# JCSH News and Resource Bundle September 16 2022

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. 3228. Children’s mental health and the digital world: how to get the balance right

The COVID-19 pandemic has led to numerous technological changes in the ways in which people communicate and learn, including and perhaps especially among children and youth. It brought about the [subsequent exponential rise](https://www.who.int/publications/i/item/critical-preparedness-readiness-and-response-actions-for-covid-19) in technology and internet use, global estimates suggest that [one in three](https://www.unicef-irc.org/growing-up-connected) internet users is a child. This article, written by a post-doctoral research fellow at the University of the Witwatersrand in Johannesburg, notes that in South Africa as in most countries the relationship between digital technology and mental health is complex. “Parents often think that banning social media and the internet will keep their children safe, but that’s not the case,” says Dr. Rachana Desai. “Banning internet use may result in children being socially excluded or prevent them from accessing mental health services or information.” And while parents and educators should support children and youth in their navigation of benefits and potential harms of digital technology, “most importantly, children need access to information, education and training to support the development of their own digital literacy skills. They must feel confident to seek help when needed and know that it will be provided.”

[Children's mental health and the digital world: how to get the balance right (theconversation.com)](https://theconversation.com/childrens-mental-health-and-the-digital-world-how-to-get-the-balance-right-185047?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20June%2017%202022&utm_content=Latest%20from%20The%20Conversation%20for%20June%2017%202022+CID_fcc158d6fb56e88bd79ca76401679edb&utm_source=campaign_monitor_ca&utm_term=Childrens%20mental%20health%20and%20the%20digital%20world%20how%20to%20get%20the%20balance%20right)

2. 3240. Outdoor education has psychological, cognitive and physical health benefits for children

While outdoor education is not a new concept, [its benefits](https://www.usherbrooke.ca/crepa/fileadmin/sites/crepa/Rapports/Pratiques_E__PA_Rapport_final.pdf) were heralded during the COVID-19 pandemic. Learning in open air has [cognitive](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00305/full), [psychological](https://www.tandfonline.com/doi/full/10.1080/14729679.2022.2027796), and [social](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00305/full) benefits. A research team from the Université de Sherbrooke [documented teachers’ practices](https://www.usherbrooke.ca/crepa/fileadmin/sites/crepa/Rapports/Pratiques_E__PA_Rapport_final.pdf) during the 2020-2021 school year. They found that both students and educators adapted to weather conditions, learned to [manage risk and develop motor skills](https://www.outdoor-learning.org/Good-Practice/Good-Practice/Risk-and-Benefit-in-Outdoor-Learning), considered equitable access to the outdoors for all, and made community partnerships. The Université de Sherbrooke recently created a [Research Chair in Outdoor Education](https://www.usherbrooke.ca/crepa/en), held by one of the authors of this story, [Jean-Philippe Ayotte-Beaudet](https://www.usherbrooke.ca/recherche/specialistes/details/jean-philippe.ayotte-beaudet).

[Outdoor education has psychological, cognitive and physical health benefits for children (theconversation.com)](https://theconversation.com/outdoor-education-has-psychological-cognitive-and-physical-health-benefits-for-children-183763?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20July%2019%202022&utm_content=Latest%20from%20The%20Conversation%20for%20July%2019%202022+CID_31d03f405064b46b96e7acf148780b4c&utm_source=campaign_monitor_ca&utm_term=psychological%20cognitive%20and%20physical%20health%20benefits)

3. 3241. American Youth Anxiety, Depression and Abuse Surged During COVID. 6 Charts from New CDC Data Show How Students Suffered — And Ways to Help Them Recover

A survey of US high school students by the Centers for Disease Control and Prevention (CDC) shows that connections to school are strong protective factors for youth mental health. In calling for policymakers to act urgently to reverse troubling mental health concerns in teens, the director of the CDC’s division of adolescent and school health said that actions taken to support the most vulnerable youth will have multiple benefits. “There is much that can be done to make sure that LGBTQ youth and youth from racial and ethnic minority groups feel safe, supported and connected in their schools,” said Kathleen Ethier. “When schools are less toxic for youth at increased risk for severe outcomes, schools are less toxic for everyone.”

