
- **Basic introduction to mental health program development**



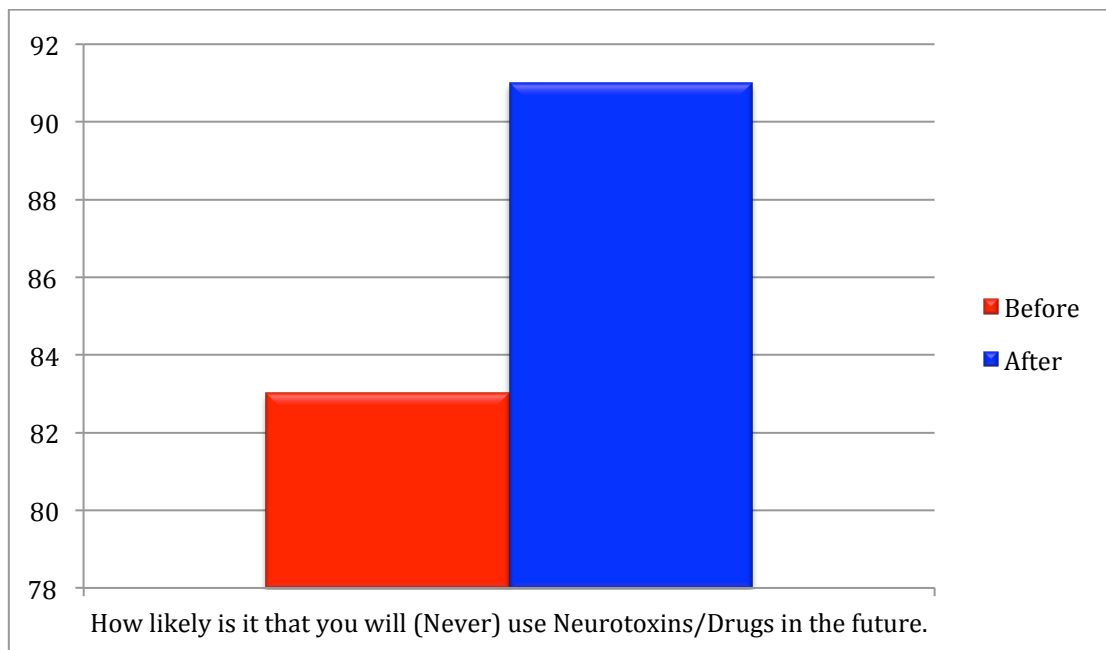
Before the Y2K program only 8% of students knew the negative impact Neurotoxins have on the brain.

After the Y2K program 96% of students knew the negative impact Neurotoxins have on the brain.



Before the Y2K program commenced 83% of students claimed they were unlikely or would never use Neurotoxins/Drugs.

After the Y2K program 91% of students claimed they were unlikely or would never use Neurotoxins/Drugs.



Of the (High risk youth) intending to use drugs/Neurotoxins, a decrease of 47% was recorded from a 1hour Y2K program.

