

Constitution of StrengthIN

1. Article One – Name and Purpose

- 1.1. The official name of the recognized student group is “StrengthIN”
- 1.2. The official acronym or abbreviation of the group is “SI”
- 1.3. The purpose, objectives, mission and/or mandate of the organization is:

There is a mental health crisis on University campuses across Canada, evident by the exploding demands for youth mental health services. A survey by the American College Health Association found that among Ontario University students (between 2013-2016), there was a 50% increase in anxiety, 47% increase in depression, 87% increase in substance abuse, and a 47% increase in suicidal attempts.

The overarching mission of StrengthIN is to prepare elementary, middle, and high school students for the stresses of high school and university, so they do not suffer from dire mental health. This organization will prepare these students by helping them develop healthy coping strategies and by delivering quality mental health education. This will be done through engaging students in interactive workshops, delivered to them in their classrooms. The Outreach Director will arrange workshop times and dates with high school staff across the Greater Toronto Area. Members will be paired and assigned to deliver a workshop according to their preferred school location. Training will be provided to members to ensure quality presentations. The group will also maintain a website where we will post coping resources, information, and tips for everyone to benefit from. In conclusion, we aspire to empower youth through mental health education.

2. Article Two – Membership and Membership Fee

- 2.1. The group shall maintain a list of group members.
- 2.2. Voting membership is open to all registered students of the University of Toronto.
- 2.3. Voting membership is open only to registered students of the University of Toronto.
 - 2.3.1. Only registered members of UofT are allowed to run, nominate, and vote in elections and constitutional amendments.
- 2.4. Non-voting membership is open to University of Toronto staff, faculty, alumni, and to persons from outside the University. Unless otherwise stated, non-voting members do not hold any rights awarded to voting members.
- 2.5. Membership is open year- round. All members must submit their full name and a valid email address. There shall be no membership fee.

3. Article Three – Rights of Members

- 3.1. All voting members have a right to attend all general meetings of members.
- 3.2. All voting members have a right to cast votes at all general meetings of members.
- 3.3. All voting members have a right to stand for election unless otherwise stated in this document.
- 3.4. All voting members have a right to cast votes in all group elections and referenda.
- 3.5. All voting members have a right to propose and vote on amendments to this constitution.

3.6. The rights prescribed in Article Three are not awarded to non-voting members as described in Article Two.

4. Article Four - Executive Committee

- 4.1. The term for all positions on the Executive Committee shall be from May 1st to April 30th.
- 4.2. The Executive Committee shall be comprised of nineteen (19) voting members.
- 4.3. All voting members of the Executive Committee must be currently registered students of the University of Toronto.
- 4.4. Non-voting members may hold only non-voting positions on the Executive Committee.
- 4.5. The maximum amount of non-voting positions on the Executive Committee shall be one (1) position or ten per cent (10%) of the positions on the Executive Committee, whichever is greatest.
- 4.6. Persons holding non-voting positions on the Executive Committee cannot serve as an officer, financial authority, signing authority, primary contact, or secondary contact.
- 4.7. No person may serve as a financial authority or signing authority for the group if they are currently serving as a financial authority or signing authority for another recognized student group at the University of Toronto.

5. Article Five - Executive Committee Composition and Duties

5.1. The Co-Presidents shall:

- 5.1.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.1.2. The two executives shall distribute duties between themselves as they see appropriate
- 5.1.3. Oversee the operations, management and success of the group
- 5.1.4. Be the spokespersons for the group
- 5.1.5. One shall be the university primary contact person, and the other will be the second contact person
- 5.1.6. Hold signing officer authority along with the Treasurer for financial purposes
- 5.1.7. Create an agenda for all meetings
- 5.1.8. Preside over board meetings as well as general meetings
- 5.1.9. Ensure transition of office to the future executives

5.2. The Vice-President shall:

- 5.2.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.2.2. Assume duties of the President in their absence,
- 5.2.3. Ensure activities of the club comply with policies of the University of Toronto,
- 5.2.4. Coordinate organizational recruitment efforts.
- 5.2.5. Oversee the operations, management and success of the group
- 5.2.6. Be the spokesperson for the group
- 5.2.7. Assist with workshops preparation and delivery
- 5.2.8. Assist other members with tasks
- 5.2.9. Mentor new members
- 5.2.10. Facilitate workshop training sessions with the event coordinator

5.3. The Secretary shall:

- 5.3.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.3.2. Maintain a list of group members,
- 5.3.3. Maintain the group website and member contact list,
- 5.3.4. Record notes and motions for meetings,
- 5.3.5. Notify all members of general meetings.
- 5.3.6. Create an online newsletter and distribute it monthly to subscribers
- 5.3.7. Complete and submit administrative applications including CCR

5.4. The Event and Creative Directors shall:

- 5.4.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.4.2. The executives shall distribute duties between themselves as they see appropriate
- 5.4.3. Brainstorm event ideas, possible workshop activities, and fundraiser ideas
- 5.4.4. Create workshop scripts
- 5.4.5. Plan events
- 5.4.6. Assign event tasks to members
- 5.4.7. Find and reserve event spaces
- 5.4.8. Coordinate and facilitate workshop training sessions for workshop facilitators
- 5.4.9. Attain and distribute necessary event supplies and workshop scripts to facilitators
- 5.4.10. Coordinate fundraiser schedules

5.5. The Treasurer shall:

- 5.5.1. Record all financial transactions of the group
- 5.5.2. Hold signing officer authority along with the presidents for financial purposes
- 5.5.3. Maintain a budget of income and expenses along with receipts
- 5.5.4. Advise members on financial position of the group
- 5.5.5. Prepare an annual budget for the group as well as budgets for specific events
- 5.5.6. Oversee grant applications
- 5.5.7. Attend a grant application filling workshop

