

Ways to be Kind

GLOW

gIRLS Leading others Wisely

Leading Others Wisely



gIRLS Leading others Wisely



Reducing Depression
Fitness
Eating Healthy
Bullying Zone



Study Habits
Healthy Friendships
Goal Setting
Be Internet Savvy
Say "NO" to Drugs
Social Networking



Are YOU being a good FRIEND?
Take the Quiz





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CREATED BY

The GLOW (GirlsLeadingOthersWisely) program was created to give every girl an opportunity to be strong, confident and physically fit. Our program will inspire girls of all ethnic, socio-economic and cultural backgrounds to be prominent and positive leaders.

<https://www.glowprogram.com/>

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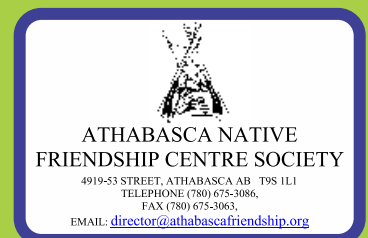


Chelsea Wentworth

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How to deal with a BULLY

1. Don't Blame yourself. It is not your fault.
2. Don't listen to what others say, as long as you like yourself, then nothing else matters. (I know it's hard not to listen so listen to some music you like)
3. Be proud of who you are. Despite what a bully says, there are many wonderful things about you.
4. Be kind to the person or people who are bullying you. (You never know, maybe they're in pain and need a friend.



5. Walk away from the bully.
6. Report the Bully to a trusted adult.
7. Call the kids help phone 1-800-668-6868
8. Get the Kids Help Phone app- its called "Always There". It provides password protected space to log feelings, receive youth inspired quotes, tips on taking care and jokes aimed at coping with stress.

PINK SHIRT DAY Feb 22, 2017

Wear pink on February 22 to show your support to end bullying and promote healthy relationships.

Bullying is a problem in our schools, workplaces, homes, and on the internet. The pain of being picked on, excluded, shamed, assaulted, or gossiped about is unacceptable.

Get involved

Being part of Pink Shirt Day is easy. Wear your pink shirt, and share it with Albertans by tweeting a photo using the **#StandUp** and **#PinkShirtDay** hashtag.

Cool Learning Opportunities @ The Athabasca Teen Centre!

Thursday February 23 @ 3:30-5:00
come learn traditional roles and responsibilities with a local Cree Elder

Tuesday March 21st @3:30-5:00
Resume Writing

TEEN CENTRE SCHEDULE

Athabasca Teen Centre Society
Open 3:00-8:00PM Monday to Friday.

KINDNESS COUNTS

How to be kind even in hard times.

It is important to be kind to others, even when we are feeling hurt ourselves.



1. Try to notice when you feel the need to be unkind.

Try to express your feelings in a way that is not going to make the situation worse-sometimes others don't know that they have hurt your feelings. It is also okay to take a few moments for yourself to 'cool off' before responding, talking or making decisions.

2. Ask yourself why you are feeling the urge to be unkind!

Sometimes we have bad mornings or we are secretly feeling insecure.

3. Be honest about what is making you feel upset.

If you want to be unkind to someone because your feelings have been hurt by someone or something annoying has happened to you, do your best to deal with this without taking it out on someone else.

4. When other people are rude or unkind to you.

Remember that other people are fighting their own hard battles and their unkindness is often a reflection of something they are going through-not because they don't like you. They may have had their own terrible morning.

5. Be kind to yourself!

We must learn to be nice to ourselves and forgive ourselves for our mistakes.

Homework Help Club



*Every Wednesday In the
EPC library 3:15-5:00 PM*

*Tutors are available
to help with ALL subjects!!*

Totally Free!!!



Into Romance?

Read: **The Fault in Our Stars** by John Green or **All the Bright Places** by Jennifer Niven

Adventure more your style?

Read: **Harry Potter**- a classic series but guaranteed to keep you on the edge of your seat!

Or try **The Maze Runner** by James Dashner. Both of these are now great movies too!