[Youth Anxiety, Depression and Abuse Surged During COVID. 6 Charts from New CDC Data Show How Students Suffered — And Ways to Help Them Recover – The 74 (the74million.org)](https://www.the74million.org/article/youth-anxiety-depression-and-abuse-surged-during-covid-6-charts-from-new-cdc-data-show-how-students-suffered-and-ways-to-help-them-recover/)

4. 3208. New high school program aims to educate on opioid overdoses

The Advanced Coronary Treatment (ACT) Foundation is launching a new training program in Canadian high schools to teach students how to respond to an opioid overdose. The president of the BC School Trustee Association says he understands that parents may have concerns. “It’s going to be critically important that we’re working with health authorities with nonprofit providers to ensure that this training can happen in a safe way” said Tim Bennett. And it’s also going to be important that schools and districts keep communication with parents about what the training is and why it is important.” Opioid deaths continue to rise in Canada, said the PHAC statement: “While the average number of opioid-related deaths per day was eight in 2016, this number more than doubled, reaching an all-time high of 21 per day in 2021.” The program is set to begin with the following provinces: B.C., Alberta, Ontario, and Quebec.

[New high school program aims to educate on opioid overdoses (citynews.ca)](https://vancouver.citynews.ca/2022/06/24/opioid-overdose-training-program/?_cldee=2ReROKGFhLneY8mcbfKH6kCfoaZAt35bCNoUBB-nBuesVsVcePfBn3H8sQpCWYKR&recipientid=contact-970dede4f1d1e6118105480fcfeaa931-e4b905b64040411fb6759f6317b5bca2&esid=efa06e47-15f6-ec11-82e5-0022486dc98c)

**Resources:**

**Resource 1.**3255. (Resource) Webinar Series: Connected: Youth Health in a Digital World Webinar Series Registration / Inscription à la série de webinaires Connectés : la santé des jeunes dans un monde numérique

Our world is getting more virtual by the minute, with social media and digital technologies more prevalent than ever. Research from the [Health Behaviour in School-aged Children (HBSC)](https://www.canada.ca/fr/sante-publique/services/promotion-sante/enfance-adolescence/programmes-initiatives/sante-scolaire/comportements-sante-jeunes-scolaire.html) study and other studies have identified social media use as an emerging priority health issue for youth.

We all know what social media is, but how often do we think of social media use in terms of a health behavior? And what can we do to promote healthy social media use among youth?

Join us throughout October for the “Connected: Youth Health in a Digital World” webinar series, organized by the Public Health Agency of Canada and the [Pan-Canadian Joint Consortium for School Health](http://www.jcsh-cces.ca/fr/).

These webinars will aim to raise awareness of social/digital media use as a youth health behaviour with each webinar highlighting discussion on this topic from a different perspective.

Webinar descriptions are available on each page and can be accessed through the following registration links:

1. [Promoting Healthy Digital Media Use Among Children and Youth](https://us02web.zoom.us/webinar/register/WN_h9VONRdeTOSGWLz_OGY1AQ) - October 5th 2022, 1- 2 pm EST
2. [Researcher Perspectives on Youth Health in a Digital World](https://us02web.zoom.us/webinar/register/WN_4n1TRdxWQBm_D93i_ljKow)  - October 12th 2022, 1-2 pm EST
3. [NGO Perspectives on Youth Health in a Digital World](https://us02web.zoom.us/webinar/register/WN_Ot9kgdLvQuaUKbvEiE_qlA) - October 19th, 2022, 1-2 pm EST
4. [Youth Perspectives on Youth Health in a Digital World](https://us02web.zoom.us/webinar/register/WN_RdtWp7BWQW-eRMkd_BLWvw) - October 26th, 2022, 1-2 pm EST

Presentations will be in English with simultaneous interpretation available in French.

