**JCSH News and Resource Bundle for February 5 2021**

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. Gender stereotyping is harming young people’s mental health, finds UK report

The United Kingdom’s gender equality campaigning charity, [Fawcett Society](https://www.fawcettsociety.org.uk/), has found that gender stereotyping is still very much the norm and contributes significantly to serious mental health problems in children and teens. The commission set up by the society has called on the Department of Education to challenge gender stereotypes in all areas, from teacher training to curriculum. “Gender stereotyping is everywhere and causes serious, long-lasting harm – that’s the clear message from the research for the commission,” said the Fawcett Society’s chief executive. “From ‘boys will be boys’ attitudes in nursery or school, to jobs for boys and jobs for girls views among some parents, these stereotypes are deeply embedded and they last a lifetime. We need to end the ‘princessification’ of girls and the toxification of boys.”

<https://www.theguardian.com/society/2020/dec/15/gender-stereotyping-is-harming-young-peoples-mental-health-finds-uk-report>

2. This teacher and activist is inspiring her students to change the world

While the CBC’s [Black Changemakers](https://www.cbc.ca/news/canada/montreal/community/cbc-black-changemakers-quebec-black-history-month-1.5868353) series does not feature any students/young people, [this high school student](https://www.cbc.ca/news/canada/nova-scotia/viola-desmond-fine-reimbursed-ontario-student-1.5899624) took matters into her own hands and called on the Nova Scotia legislature to pay the fine levied in 1946 to Viola Desmond. And high school teacher and McGill University lecturer Sabrina Jafralie is building her classrooms into places where her students see their lives and cultures reflected in their learning: "I just want them to be able to see themselves and be healthy and be happy and feel like they're Canadians.... I don't feel that way all the time. And I don't necessarily want that psychotrauma to pass on to them too." She has learned over the years to speak up about injustice, so her students can learn they too can speak up: "It's still hard from time to time when an aggression happens. I have to say to myself, do I really want to deal with this? Is it really worth it? And most times now, it is, because I don't want it to happen to someone else. I don't want it to happen to a student."

<https://www.cbc.ca/news/canada/montreal/black-changemakers-sabrina-jafralie-1.5892276>

<https://www.cbc.ca/news/canada/nova-scotia/viola-desmond-fine-reimbursed-ontario-student-1.5899624>

3. Want to learn more effectively? Take more breaks, research suggests

Further evidence that breaks, including physical activity and/or fresh air, actually support learning is found in [a recent research paper](https://link.springer.com/article/10.1007/s10648-017-9426-2) by authoritative learning science researcher [John Sweller](https://erinspencer.wixsite.com/edpsychologists/john-sweller), best known for his work on [cognitive load theory](https://theconversation.com/i-had-an-idea-in-the-1980s-and-to-my-surprise-it-changed-education-around-the-world-126519). The brain can only hold a few new pieces of learning in working memory at a time: “It’s beginning to look like with working memory, if you’ve been concentrating on something for a long period of time without a rest, you would have some difficulty keeping on going,” he said. In other words, after a long period of focused learning, “your poor working memory becomes worse.” However, the working memory becomes better after a break of even a few minutes, a long-standing phenomenon in learning science known as the “[spacing effect](https://en.wikipedia.org/wiki/Spacing_effect).”

<https://www.edsurge.com/news/2020-09-16-want-to-learn-more-effectively-take-more-breaks-research-suggests>

4.Childhood sex education reduces risky sexual behaviour: a Nigerian case study

While the World Health Organization is celebrating [improvements](https://www.who.int/news/item/03-02-2020-the-changing-world-of-adolescent-sexual-and-reproductive-health-and-rights) in adolescents’ sexual and reproductive health and rights, there are many areas and cultures where more is needed. Recent [research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2584331/) in Nigeria, where one-third of the continent’s adolescents reside, shows that sexually-transmitted infection, unsafe abortions, and HIV rates remain high. However, [sex education](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2584331/) is helping to lower these rates, making the difference between fact-based information and decision-making and behaviour based on unreliable sources. The researchers found that the timing of the sex education made a significant difference: “Our findings also showed unprotected sex and multiple sexual partners were much more prevalent among adolescents who were not exposed to quality sex education in early adolescence.” They also found that adolescents who did not receive sex education in their pubescent years or received abstinence-only directives were more likely to engage in unprotected sex and multiple sexual partners.

<https://theconversation.com/childhood-sex-education-reduces-risky-sexual-behaviour-a-nigerian-case-study-150393?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20Canada%20for%20December%207%202020&utm_content=Latest%20from%20The%20Conversation%20Canada%20for%20December%207%202020+CID_91e39d7ce98353fa3e1e6122a39328b7&utm_source=campaign_monitor_ca&utm_term=Childhood%20sex%20education%20reduces%20risky%20sexual%20behaviour%20a%20Nigerian%20case%20study>

Resources:

Resource 1: Yukon Youth Dancing Bhangra Outside

Regardless of how your week has been, it will be better for watching this short video:

<https://www.youtube.com/watch?v=XuGPi5tcjqs>

Resource 2. *Youth-friendly care: it’s your right!* Theme for Sexual and Reproductive Health Awareness Week in Canada 2021

*(le français suit)*

February 8 – 15, 2021 is Sexual and Reproductive Health Awareness Week in Canada. This annual campaign helps raise awareness of sexual and reproductive health as an important aspect of overall health and well-being. The theme for this year’s event is *Youth-friendly care: it’s your right!*, and focusses on raising awareness about the need for sexual health services to be informed by the unique needs of young people so that youth feel empowered, comfortable and supported when accessing care.  The Government of Canada is working alongside its partners to help ensure that youth and those living with and at risk of exposure to sexually transmitted and blood-borne infections (STBBI) have access to sexual health services that are free of all forms of stigma and that meet their diverse needs. This priority is outlined in the [Pan-Canadian STBBI Framework for Action](https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/reports-publications/sexually-transmitted-blood-borne-infections-action-framework.html) and the [Government of Canada Five-Year Action Plan on STBBI](https://www.canada.ca/en/public-health/services/reports-publications/accelerating-our-response-five-year-action-plan-sexually-transmitted-blood-borne-infections.html).