If you are up for a great Mystery...

Read: **Moth Girls** by Ann Cassidy or **Paper Towns** by John Green.

Check this out!

Best teen books of the year

1. **Empire of Storms** by Sarah J. Maas
2. **Lady Midnight** by Cassandra Clare
3. **The Diabolic** by S.J. Kincaid.



Uplifting Tunes!

This is a list of some great songs to have on your play list to get you smiling!

1. **Walking on Sunshine**- Katrina and the Waves
2. **Thrift Shop**- Macklemore and Ryan Lewis
3. **The Lazy Song**- Bruno Mars
4. **I want you back**-Jackson 5
5. **Bullet Proof** – La Roux
6. **Shake It Off**- Taylor Swift



Oh the excitement of studying!
How fun is that!

Just kidding, it's not the most exciting thing... Although, it doesn't always have to be like that! There's ways to make studying fun...if you actually try. Furthermore, let's not waste time on my bickering!

1. **Prepare your study space.** No one wants to study on a desk that has a tsunami of paper... it's ...not so amusing. A more appealing desk makes you feel more prepared for studying.
2. **Stock up on Supplies.** What's more annoying than a noisy family? Having to go from one side of the house to another just to get a pencil. Or an eraser. Or a ruler. Alright, you get what I mean.
3. **Snacks.** Let's be honest. It's kinda tempting to go get something to eat while you're trying to focus so badly. Not that it has never happened to me...
4. **Comfortable Clothing.** No one needs to wear super tight tights, or very thin full sleeved shirts. It is more preferable to wear something that fits loosely and doesn't constrict you.
5. **Cellphones.** I wouldn't have to go through the entire paragraph to tell you how much of a distraction a phone is. Don't go calling all your friends while studying for a test or something important!
6. **Set a goal.** You wouldn't want to keep studying non stop without knowing where you're supposed to stop. Set a goal or a checkpoint for where you want to stop.
7. **Reward yourself.** Doesn't studying sound more fun if you're getting something for doing it? Instead of just resting or going on your phone after you're done, reward yourself to something like going out for something to eat. Something not too healthy and not too unhealthy.



If you are not careful about what you say, do or even see on public sites, you will instantly regret it. Predators or adults will be drawn to social media sites with people that are younger than them (teens and children with parents who don't know) and 'befriend' them. Once the predator is successful on making a new 'friend' (aka victim) they will open up to the kid about their 'life' (usually a made up one) and see if the kid will take the bait and tell the predator about themselves. Heck, maybe even the victim will fall in love because the predator pretends he/she is dreamy.

Cyber-Bullying. If you think online predators are bad then there is also cyber-bullying to be concerned about! It is where kids and even adults bully, tease, stalk and hack each other. People take it seriously and others think it is just a prank, until her/his bully keeps doing it over and over.

Solution? Try the kids help phone
1-800-668-6866



Consult friends or loved ones. I know I sound like a boring 85 year old teacher reciting out last night's homework, but believe me, this stuff is true.

You're friends will help you if you are in trouble.



Only someone who has had it knows how depression feels.

No one is immune. There is a one in four chance that depression will affect you at some stage in your life. It is bad enough to get it, but the stigma can make you feel much worse. People battle with depression for years. Millions of people suffer from depression for years, and yet, so many people feel the need to hide it. Why? Because of the stigma. People with depression are judged, as if they're some weaklings. Even though, they're not. Although, it is not healthy to just act like it doesn't exist. It **DOES**, and it is everywhere. **There is only one way to get rid of depression, and that is to outgrow it.** It is mandatory to challenge all those negative thoughts floating around your mind freely. You shouldn't let others change your personality, nonetheless, let them judge the real you. And no, I'm not trying to act like some inspirational kitten. I'm just stating the facts of reality. At times like these, the best things to do are stay connected to people who support you the way you are, take a lot of omega-3 fats, and move around a lot.

Not to make things more obvious, but sitting around is not helping!



Unsure
of how to
STOP
BULLYING
when you see
it?

