

Healthy Teens

April 2019 Parent Newsletter



Safe Lunches

One of the tasks many of us do before leaving for work or school is make sure everyone in the house has a lunch. Whether taking a lunch for work or school, here are some tips to make sure the lunch is still safe to eat at lunchtime.

Wash your hands before starting to make lunch. Wash fruits and vegetables that you are including in the lunch. Use clean tools to prepare the lunch.

Prepare the items the night before and keep them refrigerated. This will keep the food safe and save time in the morning.

Choose an insulated lunch bag that is easy to clean. You can

use a small ice pack or frozen juice box to keep items cold.

Keep hot foods hot by pre-warming your insulated container with boiling water and letting it stand for a few minutes. Empty the water and put the hot food in the container. This will help hot food stay hot until lunchtime.

Some options that do not need to be kept cold are whole fruits and vegetables, dried fruit and vegetables, cereals, bread and crackers and unopened cans of meat or fish.

➤ **For more information about food safety, visit**
<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/safe-school-lunches.html>

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Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



Alberta Health
Services

Talking with Your Teen about STIs

Parents don't usually want to think about their kids being sexually active. But the fact is, the rate of sexually transmitted infections (STIs) in teens continues to climb in Alberta. By the age of 15 about 15% of kids have had sex at least once. Talking with your teen about sexual decision-making and STIs can go a long way in helping them make healthy and safe decisions.

While abstinence (no sexual contact at all, including intercourse or oral sex) is the only 100% way to prevent an STI and pregnancy, talking with your teen about safer sex practices will help them make healthy decisions.


Here's what your teen needs to know about STIs:

- STIs are infections that are passed on by sexual contact
- Any type of sexual contact or activity involves some risk
- Although most STIs can be cured, some can't, such as HIV, genital herpes and HPV



- Practicing safer sex by using a condom or latex barrier (a thin square of latex that can be used to prevent the spread of STIs during oral sex) lowers the risk of a STI
- Where to get tested and treated for STIs
- They should talk to their partner about their past sexual relationships and their history of STI testing and treatment
- Limiting sexual partners reduces the chance of getting an STI
- How drugs and alcohol make a person less inhibited, which makes them less likely to make healthy decisions

Teens with same sex partners may not have to worry about preventing pregnancies, but everyone needs to consider STI protection, for every activity. Consent must also be given by all people involved, for every sexual activity. Starting the conversation before your teen has sex means they are more likely to make healthy decisions and stay protected.

 **To learn more about development from birth up to 18 years of age, please visit Alberta Health Services**
www.teachingsexualhealth.ca