The Public Health Agency of Canada has many [resources on sexual health](http://www.canada.ca/stbbi) that we encourage you to share across your networks during Sexual and Reproductive Health Awareness Week. The new [Sexually Transmitted Infections (STI) Booklet for Youth](https://www.canada.ca/en/public-health/services/publications/diseases-conditions/booklet-sexually-transmitted-infections.html) is a particularly helpful resource that discusses STI signs and symptoms, testing, prevention mechanisms, and provides guidance for making informed decisions.

To kick off the week, on February 8th from 1-2pm EST, we invite you to join us for a webinar from [Action Canada for Sexual Health and Rights](https://www.actioncanadashr.org/)’ National Youth Advisory Board, which will look at what youth-friendly care means, why it matters, and the short- and long-term positive impacts of youth-friendly sexual health care. Please [register in advance](https://ca01web.zoom.us/webinar/register/WN_fjFWRe0IRmquIoE-7zxKjQ) if you plan to attend.

For more information on Sexual and Reproductive Health Awareness Week please contact Sarah Ambrose ([sarah.ambrose@canada.ca](mailto:sarah.ambrose@canada.ca)).

Stay up to date on the latest information and resources by following us on our social media channels:

Twitter         [Chief Public Health Officer (CPHO)](https://twitter.com/CPHO_Canada)

        [Health Canada and PHAC](https://twitter.com/GovCanHealth)

Facebook [Healthy Canadians](https://www.facebook.com/HealthyCdns/)

Instagram [Healthy Canadians](http://www.instagram.com/healthycdns)

LinkedIn [Public Health Agency of Canada](https://ca.linkedin.com/company/public-health-agency-of-canada)

La semaine du 8 au 15 février 2021 est la semaine de sensibilisation à la santé sexuelle et génésique au Canada. Cette campagne annuelle contribue à sensibiliser à la santé sexuelle et génésique en tant qu'aspect important pour la santé et le bien-être général.

Le thème de l'événement de cette année est « Soins adaptés aux jeunes : c'est ton droit! ». Il vise à sensibiliser les gens à la nécessité qu’ont les services de santé sexuelle à tenir compte des besoins particuliers des jeunes afin que ceux-ci se sentent responsabilisés, à l'aise et soutenus lorsqu'ils accèdent aux soins. Le gouvernement du Canada collabore avec ses partenaires afin de veiller à ce que les jeunes et les personnes qui vivent avec des infections transmissibles sexuellement et par le sang (ITSS) ou qui risquent d'y être exposées aient accès à des services de santé sexuelle exempts de toute forme de stigmatisation et qui répondent à leurs divers besoins. Cette priorité est définie dans [le cadre d'action pancanadien sur les ITSS](https://www.canada.ca/fr/sante-publique/services/maladies-infectieuses/sante-sexuelle-infections-transmissibles-sexuellement/rapports-publications/infections-transmissibles-sexuellement-sang-cadre-action.html) et [le plan d'action quinquennal du gouvernement du Canada sur les ITSS](https://www.canada.ca/fr/sante-publique/services/rapports-publications/accelerer-notre-intervention-plan-action-quinquennal-infections-transmissibles-sexuellement-sang.html).

L'Agence de la santé publique du Canada dispose de nombreuses [ressources sur la santé sexuelle](http://www.canada.ca/itss) que nous vous encourageons à partager dans vos réseaux pendant la Semaine de sensibilisation à la santé sexuelle et génésique. Le nouveau [livret sur les infections transmissibles sexuellement (ITS) pour les jeunes](https://www.canada.ca/fr/sante-publique/services/publications/maladies-et-affections/livret-infections-transmises-sexuellement.html) est une ressource particulièrement utile qui aborde les sujets comme les signes et  symptômes des ITS, les tests de dépistage, les mécanismes de prévention, et fournit des conseils pour prendre des décisions éclairées.

Pour lancer la semaine, le 8 février de 13h à 14h HNE, nous vous invitons à vous joindre à nous pour un webinaire du Conseil consultatif national de la jeunesse [d'Action Canada pour la santé et les droits sexuels](https://www.actioncanadashr.org/fr), qui examinera ce que signifient les soins adaptés aux besoins des jeunes, pourquoi ils sont importants et les effets positifs à court et à long terme de ces soins. Veuillez-vous [inscrire à l'avance](https://ca01web.zoom.us/webinar/register/WN_fjFWRe0IRmquIoE-7zxKjQ) si vous aimeriez  assister.

Pour plus d'informations sur la Semaine de sensibilisation à la santé sexuelle et génésique, veuillez contacter Sarah Ambrose ([sarah.ambrose@canada.ca](mailto:sarah.ambrose@canada.ca)).

Restez au courant des dernières informations et ressources en nous suivant sur les réseaux  sociaux :

Twitter [L'administratrice en chef de la santé publique du Canada](https://twitter.com/ACSP_Canada)

* [Santé Canada et l’ASPC](https://twitter.com/GouvCanSante)

Facebook [Canadiens en santé](https://www.facebook.com/CANenSante/)

Instagram [Canadiens en santé](http://www.instagram.com/canensante)

LinkedIn [Agence de la santé public du Canada](https://ca.linkedin.com/company/public-health-agency-of-canada)