

## HEALTHY EATING & FOOD SECURITY

### Sharing Stories



Check out our Stories@IH [Fire Fridays at Senpaq'cin School](#) to see how students in Oliver are participating in a land-based learning program that connects them to syilx language, culture, and food sovereignty.

## LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

### CONTEST ALERT: Seeking youth artists' views on tobacco, cannabis, vaping and alcohol!

Students in grades 6-12 across the [Interior Health region](#) are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's Beyond the Buzz 2.0 – Youth's Voices on Substance Use poster contest.

The contest is **now accepting submissions up until Dec. 15, 2025.**

The winning posters are selected by a panel of peer judges from IH's [YOUTHWISE Advisory Group](#). The winning artists will receive a prize of a \$150 gift card of their choice! Plus, their artwork will be shared on social media and displayed at schools and health care centres across the region.

Find out more at: [Beyond the Buzz 2.0 Youth Poster Contest](#)

You can also promote the contest in many ways:

- Share this information with educators and other professionals working with youth
- Display the [contest flyer](#) where youth can see it
- Encourage youth in your personal and professional circles to participate

Additional Resources:

[Youth Information on Tobacco, Cannabis, Vaping and Alcohol](#)



### Get to know more about drugs – honest drug information for youth



topics such as the benefits of abstinence and delaying use, the effects and risks of substances, strategies to reduce harm, and how to access support services, including treatment.

## MENTAL HEALTH

The Youth Harm Reduction and Legal Substances teams are excited to share our new youth-focused webpage: [Get to Know More About Drugs](#).

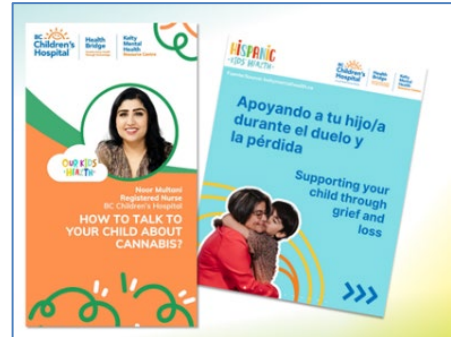
This page provides accurate, honest, and non-judgmental information about various substances. It covers

BC Children's Health Bridge and BC Children's Kelty Mental Health Resource Centre have partnered with Our Kids' Health to create **culturally relevant, accessible mental health resources in multiple languages** to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.

### New topic:

[How to Talk to Your Child About Cannabis.](#)

As your child grows, they may be exposed to cannabis. By having an open and curious conversation, **you can help guide your child to make informed, safer decisions.** Check out these new resources to explore some tips to help talk about it.



You can access all mental health videos and written posts [here](#).

## SCREEN TIME

The [Centre for Healthy Screen Use](#) at the Canadian Paediatric Society is a great resource that provides guidance for parents, policymakers, and health professionals when it comes to screen use for children and youth.

Explore the latest including webinars, parent guides, and more!

