

FASTFACTS

NATIONAL CRIME PREVENTION AND INDIGENOUS POLICING SERVICES

February 2021

Special Upcoming Dates

- February 1, 2021 - **Black History Month**
- February 2, 2021 – **Groundhog Day**
- February 4, 2021 – **World Cancer Day**
- February 14, 2021 – **Valentine’s Day**
- February 15, 2021 – **National Canada Flag Day**
- February 24, 2021 – **Pink Shirt Day**

** Only a select few dates are listed above. This list does not encompass all of the upcoming dates that merit recognition.

Virtual Opportunities

- **February 9, 2021** – ABC House is hosting a training event, **Keeping Children Safe Online**, which aims to educate and empower adults to keep children safe in the digital age.
- **February 10, 2021** – An Eventbrite workshop, **The Enabling Parent of the Addicted Child**, explains how the codependency and enabling characteristics of parents and loved ones can keep a youth who is struggling with addiction stuck in unhealthy behaviour patterns. Participants will learn how to identify these negative behaviour patterns and how to support in ways to help.
- **February 25, 2021** – A **Youth and Family Conflict Workshop** is intended for parents, those who work with youth, and relatives who share similar struggles, experiences, and issues of concern including unhealthy relationships, peer influences, bullying and conflict around youth

Training

- An online course, **Drug Stigma Awareness for Law Enforcement**, provides an opportunity to learn about substance use disorder and the impacts of stigma on those who suffer from this medical condition

- Canadian Center for Child Protection is offering, **The Commit to Kids (C2K)** online training for individuals who work with youth. The course recognizes the importance of adhering to an employer’s child protection policies, as well as understand sexual abuse and the grooming process.

Virtual Educational Resources

- **The Rick Hansen Foundation School Program (RHFSP)** is now offering four new Big Little Lessons for K-8 student. These virtual lessons, are aimed to start meaningful conversations about disabilities.
- The **DontGetSextorted.ca** initiative uses humour to engage teens in a conversation about how to prevent being sextorted and keep themselves safe. DontGetSextorted.ca offers downloadable lesson plans for educators that further explores the topic of sextortion, as well as provides tips on how youth can respond safely and where to get help if they are impacted by sexual pictures.
- CBC Kids News Animation, **The Word Indigenous**, briefly introduces youth to some of the nations in Canada, and demonstrates how to refer to Indigenous peoples.
- Canada’s History is providing a lesson called **Gibassjimominaan: Our Stories**, where students will learn from residential school survivors and consider what they can do to support the survivors and their families.

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In the News

- With the rise of social media, [Dr. Ghayda Hassan](#), a clinical psychologist and the director of the Canadian Practitioners Network for the Prevention of Radicalization and Extremist Violence, says youth in Canada need greater access to up-to-date media literacy education to help them navigate what's real and what's fake or misleading online.
- While social networks such as Facebook, YouTube, and Twitter are developing new ways to eliminate misinformation and dangerous content, [podcasts](#) are now becoming the new medium of misinformation.
- [Two Cree video game streamers](#) are using Moose Calls and humour to create their own space in the gaming industry and creating a loyal indigenous community in the process.
- A UK report by Fawcett Society states, [gender stereotyping](#) is harming young people's mental health. Gender stereotyping is the root of problems with body image, eating disorders, record male suicide rates as well as violence against women and girls.
- The Centre for Addiction and Mental Health (CAMH) has created a [Hope app](#), which is a mobile safety-planning app for patients, and smartphone users that provides people experiencing suicidal thoughts with tools and resources to help keep them safe.

Research

- [MediaSmarts](#) has created a contract for parents and guardians to give to their youth along with their new devices, in order to spark a conversation about healthy digital habits and set practical family online rules.

- The Canadian Centre on Substance Use and Addiction provides a literature review, [Informing Responses to Harms Related to Methamphetamine Use](#), which summarizes lessons learned from the current methamphetamine crisis as well as previous public health crises in Canada.
- Nikki Martyn, a program head of Early Childhood Studies at University of Guelph-Humber has launched a project which [analyzes children's artwork](#). The findings made from the collection during the pandemic illustrate the mental toll the crisis is taking on children's youth.
- The Canadian Centre on Substance Use and Addiction reviews research, [Clearing the Smoke in Cannabis: Edible Cannabis Products, Cannabis Extracts and Cannabis Topicals](#). Findings of the report include health and safety risks, risks of over consumption, methods of use, unintentional ingestion, and the psychoactive effects of these types of products.

Support Services

- [Kids Help Phone](#) – 1-800-668-6868
 - [Indigenous Help](#) – 1-855-554-4325
 - [Text](#) – 686868
- [Black Youth Helpline](#) – 1-833-294-8650
- [Hope For Wellness Line](#) – 1-855-242-3310 or use their chat function
- [Sexual Assault Txt Line](#) – Text HOME to 741741