

# 'I want them to be empowered'

 Everyday Political Citizens

## Journalist and volunteer aims to show youth their influence



**Luke Simcoe**  
Metro | Toronto

Every year, Samara Canada's Everyday Political Citizen (EPC) project honours Canadians who are making positive changes in their communities. The winner of the contest will be announced Dec. 3, 2015.

Metro is profiling the four EPC nominees in the Greater Toronto Area. Today, we meet Theresa Do, a journalist and volunteer in Toronto who spearheaded the city's recent InForum conference for youth.

For Theresa Do, her politics are inseparable from her heritage.

Do, 24, is a second-generation Vietnamese Canadian. Her family survived the Vietnam War and immigrated to Canada in the late 1980s.

"Being the daughter of immigrants really shaped my formative years and continues to shape how I see the world," she said.

"To be part of a family that comes from a country that stripped away their citizens' democratic right to participate in the social affairs of the nation ... it gives me a motivation to make sure that I don't squander my opportunity and privilege to become more involved in the affairs of Canada."



**Theresa Do** says her experience as a second-generation Canadian informs her political perspective. CONTRIBUTED

And that's exactly what Do is doing. She's pursuing her master's degree in global affairs at the University of Toronto and working part-time as a journalist at the CBC.

She also volunteers with a relief organization offering aid to children in the global South, and recently organized the InForum Conference in Toronto, a non-partisan event geared toward in-

forming and empowering youth.

"I see a lot of young people who aren't partisan at all. They're politically agnostic. They don't coalesce around a party but they coalesce around issues," she said.

"I want them to be empowered. I just want them to know that they can make a difference."

Do said she's honoured to have been shortlisted for the Everyday Political Citizen award because she believes in practicing politics at the everyday level.

"I think it's the small struggles that you go through every day to work to your goals and the common goals of your peers. It's the conversations you have with your peers about the state of the world. It's the effort you put in helping someone solve a problem," she said.



**I want to make sure everything I do is for the good of society.**

Theresa Do