

**JUNE 2022****DASH BC UPDATES****Teaching and Learning****Vaping: The More You Know (VTMYK)**

[Vaping: The More You Know](#) is an initiative DASH created to empower youth to take control over their vaping-related behaviour. During the 2021-2022 school year the pilot program was delivered to over 1500 students in grades 8-12 across British Columbia! If you would like to learn more about the pilot contact your Comprehensive School Health Facilitator or visit the DASH website [here](#).

Teach Food First Evaluation Survey

If you have spent time reviewing the [Teach Food First](#) webpage, taught a lesson or two, or have implemented the Teach Food First Guiding Principles, we want to hear from you! The [Teach Food First Evaluation Survey](#) is open to teachers, administrators, volunteers, and any other school community member who has used Teach Food First to help teach food literacy in the classroom. Complete the survey and enter a draw to win one of two \$50 Staples Canada gift cards!

Relationships and Environment**Healthy School Communities Certification**

Congratulations to all the schools who participated in the 2021-22 [Healthy School Communities Certification \(HSCC\)](#) this year! DASH helped support schools from across BC to help reach their healthy school community goals. If you want to become involved in the HSCC initiative next school year, please contact your region's [Comprehensive School Health Facilitator](#).

MENTAL HEALTH

Teaching and Learning

BC Youth Services Information

This newly developed BC Youth Services card from the Ministry of Mental Health and Addictions lists resources on free counselling and health services. If you would like free hard copies of the card, contact Whitney.Welsh@gov.bc.ca. Please provide the number you would like and the address for mailing.



The BC Youth Services Card is a vertical poster. At the top, it features the logo of the British Columbia Ministry of Mental Health and Addictions. Below the logo, the text reads 'Wellbeing.gov.bc.ca/youth'. A speech bubble in the center contains the text 'YOU'RE NOT ALONE #BESEENANDHEARD'. At the bottom, there is a colorful illustration of diverse young people. To the right of the card, there is a section titled 'THERE ARE PEOPLE WHO WILL LISTEN' which lists various services and a table of resources.

THERE ARE PEOPLE WHO WILL LISTEN

Free counselling and health services

- Talk to a counsellor. Find crisis clinics or go to gov.bc.ca/ChildYouthMentalHealthAddictionsClinics
- Go to a youth clinic. Find youth clinics that help you find a clinic close by.
- Call for health advice. HealthLine BC.ca or 811 help you get to a nurse.

There's strength in asking for help.

FREE TEXT, PHONE AND WEB SERVICES

| Service | Text | Phone | Web chat |
|---------------------|----------------------------|-------|----------|
| Service finder | BC211.ca | ✓ | ✓ |
| Emotional support | YouthSpace.ca | ✓ | ✓ |
| SeeSense.org | Please Call 1-800-776-2262 | ✓ | ✓ |
| Alcohol & drug info | Please Call 1-800-663-3441 | ✓ | ✓ |
| Youth counselling | KidHelpPhone.ca | ✓ | ✓ |
| TrentCareBC.ca | Please Call 1-888-695-1181 | ✓ | ✓ |

ADVOCATE FOR YOURSELF AND OTHERS

Free legal help

- Child and Youth Legal Centre: 1-877-462-0007
- Representative for Children and Youth: 1-800-476-3933

Look out for your friends

- Mental Health First Aid: mha.ca
- Naloxone: towardtheheart.com
- The Good Samaritan Act: can give legal protection when you help someone having an overdose

Resources for families

- Wellbeing.gov.bc.ca
- KidzAlertBC.ca
- KidzAlertBC.ca
- ParentSupportBC.ca
- etass.gov.bc.ca

IN CRISIS? YOU'RE NOT ALONE

Call 9-1-1 for urgent help. You have the right to be safe. If you need emergency housing or shelter, text 2-11.

Crisis and help lines

| Service | 1-800-SUICIDE |
|---|----------------|
| Crisis Centre | 310-6789 |
| Mental health crisis counselling | 1-800-588-8717 |
| KULU-26 Aboriginal crisis support | 1-877-330-6366 |
| Town & Country crisis support | 1-800-563-0808 |
| Victim Link BC (for victims of crime) | 1-800-680-4264 |
| Youth Against Violence for crisis support | 1-800-680-4264 |
| Youth in BC Crisis Chat (moodmatters) | 1-800-680-4264 |

NUTRITION

Teaching and Learning

Teaching Resources

Are you looking for some new food literacy activities for your class this spring? Check out these programs and resources offered by BC Agriculture in the Classroom and Farm to School BC.

BC Greenhouse Veggie Days – BC Agriculture in the Classroom Foundation and the BC Greenhouse Growers Association invite teachers to participate in Greenhouse Veggies Days (virtual). From May 12th – June 12th 2022, take your class on a virtual tour of a BC greenhouse! There are two tour levels available (K-grade 5) and (grade 6-12). Register [Here](#)

Spotlight Series on Halibut – Have a look through this series on Halibut to help students learn about sustainable management of the wild Pacific halibut fishery in BC. The lesson plans and resources are suitable for intermediate and secondary grades.

Spring Learning Activities – Check out Farm to School BC's [Spring Learning Activities](#) for ideas on getting your K-12 class outside this spring.

PHYSICAL ACTIVITY

Relationships and Environment

PHE Canada's [Guide to Ride](#)

Guide to Ride is a FREE resource for teachers or after school leaders of children in grades 4-6 to promote safe cycling. Guide to Ride aims to develop an appreciation and understanding of the benefits of cycling for both individuals and communities including the health benefits from being physically active through cycling and the ecological and environmental benefits of a non-motorized form of transportation. You must have a PHE Canada account to register and download this resource; however, a “supporter” account is free.

TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning

World Environment Day [#OnlyOneEarth](#): How Tobacco and Vaping Impact Our Planet

Cigarette butts are the most littered item in the world! It is made of microplastic fibers that leaches toxic chemicals into our environment, threatening wildlife and harming our health. It offers no health protection to smokers and is ultimately a single-use plastic item. Vaping devices, cartridges and juice bottles also pose a serious risk to the environment. It contains batteries, plastic, heavy metals and chemicals that can harm our ecosystems. The electronic waste from vapes, is costly and difficult to dispose of. Furthermore, the tobacco industry is responsible for deforestation, water and land depletion and large emissions of CO₂ contributing to climate change. Make tobacco and vaping part of this year's sustainability discussion and explore how individual choices and actions can have an impact on our planet.



Resources:

[#OnlyOneEarth Practical Guide to Sustainable Living](#)

[Clean Seas action points](#)

[Facts - tobacco, vapor products and the environment](#) - Truth

[Little Big Lie - Interactive Webpage](#) - UNDO

[Vapes: 3 types of toxic waste in 1](#) - UNDO

RESOURCES

Teaching and Learning

Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

[Healthy Schools BC Website](#) is a great resource for teachers.



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 19](#), [SD 53](#), [SD 73](#), [SD 83](#)

Community Partnerships

Tobacco and Vapour Prevention and Control:

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control?

Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

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