



**FAST
FACTS**

NATIONAL CRIME
PREVENTION
& INDIGENOUS
POLICING SERVICES

BACK TO SCHOOL

September 2020

National Youth Advisory Committee (NYAC)

Recruitment for the RCMP **National Youth Advisory Committee (NYAC)** 2020-2021 is still open! We are accepting applications until September 11, 2020. This is an opportunity for youth ages 13 to 21 to discuss important crime and victimization issues, and to inform RCMP policies, programs and strategies!

To request an application, email RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca

Maintaining Health for Back-to-School

- The Centers for Disease Control and Prevention created **family checklists** for families with children going back to school. They outline a variety of tips such as checking your child daily for signs of illness, guidance on what to do if your child may have been exposed to COVID-19, and more.
- Sick Kids created a **guidebook** for parents and educators in order to advocate for the safe return of children and youth. The content of this guidebook covers physical distancing and ventilation within schools, student mental health supports, and more.
- **Children's Healthcare Canada** provides links to all of the provinces' health updates, along with updates from various Canadian and international organizations.

Virtual Educational Resources

- UNICEF published an **article** on 5 ways to keep children safe online while at home during the pandemic.

- **Parenting for Lifelong Health** has a webpage dedicated to online parenting resources to help caregivers support children during the pandemic. Their resources include tips for supporting children with disabilities, parenting in crowded homes, and more!
- **COVID-19 Quarantivia with Dr. Pixel** is a new game created to combat misinformation during the pandemic, and for children and youth to learn the real facts about the virus while trying to help the animated character, Dr. Pixel, remove a virus from Pixelworld!
- MediaSmarts created a **tip sheet** to help parents, children and youth navigate fear that may arise from various media experiences. This resource describes age-appropriate information on what frightens children and youth in the media and why, and what parents can do to help them.

Supporting our Youth

- **The Canadian Centre for Child Protection** posted resources and information to stay safe during the pandemic, including presentations and lesson plans for educators!
- Parachute is launching phase 2 of its **"Know What Impaired Means"** campaign on September 14, 2020. The campaign raises awareness about cannabis-impaired driving.
- **Culture for Life** is a site for Indigenous youth to connect with others, as well as to celebrate and learn more about Indigenous culture. The website features a map of Canada with pinpoints that showcase stories from Indigenous individuals.





Virtual Activities for Children, Youth and Families

- The Canadian Centre for Child Protection's national safety education program, *Kids in the Know*, engages children and youth with interactive activities that encourage skill building in regards to personal safety both online and offline.
- Eventbrite hosts free virtual events for children, youth and families. You can register on their website for a **Family Fun** session on September 12, 2020 at 4PM EST, the **Back to School: Ergonomics for Kids** session on September 16, 2020 at 7PM EST, and many more!
- **Jam with Jamie** is hosting virtual musical jam sessions for kids, including both live streams and pre-recorded classes!
- Walt Disney World has posted YouTube videos of the experience of some of their rides, including virtual rides of **Alice in Wonderland**, the **Frozen Ride**, and more!
- Port Discovery Children's Museum posts #PlayatHome projects for kids on their **Instagram page**, such as sharing a simple slime recipe and painting ideas!

Mental Health Resources

- **Supporting Minds: An Educator's Guide to Promoting Students' Mental Health and Wellbeing** provides educators and those working with youth with information on early signs of mental health issues, and strategies that can be used to support students.
- The Mental Health Commission of Canada created a **document** that outlines mental health supports based on province across

Canada, and highlights some Canadian and international mental health supports.

- The Medical Press posted an article on **4 tips to help children cope with COVID-19 anxiety**. The article emphasizes that adults need to lead the way by providing children with context, limiting catastrophizing and emphasizing responsibility and control.
- Researchers from Brock University have been conducting **research** on the impacts of the pandemic on children and youth. Though the project is in its early stages, they have begun to notice some common patterns. Within this study, children and youth also made various recommendations.

RCMPTalks

The RCMPTalks schedule is as follows:

- September 30th, 2020: Online Safety
- October 21, 2020: Drug-Impaired Driving
- November 10, 2020: Substance Use
- November 18, 2020: Bullying & Cyberbullying
- January 27, 2021: Mental Health

To obtain more information or to register, please contact: RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca

Support Services

- **Black Youth Helpline** – 1-833-294-8650
- **Shelter Safe**
- **Kids Help Phone** – 1-800-668-6868. Indigenous Help Line – 1-855-554-4325. Text – 686868
- **Hope For Wellness Line** – 1-855-242-3310
- **Sexual Assault Txt Line** – Text HOME to 741741

