



It starts with Scouts.

**Tout commence
avec les Scouts.**

Good Turn Week 2017 Speaking Notes and Fact Sheet

When is Good Turn Week?

Good Turn Week is April 29 to May 7, 2017

What is Good Turn Week?

Good Turn Week is a youth-driven initiative that aims to foster a stronger sense of community and friendship in Canada through consideration and assistance to others.

Who participates in Good Turn Week?

Anyone can participate in Good Turn Week by doing a good deed for a friend, family member, neighbour or the community. Good Turn Week will involve Canadians from coast to coast and around the world.

How does Good Turn Week work?

During Good Turn Week, Scouts Canada challenges Canadians of all ages to perform a Good Turn and encourage the recipient to pay it forward, generating a cycle of goodwill across the country.

How do I share my Good Turn?

Canadians are encouraged to share their Good Turn on the Scouts Canada website (Scouts.ca/goodturnweek), on Facebook (facebook.com/scoutscanada) and on Twitter #goodturn.

What is new for 2017?

With the generous support of RBC this year, Scouts Canada is able to more than double the number of major Good Turn Week community projects across Canada. Projects include:

- Partnering with the Canadian Red Cross to provide first aid training to local youth in four cities across Canada
- Giving out umbrellas to those in need on a rainy day
- Preparing hot meals and care packages for the homeless
- Delivering much needed food, clothing and personal care items to food banks and shelters across the country.

Good Turn Week has expanded significantly this year, with over 30 youth-led community-based programs scheduled throughout the week



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How can I share my Good Turn and encourage others to get involved?

Everyone can share their Good Turns at [Scouts.ca/goodturnweek](https://scouts.ca/goodturnweek), by tweeting @ScoutsCanada using the #GoodTurn or on Facebook at facebook.com/scoutscanada

What is an example of a Good Turn?

There are countless ways for people to do a Good Turn. Here are just a few examples:

Youth

1. Give a parent a night off. Volunteer to babysit for a family member or close friends.
2. Put on the family chef's hat. Pick a meal and help Mom or Dad out in the kitchen.
3. Four-legged fun: offer to walk a neighbour or friend's dog.
4. Lend a hand at an after-school program or community centre.
5. Yard work: help a neighbour or relative with gardening or raking leaves
6. Help a teacher at school by passing out handouts, putting away chairs or cleaning the blackboards/whiteboards

Adults

1. Donate blood, clothes, food — or give money to charity.
2. Volunteer for a community program, or at a local food bank or shelter.
3. Help an elderly neighbour with grocery shopping or a household chore.
4. Buy a homeless person a meal.
5. Make a co-worker's day: bring in a special snack or lunch for your colleagues.
6. Be generous: help someone out who is short of change at the store checkout.

How many Good Turns are expected?

Good Turn Week starts with Scouts Canada members and with 100,000 members that means there will be at least tens of thousands of good turns done during Good Turn Week.

What are the benefits of doing a Good Turn?

Even the smallest of Good Turns have the power to help shape and change the world in a significant way to make it a friendlier, happier place. Good Turns you can do every day like, holding the door for the person behind you, buying someone a cup of coffee or walking a friend's dog, can make a difference.

A York University study found that people who performed small acts of kindness – every day for five to 15 minutes for a week – increased their happiness and self-esteem. Studies also show that doing Good Turns can have physical and mental health benefits including: boosting the immune system, reducing stress, speeding recovery and weight loss.

<http://research.news.yorku.ca/2011/05/19/professor-myriam-mongrains-psychology-study-onkindness-attracts-media-coverage>



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Conducted on behalf of Scouts Canada, a 2013 Harris/Decima survey examining the frequency in which Canadians perform good turns found 51 per cent of Canadians are the recipient of a good turn at least once a month, while only 28 per cent of Canadians have a good turn performed for them twice a week or more. With 365 days in a year, once a month is not enough.

For more information: [Scouts.ca/goodturnweek](https://scouts.ca/goodturnweek)

About Scouts Canada

Scouts Canada is the country's leading co-ed youth organization, offering programming for children and youth aged five-26 in multiple languages, reflecting Canada's multicultural landscape and communities.

- All Scouts Canada programs are co-ed with a 20 per cent female membership.
- Kids in Scouts have fun adventures discovering new things and experiences they wouldn't discover elsewhere. Along the way, kids develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouts is the start of something great.
- For more than 100 years, Scouts Canada has brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth.
- Scouts is a great way for youth to discover the best in themselves and others. Scouts have a lot of fun discovering new things and experiences they wouldn't have elsewhere.
- For more information on Scouts Canada visit [Scouts.ca](https://scouts.ca)