



HEALTHY EATING

Neurodiversity and Eating Disorders

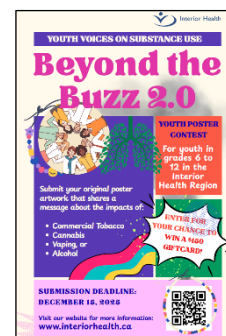
Eating disorders are complex mental health conditions that affect individuals across all ages, genders, and backgrounds. Neurodivergent children and youth may be at increased risk of exhibiting disordered eating behaviours or developing an eating disorder. EmbodyBC has resources for parents and professionals. Check them out here: [Neurodiversity and Eating Disorders - a guide for parents & professionals](#)



LEGAL SUBSTANCES

REMINDER: Beyond the Buzz 2.0

Just a reminder the submission deadline for the **Beyond the Buzz Poster Contest** is **December 15, 2025**. Click [here](#) for all the details.



MENTAL HEALTH

Recognizing Self-Harm: How to Support Your Child

Self-harm is when someone intentionally hurts themselves to cope with difficult emotions. It's a way some teens express or manage intense feelings, not necessarily a desire to end their life. It's natural to feel shocked, confused, guilty or angry when you find out that your child is self-harming. Check out resources to learn more about self-harm and how you can help. **Remember: You're not alone, and neither is your child. With the right support, things can get better.**

See the resources here:

[Talking About Self-Harm: A Guide for Parents and Caregivers | Kelty Mental Health](#)



PHYSICAL LITERACY

Outdoor play

Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. **Check out UBC's [OutsidePlay](#) which has resources for parents, ECEs, and teachers on outdoor play.**



Keep non-sporty kids moving

There are kids who would prefer to draw than to dive. Kids who prefer to read than to run. And kids who prefer to investigate than to inline skate. Just like the clothes you prefer to wear, sport and physical activity is a matter of personal choice and taste. But no matter how much a kid likes sport or not, being active and moving everyday is good for all kids. So how do you get your non-sporty kid to be active? **Try these [tips](#) from Active for Life to incorporate what they love with movement.**