A counselor at
Kids Help Phone
can help you brainstorm
ways to intervene in bullying
at your school.

**Call us 24-7 at
1-800-668-6868.**

It's free and always confidential.

Friendships

Healthy Friendships

- Respect your feelings
- Respect differences
- Have a sense of safety and security
Both people are committed and benefit from the friendship.
- Allow for growth and change.
- Accept each other for who you are.



UN-Healthy Friendships

- are demanding and un-accepting
- may betray confidence by breaking trust by sharing secrets or through catty behaviour
- One person is more committed to the friendship than the other.
- One person is taking advantage of the other person.
- Don't allow room for growth and change.

Goal Setting

1. Be realistic, set small goals to start with, you can move to the bigger stuff when you get better at setting and reaching goals.
2. Keep feeling positive. Don't let other people put you off.
3. Check your timeline every day and read through your goal again.
4. **Believe you can do it.**
5. Keep adding more small steps if it doesn't look like you are making a lot of progress.
6. Tell someone you trust about what you are doing. Talking about it will keep you feeling good and help you to work out your steps, what to learn and who can help.
7. Don't stress. Learn to relax so that you have the energy to work through the steps.



AFFIRMATIONS

Tell yourself many times every day that you are working towards your goals.

This is called making affirmations (aff-er-may-shuns) and it may sound like this:

"I am getting better at learning division because, now that I know all my tables, it doesn't take as long, and I'm making fewer mistakes. I will soon be able to do division". Decide on a timetable so that you are aiming at finishing each small step by the date set. Then you can say,



" I am on time and on track to reach my goal".

ARE YOU BEING A GOOD FRIEND?

Friendships

Often, the key to having good friends is being **one yourself**. Keeping one of your friendships in mind, answer the following questions on a scale of 1 - 3 (3 being best) to find out how good of a friend you are.

1. I reach out to my friends. (via text, email, message, phone call or a visit)

Being a friend means being there for them not making it all about you. Reaching out with a text, calling to check in, or making plans to hang out are different ways of showing your friend that they are a priority to you.

2. I do things to let my friend know that I care about them, like remember their birthday, tell them things I know they'll find funny, or compliment them.

Friends should care about each other. Friends that know you care about them trust that you're thinking about them, which is important in healthy friendships.

3. I listen to my friend when they need to talk about something.

Good listening means not interrupting, fidgeting with your cell phone, or looking at that cute guy/girl walking by when someone is telling you something. Listening is important because it helps your friend feel understood. Show that I care about them, like remember their birthday. I do things to let my friend know that I care about them, like remember.

4. I don't judge my friend. I accept them for who they are.

Accepting your friends for who they are means not trying to change them. When your friend understands that you like them just as they are, they will feel comfortable around you.

5. I do fun things with my friend.

When you have fun with your friend on a regular basis, both of you will look forward to the next time you'll hang out.

6. I am okay with my friend having other friends.

It's important that you and your friend are okay about having other friends. This shows that you're secure in your friendship and that you don't rely on just one friend to meet all of your friendship needs.

7. I keep my friend's secrets.

Keeping your friend's secrets helps your friend know they can trust you. The exception: when your friend is keeping a secret that endangers their safety. In these cases, you may need to tell an adult you trust to help keep your friend safe.

8. I talk to my friend about important things that are going on in my life.

You don't need to tell your friend everything about your life, but letting your friend know what's going on with you helps them to know and understand you better. It also helps them feel comfortable sharing things with you about their own life.

9. I don't just talk about myself with my friend.

If you talk about yourself all the time, your friend will get bored pretty quickly. Show your friend that you're not all about you by asking what's going on with them from time to time.

10. If my friend and I have a disagreement, I'm willing to hear their side of the story.

Most friends have at least small arguments from time to time. It's okay to disagree, but it's important to hear your friend's perspective. This helps your friend to feel like you care about them. Hopefully, they also try to see things from your point of view.

