

A photograph of a multi-span concrete bridge over a river at sunset. The sky is a mix of blue, orange, and purple. The bridge's reflection is visible in the water. The text 'Let's Start' is in white, sans-serif font, positioned above the main title.

Let's Start

UPstream™

Together

#StartUpstream



Deepa Ahluwalia

Equity and Inclusion Officer with the Waterloo Region District School Board



- **Critical consciousness and equity**
- **Dismantle the systemic and structural barriers that currently exist, blocking the true wellbeing of our citizens and our community**



FOUNDATIONS

- ✓ Equity in the community
- ✓ Accountable political systems
- ✓ Fair economy
- ✓ Social norms, values and culture
- ✓ Anti-racism
- ✓ Community engagement and connectedness
- ✓ Compassion



Upstream

- Works at the intersection of many social issues
- Addresses many aspects of community wellbeing including safety, health, income, housing, belonging, etc.

Downstream

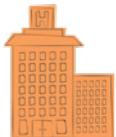
- Interventions look drastically different from one issue to the next
- When the underlying drivers of the issues tend to be the same



Improved Safety



Social Inclusion



Improved Health



Educational Success



Decreased Substance Use



Fair Income



Food Security



Access to Quality Housing



A thriving community is where everyone has a range of opportunities to:



GROW



LEARN



WORK



PLAY



CONNECT



LOVE AND
BE LOVED



- **Watch & share the Upstream prevention video**
 - **Visit the Upstream webpage**
 - **Share Upstream info**
 - **Tweet #StartUpstream**



Practice Critical Consciousness



Who can make system level changes that will ultimately improve the wellbeing of our community?

YOU!

YOU ARE THE LEADERS OF THIS MOVEMENT!



**When we START Upstream,
we STOP problems
before they START.**



#StartUpstream



Community wellbeing starts with you!



For information and resources to get started visit:

[**www.preventingcrime.ca/our-work/upstream**](http://www.preventingcrime.ca/our-work/upstream)

A photograph of a multi-span concrete bridge crossing a wide river at dusk. The sky is a mix of deep blue and orange from the setting sun. The bridge's reflection is visible in the calm water. The word 'UPstream' is superimposed in a large, white, sans-serif font. The 'UP' is stylized with a thick, black, brush-stroke-like outline that follows the curve of the letters. The 'stream' is in a clean, white font. A small 'TM' trademark symbol is at the end of the word.

UPstream™

Thank you!