

JCSH News and Resource Bundle for January 29 2020

Hello everyone

Here is the News and Resource bundle for this week. Today is Bell Let's Talk day.

Cheers

Susan

News Articles:

1) 'We're constantly asked for pictures': Teen researchers why sending naked pics is now normal

A 17-year-old New Brunswick student whose research is rewriting Grade 9 and 10 personal development curriculum in the province says current material needs to be updated: "Nude photos, media exploitation of women, toxic male gender representation and violence-inducing media, porn and so many other issues are simply not talked about," she writes in her letter to officials at the Anglophone East School District. Her research looks also at body image concerns in girls, emotion definitions held by boys, and how media choices define much of the ways teens feel about themselves and others. (The second link below is from a December story where PEI students as early as Grade 6 are asked for nude photos before first dates, in many cases.)

<https://www.cbc.ca/news/canada/new-brunswick/kiona-osowski-moncton-high-school-curriculum-gender-media-social-1.5430704>

<https://www.cbc.ca/news/canada/prince-edward-island/pei-teens-sharing-nude-images-1.5377305>

2) Social media use associated with disordered eating among young adolescents

An Australian [study](#) published in the *International Journal of Eating Disorders* shows a relationship between social media use and disordered eating thoughts and behaviours in adolescents, both boys and girls. Lead author Dr. Simon Wilksch noted that, although not causal, a strong relationship exists between adolescents' use of social media, Snapchat and Instagram in particular, and disordered behaviours and thought patterns: "Parents need to be aware of the risks of social media, while health professionals and educators need to assist young people to become resilient to the pressure social media can convey."

<https://www.healio.com/psychiatry/eating-disorders/news/online/%7B909b5c53-b22c-4f66-aaef-622dfdfc44e%7D/social-media-use-associated-with-disordered-eating-among-young-adolescents>

3) Gender attitudes and pressure to conform impact bullying behaviours in teen boys:

Study

A study published in the *American Journal of Preventive Medicine* has found that boys who witness peers engaging in violent behaviours toward girls were more likely to be violent: [bullying](#), youth violence, rape, and dating abuse. The study also showed that boys with equal gender beliefs also showed aggression, primarily in homophobic teasing among their peers. "This reinforces that pressure to conform to stereotypes about masculinity that perpetuate harmful behaviors toward women and girls is also associated with getting in a fight with

another guy," said lead author Elizabeth Miller, a professor of pediatrics, public health and clinical and translational science at the University of Pittsburgh. "These behaviors aren't happening in silos -- if we're going to stop one, we need to also be addressing the other."

<https://edition.cnn.com/2019/12/27/health/teenage-violence-gender-study-trnd/index.html>

4) More Canadian teens using over-the-counter drugs to overdose, data show

Data from the Canadian Institute of Health Information (CIHI) shows that intentional overdoses of over-the-counter and prescription drugs by Canadian youth nearly doubled between 2010 and 2018 and almost tripled for children under 13. These findings correspond with those from an [Ontario](#) study published in *Clinical Toxicology* that Tylenol and Advil were the drugs most commonly used. Researchers advocate for restrictions to higher doses and larger bottles available over-the-counter. In Denmark, the sale of painkillers, including acetaminophen, is prohibited to young people under the age of 18. This restriction was cited in a recent study as one reason why self-harm rates [have not risen](#) in the country, unlike the increase observed in many other Western countries.

<https://www.theglobeandmail.com/canada/article-canadian-teens-overdoses-painkillers-antidepressants-data/>

Resource: Bell Let's Talk Day

As part of conversations on the importance of open discussion on issues of mental health challenges and mental illness, there are reflections on the involvement of corporate sponsorship of social campaigns.

<https://letstalk.bell.ca/en/>

<https://www.cbc.ca/news/canada/british-columbia/corporate-activism-1.4556182>