

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

November 2024

LEGAL SUBSTANCES

CONTEST ALERT! Seeking youth artists' views on tobacco, cannabis, vaping and alcohol!



The best way to promote awareness and healthy choices to youth is by involving them in the dialogue and sharing meaningful and honest messages with them. That is why the Legal Substances Team at IH is relaunching the annual **Beyond the Buzz: Youth Voices on Tobacco, Cannabis, Vaping & Alcohol** poster contest.

Formerly known as the *Take a Breath: Teen Voices on Tobacco, Vaping and Cannabis* poster contest, this year the contest has taken on a new name that includes an opportunity for youth to express their views on alcohol use. The goal is to learn and share youths' views on how these substances affect them and their friends, family, school and community, and to engage young people and supportive adults in meaningful conversations around substance use.

Students under 19 years of age enrolled in Grades 6 to 12 across the [IH region](#) are invited to share their view on the impacts of tobacco, cannabis, vaping and alcohol through original artwork inspired by one of the five different themes for a chance to win a gift card of \$150 value.

The contest is **now accepting submissions up until Dec. 15, 2024**. The contest winners will be notified and announced during the week of **Jan. 20, 2025**, which coincides with National Non-Smoking Week!

Find out more about the contest and how to participate at interiorhealth.ca/beyondthebuzz

You can also promote the contest in many ways:

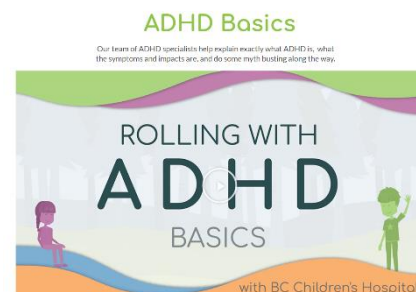
- Share this information with educators and other professionals working with youth
- Display the [contest poster](#) where youth can see it
- Encourage youth in your personal and professional circles to participate

MENTAL HEALTH

ADHD Basics with the BC Children's Hospital

[Rolling with ADHD Basics - Healthy Minds Learning](#) is a video in the parent and educator series.

Find out what ADHD is (and is not) in this short 20-minute video. BC Children's Hospital team of ADHD specialists guide you through the basics and do some myth busting along the way.



YOUTH EMPOWERMENT

Empower YOUth Conference BC Recreation and Parks Association (BCRPA)

Join us on November 23 for [Empower YOUth Conference \(EYC\)](#)!

In-person tickets are SOLD OUT. Virtual tickets are still available.



What is Empower YOUth? Empower YOUth is BCRPA's biennial conference designed for anyone working directly with youth and youth programming. Every other year, over 120 professionals in the youth sector attend this conference to connect with their peers and colleagues and learn about promising practices, leading-edge programs, new tools, resources and approaches to youth programming, and critical services that can support their daily work.

New format for 2024! This year's single-track program allows all attendees to learn and interact in a central setting together. No need to choose your sessions – this year's conference will offer a unified and consistent experience for all, whether you are attending virtually or in-person.

Who Attends Empower YOUth? Attendees at Empower YOUth include youth workers, recreational program staff, outreach workers, youth counsellors, social service workers, teachers, activists, supervisors and more

Visit the [EYC website](#) to register and explore this year's program. Online registration closes November 14.

For more information see: [BC Recreation and Parks Association - Conferences - Empower YOUth \(bcrpa.bc.ca\)](#)