5.6. The Outreach Directors shall:

- 5.6.1. The two executives shall distribute duties between themselves as they see appropriate
- 5.6.2. Facilitate communication between the group and high schools
- 5.6.3. Arrange workshop timings with high schools
- 5.6.4. Make known to high schools the services the group has to offer

5.7. The Social Media and Web Directors shall:

- 5.7.1. Make a post on social media platforms (Facebook, Twitter, etc.) at least three times a week
- 5.7.2. Advertise blog posts on social media accounts
- 5.7.3. Advertise events and workshops on social media platforms
- 5.7.4. Attend a social media workshop
- 5.7.5. Update and maintain the group's website
- 5.7.6. Make a relevant blog post biweekly on the group's website

5.7.7. Arrange for photos to be taken and post them online when required

5.8. The Marketing Director shall:

5.8.1. Create posters and banners advertising the group

5.8.2. Assist the Social Media Directors in advertising the group's projects on social media accounts

5.8.3. Design any other promotional materials required by the group

5.8.4. Edit any videos that StrengthIN produces

5.9. The Programs Directors shall:

5.9.1. Connect with university students to educate them about the club's mission and encourage them to be involved with the club

5.9.2. Assist other executives when necessary

5.9.3. Assist with any mentorship opportunities offered by the organization, including events, recruitment, and pairing of mentors with mentees

5.9.4. Train Executive Support Associates on mentorship opportunities so they can provide assistance

5.9.5. Manage and host the club's podcast

6. Article Six – Elections

6.1. All voting positions on the Executive Committee shall be filled through an annual election.

6.2. All voting group members shall be eligible to seek nomination to and cast a ballot for each voting position.

6.3. All non-voting group members shall be eligible to seek nomination only for non-voting positions on the Executive Committee.

6.4. Non-voting group members shall not be eligible to cast a ballot for any elected position.

6.5. The nominee winning the plurality of votes cast in the election for each position shall be deemed the winner.

6.6. On the condition that multiple candidates are to be elected for a single position, the nominees winning the largest share of the votes cast shall be deemed the winners until all positions are filled.

6.7. The elections must be held in a nonbiased manner. No individual who is seeking election may participate in planning or administering the election.

6.7.1. There shall be an executive membership election every year, on a date between March 15th and April 1st. The election shall be announced a minimum of two (2) weeks in advance of the date. Nominations can be given from March 10th up until 24 hours before the election. All eligible nominations shall become candidates. The existing presidents shall appoint three members (preferably those who are not running in the election) to distribute, collect and count the ballots. One of these appointed members shall announce the winners, and write a report to be given to the existing executive team. The results of the election will be announced on the day of the election, at the end of the election meeting. Another one of these appointed members shall cast his/her votes in a sealed envelope. In the event of a tie, the

sealed envelope will be opened and the ballot will be counted. All votes will be cast anonymously and privately on a ballot. The candidate with the most votes shall be elected to the position. The winners of the executive election shall commence their duties on the September of the following school year.

6.7.2. In the event that an existing executive wishes to step down during their term, all members will be notified of the available position. An election will take place shortly after at a general meeting.

6.7.3. Non-U of T members may not nominate, run or vote in elections.

7. Article Seven – Finances

- 7.1. The Treasurer shall keep an active record of income and expenses.
- 7.2. The Treasurer shall present the group's updates on the group's financial position at annual general meetings.
- 7.3. The Executive Committee must approve all expenditures over \$100.00 through a majority vote at a meeting of the Executive Committee.
- 7.4. The group may not engage in activities that are essentially commercial in nature.
- 7.5. The group will not have as a major activity a function that makes it an on-campus chapter of a commercial organization.
- 7.6. The group will not provide services and goods at a profit when that profit is used for purposes other than those of the group.
- 7.7. The group will not pay salaries to any of its officers.

8. Article Eight – Meetings

- 8.1. The Executive Committee shall meet monthly. The quorum for Executive Committee meetings shall be 50%+1 of the voting members of the Executive Committee.
- 8.2. The group shall hold general meetings at least twice per year to provide the general membership an opportunity to review the group's annual activity plan, financial health, and propose or vote on constitutional amendments.
- 8.3. The Executive Committee must announce the date of a general meeting to the general membership at least two (2) weeks prior to the date of the meeting.

9. Article Nine - Termination of Membership

- 9.1. The Executive Committee may revoke the membership of any member of the club who commits an act negatively affecting the interests of the club and its members, including non-disclosure of a significant or continuing conflict of interest.
- 9.2. A vote to revoke membership must be held at a meeting of the Executive Committee.
- 9.3. A two-thirds majority of the Executive Committee is required to approve any motion to revoke membership.

- 9.4. Any member facing removal shall have the right to appeal the decision of the Executive Committee to the general membership.
- 9.5. In the case of an appeal, a simple majority vote at a meeting of the general membership shall be required to sustain the revocation of membership.
- 9.6. Following a termination of membership, the member will be removed from the club's membership and will lose any privileges associated with being a member of the club.
- 9.7. Executive Committee members are subject to the same termination of membership process as general members.

10. Article Ten – Amendments

- 10.1. All constitutional amendments shall require a 2/3 majority vote to be passed at a general meeting.
- 10.2. All voting members may propose and vote on amendments to the constitution.
- 10.3. The Executive Committee shall submit the revised constitution to staff in the Division of Student Life at the University of Toronto within two (2) weeks.
- 10.4. Amendments to the constitution shall take effect only once the revised constitution has been approved by staff in the Division of Student Life at the University of Toronto.