

Sun Safety

We all need some sun exposure; but unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

To stay safe in the sun:

- Stay out of the sun between 11am – 4pm
- Seek out shade
- Wear sunglasses, a wide brimmed hat and long loose cotton clothing
- Apply lip balm with SPF of 15 or higher
- Apply sunscreen with an SPF of 30 or higher that protects from both UVA and UVB rays (do not apply sunscreen to babies under 6 months)
- Babies under one year should stay out of direct sunlight.
- Drink plenty of fluids, especially water

www.caringforkids.cps.ca

Physical Activity and Injury Prevention

Regular physical activity is vital for your health, but if you're not careful it may lead to injuries. The good news is that injuries are preventable. Exercising too hard or fast is a common cause of injuries as well as exercise dropout. Injuries are more likely if you ignore your body's signals of fatigue, discomfort and pain. Make sure to warm up, and drink water before, during and after activity. Consider what protective equipment your activity requires, and check the weather before heading outdoors.

www.actnowbc.ca

The Building Block to a Positive Body Image

Facts We Must Accept:

The way we look changes as we grow up.

All bodies change developmentally in ways that are not in our control through healthy means. We can influence but not control these changes. There are many normal ways for looks to change during puberty.

Most of the way we look is determined before we are born.

Our bodies grow and maintain a weight that is natural for us. This is the weight where we feel the best.

Weight loss diets are a bad idea!

We can hold back hunger for a while but we will eat more to make up for it later!

What we can do...

The way we look is only part of who we are. Pay attention to all of you! Always satisfy hunger completely with nutritious food at regular meals and snack times. Be active- it is important not to sit too much! Chose role models you admire.

Let's make the most of who we are meant to be!

**For more information, please contact
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Which Helmet for Which Activity?

Why are helmets so important?

For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save your life.

How can a helmet protect my head?

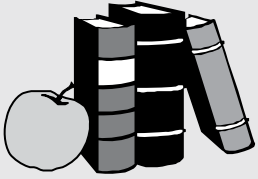
During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

Are all helmets the same?

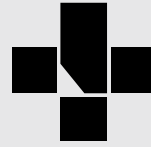
No. There are different helmets for different activities. Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. Be sure to wear a helmet that is appropriate for the particular activity you're involved in. Other helmets may not protect your head as effectively.

To find out which helmet to use for which activity:

<http://www.thinkfirst.ca/safetyinfo.aspx>



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