

## Talking to Your Teen About Bullying

Teens can be under a lot of pressure as they deal with hormonal changes, heartbreaks, anxiety about school, relationships, etc. With so much going on in your teen's life, it is important to watch for signs that your teen may be struggling with bullying. If your teen seems unusually anxious, worried about going to school or withdrawn, take some time to check in and let them know you are there to support them. Bullying can take different forms:

- **Verbal:** name calling, gossiping and negative comments about a person's interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).
- **Physical:** hitting, tripping, pinching and unwanted sexual touching.
- **Social:** leaving someone out on purpose, telling others not to be friends and spreading rumors.
- **Cyber:** the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.

What to do if you suspect your teen is being bullied?

- Start the conversation. Talk often and openly.
- Offer comfort and encourage your teen to talk about their feelings.
- Work with your teen's school to monitor, prevent and stop bullying behaviours.
- Make safety arrangements. Be sure your teen knows how to get help.
- Build confidence. Teach your teen to be assertive, not aggressive.
- Stand up for you teen. Get involved in bullying awareness and prevention programs.
- Be a role model.

Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end negative implications caused by bullying. For more information and resources on bullying awareness and prevention, we encourage you to check out what [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca) has to offer!



Because they don't come with a manual Alberta Health Services has created Healthy Parents, Healthy Children just for you. From pregnancy up to 6 years of age, all the information you need is at your fingertips. For reliable information about how to help your family grow, learn and be healthy, visit: [www.HealthyParentsHealthyChildren.ca](http://www.HealthyParentsHealthyChildren.ca)

## Safe Food for Lunch

Food is an enjoyable part of everyday living. When we eat we want to have the proper nutrition, but we also want the food to taste and look good. One thing we never expect is to get sick from the food we eat. To keep any food safe we can follow four easy steps:

**Chill** – Keep food at 4°C or colder. Use an ice pack in your child's lunch bag or freeze a juice box. You will still have cold juice by lunch and the rest of the lunch will be safer to eat.

**Cook** – Colour no longer indicates doneness. To make sure the germs that cause foodborne illness are killed, check the temperature of the food with a thermometer. An internal temperature of 74°C should be reached at the end of cooking. Reheat foods to an internal temperature of 74°C as well.

**Clean** – Handwashing is one of the best ways to prevent many types of illness. The most important time to wash is after going to the bathroom. Use clean dishes to prepare food. Wash fruits and vegetables before eating.

**Separate** – Keep raw foods and cooked foods separate. Clean dishes between preparing different types of food or use separate dishes.

These four steps will help to keep any food safer to eat and prevent foodborne illness.