

# Healthy Teens

October 2018 Parent Newsletter



## Hand Hygiene

Anytime is hand hygiene time. Studies done by the Centre for Disease Control have shown that if children and youth wash their hands as few as four times during the school day they have as much as 50% less colds, flu and sore throats.

There are five important steps for effective hand washing:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away, so use a lotion if skin gets dry.

### What about waterless hand gels?

If the dirt is visible, waterless hand gels do not work. The best way to keep the microbes away is to use plain soap and water, spend time and get good friction.

Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

## Articles

Hand Hygiene

Food in the Media

### World Mental Health Day

October 10<sup>th</sup> is World Mental Health Day. You can use this day as an opportunity to check in with your teen and see how they are doing. Asking every day questions can help such as: “How was your day?” or “What was the most challenging part of your day?”

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



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## Food in the Media

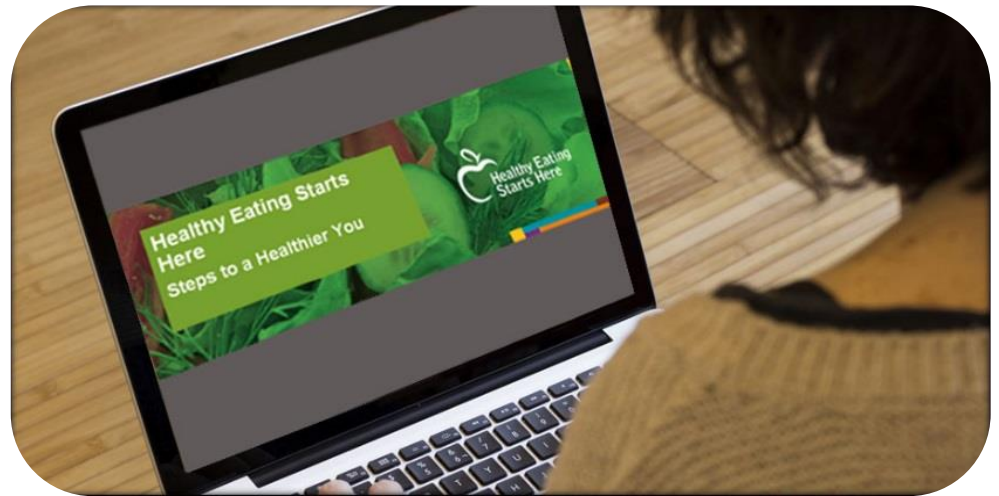
Has your teenager ever asked for food because they saw it advertised? If so, you're not alone. Marketing strongly influence teen's food requests, purchasing and eating habits. The problem is, 90% of foods promoted to teens are high in sugar, salt and fat.

Youth see food and drink ads in television commercials, magazines, videos on social media, games websites and cell phone apps. Teens see over 2.5 million food and drink ads per year on their favourite websites!

Advertising in schools and recreation centres includes accepting gifts, sports or education equipment and uniforms with food company logos on them. Food or drink companies may offer money for selling or promoting their products.

What can parents do?

**Teach media literacy:** Talk to your teen about ways



companies market foods to them. Ask your teen what they think about being targeted in ads for products that will harm their health. Discuss the multi-billion dollar industry trying to convince teenagers that unhealthy food and sugary drinks are cool.

**Limit screen time:** Decrease your teen's exposure to marketing by limiting screen time. Encourage your teen to socialize with others in-person and enjoy screen-free hobbies.

**Parents and teens can eat the same foods:** Skip the products marketed to teens as they are often high in fat, sugar or salt.

For example, fruit-flavoured drinks or smoothies are usually high in sugar and contain little-to-no fruit.

**Support schools and recreation centres that are trying to avoid food ads:** Tell them you support their efforts to make healthy changes. Work with others to keep your community free from this advertising.

➤ **For more information, visit the Raising Healthy Kids media literacy channel:**  
<https://vimeo.com/channels/rohkfodliteracy>