

Parent/Teacher Guide

Who's Hungry? Youth Guide to Hunger in the GTA

Who's Hungry? Youth Guide to Hunger in the GTA discusses the issues of hunger and poverty in a youth-friendly way. While these topics can be difficult to discuss, it is important to promote and encourage open, thoughtful and respectful dialogue. This Parent/Teacher Guide for *Who's Hungry? Youth Guide to Hunger in the GTA* will help you to support kids in their exploration and empower them to make change in their communities.

The booklet features basic definitions, statistical information and personal accounts relating to poverty and hunger. We encourage parents and educators to work with it as a **guide** to promote understanding and critical thinking about social issues. The key is to educate yourself so you can educate young minds and help them fight hunger. Here are a few tips to help you get started:

1. Give *Who's Hungry?* a read prior to talking with your children. This will give you a clear understanding of what they are reading and how the issues are presented.
2. Have your child/students read through the *Who's Hungry? 2008 Youth Guide to Hunger in the GTA* independently. This document was created for them. Encourage them to take note of issues they would like to discuss.
3. Once everyone is familiar with the material start thinking of some leading questions that will help spark an engaging and age-appropriate dialogue with children. Here are some questions that might help you:
 - **What does it mean to be hungry? How does this impact day to day life?**
 - **Why do you think people in our communities experience hunger?**
 - **Why do you think people aren't fully aware of who actually use a food bank?**
 - **What would need to change so that people no longer experience hunger?**
 - **What can you or your family do to help spread the word and promote change?**
4. You may want to think about group activities as a follow-up to your discussion. Follow-up activities can work in the classroom or at home. Visit www.hungrycity.ca and check out the "For Educators" page for some printable tools and resources.
5. If you are a parent, engage your child's teacher to see if the class could participate in an activity. The teacher may want to work on an educational unit relating to poverty and hunger, and the issues you have discussed as a family.
6. You may want your child to participate in Hungry City's Writing Challenge. This year's theme is "**The fight against hunger starts here. Tell us what this means to you**" You can find more guidelines and more information about the writing challenge at <http://hungrycity.ca/challenge/index.cfm>.

Remember, these issues can be tough. The most important thing is to create a safe and respectful environment to discuss them.