**JCSH News and Resource Bundle for February 26 2021**

Hello everyone

Here is the News and Resource bundle for this week. March marks Nutrition Month in Canada.

Cheers

Susan

News Articles:
1. Shaping a fairer world: How students and schools can be part of achieving the UN SDGs

The Grade 12 student author of this article is calling on government officials and policy makers to incorporate the [17 Sustainable Development Goals](https://sdgs.un.org/goals) (SDGs) into curriculum and school plans so that students and educators can work towards the targets set as equal participants at this global table. Given the setbacks in many of the goals because of the impacts of COVID-19, it is important to establish strong partnerships; this author is arguing that students are essential partners. “SDGs have the power to integrate academics with activism,” says Ayush Chopra. “They are the tools for students to recognize they have a seat at the table and that their voice matters.” Despite the restrictions the pandemic has placed on in-person gatherings for student mobilization on the goals, the time to act is now, he notes. “We must prepare students as global citizens who are inclusive, informed, and engaged globally. We need to knock down walls so that students can learn to go beyond ‘me,’ ‘my place,’ and ‘my time,’ and use the world as the biggest context for daily learning.”

[Shaping a Fairer World | EdCan Network](https://www.edcan.ca/articles/shaping-a-fairer-world/)

2. Schools inconsistent in teaching students about sex trafficking in Canada

“Not one province in Canada mandates teaching students about sex trafficking, even though schools are prime targets for perpetrators.” As this article opens, the point is made that an issue that may be unspoken or uncomfortable among health and education stakeholders is nevertheless an essential point of discussion and knowledge dissemination. The Globe and Mail conducted a survey of how sex/human trafficking is discussed in schools and included in school curricula; most offer healthy relationships and sex exploitation as topics, but none mandate it be covered through legislation. Experts who work with victims and survivors say schools should instruct on sex trafficking but also on social factors including gender equity and poverty. “I would like to see … a curriculum that seeks to advance equity, because human trafficking is a result of inequity and it thrives in inequity,” said Marissa Kokkoros, executive director of Aura Freedom, an advocacy and research organization in Toronto. “You can’t traffic an empowered youth. You can’t. The trafficker will move on to someone else.”

<https://www.theglobeandmail.com/canada/article-schools-inconsistent-in-teaching-students-about-sex-trafficking-in/>

3. Learning to challenge racial ‘colorblindness’

Colorblind ideology may sound perfectly reasonable, says this author, who was told by one teacher that while getting “tired of hearing about racism” she is “not a racist. I treat every kid in my class like my own child. I don't care what color they are." The difficulty is that maintaining flawed assumptions keeps understanding about racism from evolving and reflects a privilege in white educators (the reference group for this article) that Black and brown students do not share. The author has some guidance: “Most of us have been exposed to narratives that normalize inequity, ignore racial history, or attribute disparate life outcomes to personal character deficits. However, professional development in equity can intentionally make transparent the colorblind language and behaviors that are counterproductive to fostering more equitable and inclusive schooling.”

[Learning to Challenge Racial "Colorblindness" - Educational Leadership (ascd.org)](http://www.ascd.org/publications/educational-leadership/feb21/vol78/num05/Learning-to-Challenge-Racial-%C2%A3Colorblindness%C2%A3.aspx)

4.As social media time rises, so does teen girls’ suicide risk

In the longest tracking of social media use and teenage suicide risk to date, researchers have found that increased social media use in girls from aged 13 leads to increase risk for suicide in emerging adulthood. The study results, recently published in the *Journal of Youth and Adolescence*, did not find a similar pattern of risk among boys. The research team has a theory for this difference – that social media and girls focus more on relationships: “We know that girls tend to feel and internalize relationship distress at different levels than boys," said Coyne. "This type of relationship distress *can* -- but not always -- be present in social media interactions. [Girls] also have higher levels of social comparison, fear of missing out, etc. So, that is why the effects were likely stronger for girls." While the researchers could not determine whether depression led to increased social media use or the reverse, there was agreement among them and others reviewing the results that parental rules on use of electronic media are important protective factors.

[As Social Media Time Rises, So Does Teen Girls' Suicide Risk - Consumer Health News | HealthDay](https://consumer.healthday.com/2-16-as-social-media-time-rises-so-does-suicide-risk-for-teen-girls-2650416869.html)

Resources:

Resource 1: Amplifying the UN’s Sustainable Development Goals to engage and empower Canadian K-12 students to lead societal change

“Mobilizing the education sector, especially teachers, is critical to advancing the entire set of SDGs. This sector has the unmatched potential to raise awareness and develop the critical thinking skills of young people in relation to the greatest challenges facing our humanity, including the climate crisis. Indeed, the world of education can serve as a powerful lever for changing behaviours and lifestyle habits. The strength of schools also lies in their capacity to act in a very holistic manner, and even extend their reach beyond staff and students.”

[Amplifying the UN’s Sustainable Development Goals to engage and empower Canadian K-12 students to lead societal change | EdCan Network](https://www.edcan.ca/articles/edcan-network-ccunesco/)

Resource 2: Nutrition Month (March)

“Healthy eating looks different for everyone. This year we'll explore how your culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like for you.”

<https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2021>