



HEALTHY SCHOOLS TEAM IN SECONDARY SCHOOLS

2018-19

The Thunder Bay District Health Unit Healthy Schools team is made up of 5 public health nurses and 1 public health dietitian with specific content expertise, who work together with your school community to support healthy schools.

Students' health issues are ever changing and increasingly complex. As students reach secondary school age, participation in regular physical activity decreases, and eating habits become less healthy. Some experiment with alcohol and other substances, and risky behaviours and injuries are on the rise. Stress is a major issue, especially during periods of transition, school start-up and graduation.



Our healthy schools team follows a comprehensive school health approach where strategies and activities contribute to a positive school climate. Evidence suggests that comprehensive school health is an effective strategy for improving the health of the school community. Students develop the skills they need to be physically and mentally well for life.

We believe health and education are interdependent. Healthy students are better learners. Educated students make positive lifestyle choices and are healthier overall.

How can we
support
 & promote health
 in your school?
Let's talk!

Tell us about the health needs within your school.

If your school has completed a compass study or school climate survey, we can assist in programming and support to address some of the predominant needs identified in your school. We will come up with a plan together!

Your school has a designated public health nurse. Contact **Robyn** at **625-5910** or **Robyn.Daley@tbdhu.com** to get connected today.



HOW WE CAN SUPPORT YOUR SCHOOL COMMUNITY

Curriculum based workshops and presentations:

- **Sexually Transmitted Infections:** Students learn about different types of sexually transmitted infections and the ABCs of protecting their own health. This presentation is aligned with the Health and Physical Education curriculum.
- **Contraception:** Students learn about different types of contraception, including abstinence. This presentation is aligned with the Health and Physical Education curriculum.
- **Healthy Relationships Plus Program:** The Healthy Relationships Plus Program (HRPP) is an evidence-informed program developed by the University of Western Ontario that equips students with the skills they need to build healthy relationships and to help themselves and their peers reduce risky behaviours. HRPP uses open dialogue and role playing to engage youth in discussions about peer pressure, help-seeking, media literacy, healthy and unhealthy peer and dating relationships, and healthy communication. The program is appropriate for vulnerable youth aged 12-18 years. HRPP consists of 16 one-hour sessions.
- **Substance Education:** In this 70min classroom workshop, students learn about substance use – the different levels of use, the impact use can have, and how to reduce harms of use. The activities in this workshop encourage students to use critical thinking and decision making skills regarding substance use.
- **Weed Out the Risk:** Weed Out the Risk (WOTR) is an interactive harm reduction program which challenges youth misconceptions about weed and informs them of the risks associated with using cannabis and driving or being a passenger in a high driver's vehicle. This 70min classroom presentation, led by a trained facilitator, engages teens through interactive discussions, games, activities and videos.

Youth engagement and school-wide initiatives:

- **Safe Grad Program** is a peer leadership opportunity for students in grade 12. Public health nurses provide training and resources about safe partying for student leaders who then take the lead in planning initiatives to spread their safe partying message to their peers prior to grad.
- **The Youth Mental Health Awareness Champions Project** is a youth-led mental health promotion initiative. Public health nurses facilitate training for students about positive mental health and how to positively impact the climate of their school. Student groups meet on an ongoing basis to plan and implement initiatives in their school. This program can be offered to an existing student group such as Natural Helpers or Gay Straight Alliance (GSA) or a new wellness club can be formed for this purpose.
- **Connect Change Connect:** Connect Change Connect (CCC) is a youth smoking cessation program for students who would like to reduce or quit smoking. CCC aims to improve students' sense of connectedness to their school as well as to support student behaviour change towards a commercial tobacco free life. Health Unit staff facilitate 7 weekly 30 minute sessions with the presence of a school staff member.

Displays:

- **A variety of displays:** to support your school community in health fairs, open houses and other school events.

Resources and support:

- Provide sexual health education support, answer questions and provide condoms upon request
- Provide support in development or revision of school health and wellness policies
- Provide support and information