

HEALTH PROMOTING SCHOOLS NEWSLETTER

DECEMBER 2025



FOOD LITERACY

Neurodiversity and Eating Disorders

Eating disorders are complex mental health conditions that affect individuals across all ages, genders, and backgrounds. Neurodivergent children and youth may be at increased risk of exhibiting disordered eating behaviours or developing an eating disorder. EmbodyBC has resources for parents and professionals. Check them out here: [Neurodiversity and Eating Disorders - a guide for parents & professionals](#)



LEGAL SUBSTANCES

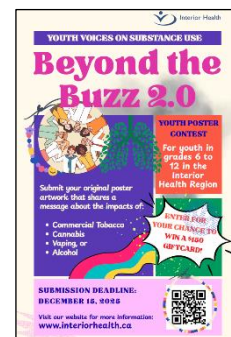
REMINDER: Beyond the Buzz 2.0

Just a reminder the submission deadline for the **Beyond the Buzz Poster Contest** is **December 15, 2025**. Click [here](#) for all the details.

Addressing Vaping in Schools – Conference

BUNYAAD Public Affairs in collaboration with PHE Canada and the Lung Health Foundation is hosting a conference to talk about the challenges around vaping in schools, share what's working and building forward together.

February 13, 2026 | 8 AM – 5 PM | Vancouver, BC | Register [here](#).



BC youth's experiencing with vaping and nicotine pouches



The Minister of Health's Youth Advisory Council on Health and Wellness ([BC YAC](#)), supported by McCreary, co-led a study on BC youth's experiences of vaping, nicotine pouches, and other nicotine products. The results from 2,784 youth aged 12-19, along with the BC YAC's recommendations to support youth who do and do not use these products, [have now been released](#). Members of the BC YAC have also prepared a video to share a summary of their findings, [available on their YouTube channel](#).

MENTAL HEALTH

Recognizing Self-Harm: How to Support Your Child

Self-harm is when someone intentionally hurts themselves to cope with difficult emotions. It's a way some teens express or manage intense feelings, not necessarily a desire to end their life. It's natural to feel shocked, confused, guilty or angry when you find out that your child is self-harming. Check out resources to learn more about self-harm and how you can help. **Remember: You're not alone, and neither is your child. With the right support, things can get better.**

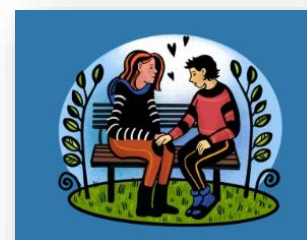


See the resources here:

[Talking About Self-Harm: A Guide for Parents and Caregivers | Kelty Mental Health](#)

Violence Prevention Resources

The most recent initiative at [PREVNet](#) has focused on building the capacity of educators who support children and youth by co-creating and sharing tools and resources that address and **prevent gender-based violence, including identity-based bullying, sexual harassment, and teen dating violence**. They've developed 12 resources, including tip sheets, videos, and a training module, all available here: <https://www.preynet.ca/resources/for-educators/>.



PHYSICAL LITERACY

Outdoor play

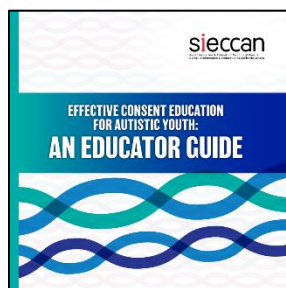


Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. **Check out UBC's [OutsidePlay](#) which has resources for parents, ECEs, and teachers on outdoor play.**

Keep non-sporty kids moving

There are kids who would prefer to draw than to dive. Kids who prefer to read than to run. And kids who prefer to investigate than to inline skate. Just like the clothes you prefer to wear, sport and physical activity is a matter of personal choice and taste. But no matter how much a kid likes sport or not, being active and moving everyday is good for all kids. So how do you get your non-sporty kid to be active? **Try these [tips](#) from Active for Life to incorporate what they love with movement.**

SEXUAL HEALTH



Effective consent education for boys and Autistic youth: Sex Information & Education Council of Canada (SIECCAN)

Effective consent education for [boys](#) and [Autistic youth](#): A SIECCAN resource for health service providers is now available! This resource page will help educators, health professionals, and other service providers **learn about important core concepts for providing effective consent education to boys and Autistic youth.**

RESOURCES

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



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 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools](#) webpage or the [Cannabis Information for Youth](#) webpage.

To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

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