



## HEALTH PROMOTING SCHOOLS NEWSLETTER

DECEMBER 2019

### PARENT INFORMATION

#### Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

#### Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics.

### ABORIGINAL RESOURCES

#### New Mental Health Awareness Comic Books from Indigenous Story Studio

It's not always easy to ask someone if they're thinking about hurting themselves, particularly if you're close to them or haven't received training. Some people need to read about it, or see examples of ways to 'break the ice' These new comic book stories help educate readers about when might be an appropriate time to check-in with a youth, what language to use, and what options might be available. Take a look at the previews of the following new story books:



First Nations preview [here](#)



Métis preview [here](#).

The Alberta government funded the creation of this current project, and as usual, the draft stories were focus group tested online with professionals and in person with Indigenous youth. Check out the pricing and order information at [www.istorystudio.com](http://www.istorystudio.com). The content in these stories may stir up unpleasant feelings or thoughts. Please consider reading them with a family member or friend.

## ADOLESCENT HEALTH SURVEY 2018

### 2018 Adolescent Health Survey - Regional Reports

The Adolescent Health Survey Regional Reports are now available for the East Kootenay and Kootenay Boundary areas.

For more information see: [www.mcs.bc.ca](http://www.mcs.bc.ca)

Scroll down to see this:

Download / Infographic poster



Balance and Connection in BC: The health and well-being of our youth  
This report shares provincial findings of the 2018 BC Adolescent Health Survey, which was completed by 38,015 Grade 7-12 students in schools across British Columbia.

Download / PowerPoint / By youth, for youth poster / SDG Poster

2018 BC AHS Regional reports (Health Service Delivery Area):

• HSDA 2 - Balance and Connection in the Northeast:

Download / Media Release / Powerpoint

• HSDA 6 - Balance and Connection in Kootenay Boundary:

Download / Media Release / Powerpoint

• HSDA 7 - Balance and Connection in East Kootenay:

Download / Media Release / Powerpoint

• HSDA 13 - Balance and Connection in Richmond:

Download / Media Release / Powerpoint

## MENTAL WELLNESS



THE PSYCHOLOGY  
FOUNDATION  
OF CANADA

LA FONDATION  
DE PSYCHOLOGIE  
DU CANADA

### When To Seek Professional Help For Your Child's Mental Health

It's not always easy to know when your child needs professional help. Here are some guidelines that may help.

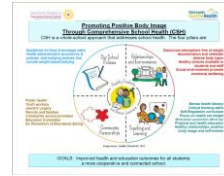
**WEEKLY TIP #1:** Some child behaviours can be annoying, but age-appropriate. If your child's behaviour is not improving after a few months, and seems to be unusual for children in their age group, seek out a professional.

**WEEKLY TIP #2:** When to seek outside help. Ask yourself: Is my child in danger? If your child is engaging in, or at-risk, for self-harm behaviour, seek professional help as soon as possible. That might even mean a trip to the emergency room.

For more information see: [psychologyfoundation.org](http://psychologyfoundation.org)

## POSITIVE BODY IMAGE

### Positive Body Image Resources



See page 2 of this document below from: [jessieslegacy.com](http://jessieslegacy.com)

## TOBACCO AND VAPOR PRODUCTS

### QuitNow – Now offering support for vaping cessation.

QuitNow is now offering phone and text support for people looking to quit vaping.  
For more information see: [quitnow.ca](http://quitnow.ca)

### BC Lung Vaping Toolkit Materials – Now available in print

Printed materials, including an Infographic, parent and teacher handouts and much can be ordered at no cost through  
QuitNow at [quitnow.ca/healthcare-providers/order-materials](http://quitnow.ca/healthcare-providers/order-materials)

### Vaping information geared towards youth

Foundry BC has many tools and resources on their website that provide information geared towards youth.  
See: [foundrybc.ca/resource/vaping](http://foundrybc.ca/resource/vaping)

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

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