

# Children & Youth in Care Day

#ForgetMeNot #LittleWins



Ontario Association of  
Children's Aid Societies



CHILDREN'S  
AID FOUNDATION  
OF CANADA

The [#ForgetMeNot campaign](#) is inspired by the stories of six young people and individuals who have influenced their well-being. Meet Van and Bryan, Samuel and Severn, Aidan and Kevin, Troy and Joycelyn, Rose and Jenn, and Kaygan and Elaine and Madil [here](#). This year, we are continuing the [#ForgetMeNot campaign](#) by focusing on the #LittleWins of young people with lived experience interacting with Ontario's child welfare system.

There are multiple ways to participate in the #ForgetMeNot campaign on May 14, 2025. You can share the stories of Van and Bryan, Samuel and Severn, Aidan and Kevin, Troy and Joycelyn, Rose and Jenn, and Kaygan, and Elaine and Madil. You can share messages of support and campaign visuals recognizing the importance of #LittleWins. Or you can even share your story – tell us about how you support children and youth in and from care in your community.

Don't forget! Follow us at [@ONT\\_youthCAN](#) and [@our\\_children](#) on X, [@ont\\_youthcan](#) on Instagram, and [@ontarioyouthcan.org](#) on Facebook. Don't forget to use the hashtags #ForgetMeNot, #LittleWins, #ChildrenAndYouthInCareDay. Use visual elements of the campaign, which include photographs and stories of former youth in care and the adults who supported their well-being, a video reading of the "Forget Me Not" poem, shareable campaign images for social media, and more.

- Watch and share the video at
- View and download all six campaign stories at
- Download the campaign images for social media
- Download the poem here (8 x 11) and here (11 x 17)



All visual elements of the campaign are available at <http://www.oacas.org/forgetmenot>.

Here are potential social media messages to help you participate in the campaign and join the conversation online. You can ensure children and youth in and from care know that they are not alone, and they are part of a community – one that celebrates the #LittleWins.

#### *Children and Youth in Care Day*

- Today is #ChildrenAndYouthInCareDay! We all have a role to play in supporting children and youth in and from care. Learn more about how you can show up for young people in our community here: <http://www.oacas.org/forgetmenot>.
- #ChildrenAndYouthInCareDay was created because of young people in and from care, who shared their stories and experiences through the [My Real Life Book](#) report. They wanted a day to be recognized for their contributions, strength, and resilience. On May 14 let's make sure they feel supported and know they are not forgotten. #ForgetMeNot
- We all have a role to play in supporting children and youth in and from care. We can show up by volunteering, fostering, advocating, and more. Learn more at <http://www.oacas.org/forgetmenot>. #ChildrenAndYouthInCareDay #ForgetMeNot

#### *#ForgetMeNot Campaign*

- It only takes one person to make children and youth in and from care feel like they belong to a community that notices their #LittleWins. On #ChildrenAndYouthInCareDay, be that person. Get involved by volunteering, fostering, advocating, and more. Learn more at <http://www.oacas.org/forgetmenot>. #ChildrenAndYouthInCareDay #ForgetMeNot
- The #ForgetMeNot campaign is inspired by the stories of six young people and individuals who have influenced their well-being. Learn more at



<http://www.oacas.org/forgetmenot> #ChildrenAndYouthInCareDay  
#ForgetMeNot

- Forget-me-nots symbolize love and respect and represent a promise of remembrance. Like the flower, children and youth in and from care are resilient. Young people from care cannot be forgotten. We all have a role to play in supporting them to thrive. #ForgetMeNot

<http://www.oacas.org/forgetmenot>

- Do you have experience in child welfare in Ontario? Join our #ForgetMeNot campaign! Read our campaign poem on video and share it with us at [youthcan@oacas.org](mailto:youthcan@oacas.org). Or tell us your story of beating the odds, blossoming, and who helped you get there. <http://www.oacas.org/forgetmenot>

### *#LittleWins*

- Completing homework, making a new friend, learning how to cook a new meal, going for a new run – these are all #LittleWins. They look different for everyone but they all should be celebrated. It's #ChildrenAndYouthInCareDay and I am celebrating the #LittleWins of children and youth in and from care. #ForgetMeNot  
<http://www.oacas.org/forgetmenot>
- Celebrating the #LittleWins in the lives of children and youth in and from care is more than a moment of joy – it's a powerful reminder that every step forward, no matter how small, counts. The #LittleWins matter. Join me in reminding young people in and from care that they belong to a community – one that recognizes the #LittleWins. <http://www.oacas.org/forgetmenot>
- Today is #ChildrenAndYouthInCareDay. We are celebrating the #LittleWins in the lives of children and youth in and from care. Every step forward counts, no matter how small. #ForgetMeNot <http://www.oacas.org/forgetmenot>