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Nous vivons dans un monde de plus en plus virtuel, où les médias sociaux et les technologies numériques gagnent en importance. Les travaux de recherche effectués dans le cadre de l’[Enquête sur les comportements de santé des jeunes d’âge scolaire (Enquête HBSC)](https://www.canada.ca/fr/sante-publique/services/promotion-sante/enfance-adolescence/programmes-initiatives/sante-scolaire/comportements-sante-jeunes-scolaire.html) et d’autres études ont permis de constater que l’utilisation des médias sociaux constitue une nouvelle priorité en matière de santé chez les jeunes.

Nous savons tous ce que sont les médias sociaux. Cependant, dans quelle mesure considérons-nous l’utilisation des médias sociaux comme un comportement de santé? Que pouvons-nous faire pour promouvoir une utilisation saine des médias sociaux chez les jeunes?

Tout au long du mois d’octobre, assistez aux webinaires de la série « Connectés : la santé des jeunes dans un monde numérique », organisée par l’Agence de la santé publique du Canada et le [Consortium conjoint pancanadien pour les écoles en santé](http://www.jcsh-cces.ca/fr/).

Ces webinaires visent à mieux faire connaître l’utilisation des médias sociaux et numériques en tant que comportement de santé chez les jeunes. Chaque webinaire abordera ce sujet sous différents angles.

Pour consulter la description d’un webinaire, cliquez sur le lien d’inscription correspondant ci-dessous :

1. [Promouvoir une utilisation saine des médias numériques chez les enfants et les jeunes](https://us02web.zoom.us/webinar/register/WN_h9VONRdeTOSGWLz_OGY1AQ) – le 5 octobre 2022, de 13 h à 14 h (HAE)
2. [Perspectives des chercheurs sur la santé des jeunes dans un monde numérique](https://us02web.zoom.us/webinar/register/WN_4n1TRdxWQBm_D93i_ljKow) – le 12 octobre 2022, de 13 h à 14 h (HAE)
3. [Perspectives des ONG sur la santé des jeunes dans un monde numérique](https://us02web.zoom.us/webinar/register/WN_Ot9kgdLvQuaUKbvEiE_qlA) – le 19 octobre 2022, de 13 h à 14 h (HAE)
4. [Perspectives des jeunes sur la santé des jeunes dans un monde numérique](https://us02web.zoom.us/webinar/register/WN_RdtWp7BWQW-eRMkd_BLWvw) – le 26 octobre 2022, de 13 h à 14 h (HAE)

Les présentations se feront en anglais avec interprétation simultanée en français.

Resource 2. 3252. (Resource) 25 Essential High School Reads from the Last Decade

This is an American resource list. Still, it might prove of assistance in conversations of how schools, students, and educators redefine important books that contribute to school classrooms and libraries.

From the article: “Way back in 2016, we asked our community to share what they would consider essential reads for high school students. [The final list of 20 recommended books](https://www.edutopia.org/article/20-indispensable-high-school-reads-stephen-merrill) was dominated by what many would consider the classics: John Steinbeck’s *Of Mice and Men*, J. D. Salinger’s *The Catcher in the Rye*, F. Scott Fitzgerald’s *The Great Gatsby*, Shakespeare’s *Macbeth*…. This year, we circled back and asked our community a version of the same question—What novels do you wish you could’ve read in high school?—but this time we specified that titles must have been published within the last decade. Hundreds of responses flooded in, and the contrast to six years ago was stark. Nominations were diverse, representing a broad range of topics, themes, genres, and author identities, as well as a wide variety of characters and experiences—queer protagonists and protagonists of color, characters with differing abilities, and fictional roles representing a refreshing spectrum of body sizes and shapes.”

The recommended books are listed, and include the main themes considered of interest to high school students.

[25 Essential High School Reads From the Last Decade | Edutopia](https://www.edutopia.org/article/25-essential-high-school-reads-last-decade?utm_content=linkpos1&utm_source=edu-newsletter&utm_medium=email&utm_campaign=weekly-2022-09-14)