

SERVICES AVAILABLE FROM YOUR SECONDARY SCHOOL NURSE

HEALTHY LIFESTYLES

- Counselling on lifestyle choices
- Cancer prevention resources: breast, cervical, testicular, and skin
- Teaching materials on healthy eating, physical activity, tobacco
- F.U.E.L. (Females Using Energy for Life): an initiative for young women promoting non-competitive physical activity in a supportive environment.

MENTAL HEALTH

- Consultation, curriculum support, and resources on body image, self-esteem, violence, bullying, self-harm, stress, and depression.
- TAMI (Talking About Mental Illness) program speakers
- Youth Net - a mental health promotion and early intervention program for youth to increase awareness and communication about mental health/illness

SEXUAL HEALTH

- Classroom support/presentations on healthy relationships, decision making, safe dating, STI/HIV/AIDS, preconception, prenatal health, and future parenthood
- Counselling and referrals for students
- GLBTQ positive space

SERVICES AVAILABLE FROM YOUR SECONDARY SCHOOL NURSE (CONT'D)

PARENTING

- Consultations, referrals, and information for families to enhance healthy adolescent development.
- Requests may be made for nurses to attend open houses, school council meetings, and to facilitate presentations to parents.
- Parenting Resource Guide - a support for parents to help navigate the challenging and exciting period of adolescence, including website and community resources.
- Triple P Parenting Course for parents of teens

INJURY AND SUBSTANCE MISUSE PREVENTION

- Consultation, referrals, resources, and presentations to decrease the risks associated with drug, alcohol, and tobacco use.

YOUR SCHOOL NURSE

IS AVAILABLE

AND CAN BE REACHED AT