11. I am able to compromise with my friend.

Being able to compromise means sometimes doing things you don't want to do. Hopefully, your friend is able to compromise with you, too.

12. I respect my friend's opinions.

Respecting your friend's opinions, even when they're not the same as yours, shows that you respect your friend as a person and like them for who they are.

SCOREBOARD

12-19 points = Less-Than-Perfect Pal

Remember that the first step to keeping a friend is to be a friend. Even though having friends is important to you, not everyone may see it. Think about the qualities you look for in a good friend. These might include being caring, having fun, and good listening skills. Now think about what qualities you bring to a friendship. Are you also caring, fun, and a great listener?

20-27 points = Not-Bad Buddy

You understand many of the qualities that make up a good friend. Even though you are usually a good friend to others, there might be times when you hold back and aren't as good of a friend as you could be. Think about some ways that you could improve your friendship. Could you reach out a little more?

28-36 points = Fabulous Friend

You know that it's important to be a friend and you show this to others through your words and actions. You care about your friends, listen to them and accept them for who they are. Hopefully, your friends appreciate all you have to offer and are good friends to you, too.

Simple Smoothie Recipes



KIWI-STRAWBERRY

Blend 1 cup strawberries, 2 peeled kiwis, 2 tablespoons sugar and 2 cups ice.

CHERRY-VANILLA

Blend 1 1/2 cups frozen pitted cherries, 1 1/4 cups milk, 3 tablespoons sugar, 1/2 teaspoon vanilla extract, 1/4 teaspoon almond extract, a pinch of salt and 1 cup ice.

TANGERINE-HONEY

Peel and seed 4 tangerines, then blend with the juice of 2 limes, 1/4 cup honey and 1 cup ice.

APRICOT-ALMOND

Blend 1 1/2 cups apricot nectar, 1/2 cup vanilla yogurt, 2 tablespoons almond butter and 1 cup ice.

GRAPE

Blend 2 cups seedless red grapes with 1 cup concord grape juice and 1 1/2 cups ice.

BLUEBERRY-PEAR

Blend 1 1/2 cups frozen blueberries, 1 chopped pear, 1 1/2 cups each maple or plain yogurt and ice, and sugar to taste.

BANANA-DATE-LIME

Blend 2 bananas, 3/4 cup chopped pitted dates, the juice of 1 lime and 1 1/2 cups each soy milk and ice.

PEACH-GINGER

Blend 2 cups frozen sliced peaches, 1 1/2 cups buttermilk, 3 tablespoons brown sugar and 1 tablespoon grated fresh ginger.



The Giggles

...frustrated? trapped? bad mood?

I hope these jokes make you laugh, happy and free from stress!

What did one ocean say to the other ocean?

Nothing, they just waved.

What is faster Hot or cold?

Hot, because you can catch a cold.

Why did the bee get married?

Because he found his honey.

A computer once beat me at chess, but it was no match for me at kick boxing.

When tempted to fight fire with fire, remember that the Fire Department usually uses water.

WORD SEARCH WORDS

ACTIVE DANCE ENERGY
EXERCISE HEALTHY HOP
JOG JUMP MUSCLES
PLAY POWER SPORTS
TONE WALK WEIGHTS
RUN

E	R	S	P	Y	G	P	M	N	D
G	X	M	T	N	A	U	N	A	R
P	U	E	I	R	S	L	N	W	U
J	O	K	R	C	O	C	P	E	N
J	I	W	L	C	E	P	H	I	Y
H	O	E	E	N	I	O	S	G	G
R	S	G	M	R	P	S	B	H	R
Y	H	T	L	A	E	H	E	T	E
A	C	T	I	V	E	K	R	S	N
N	U	K	L	A	W	T	O	N	E



Why Get Active?

Regular physical activity is an important part of getting healthy and staying healthy.



How Much Activity?

Kids and teens should get at least 60 minutes of moderate to vigorous physical activity every day. They can get even more health benefits from doing a couple of hours of physical activity every day.



Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks also prevents dental problems, while the fluoride found in tap water can help strengthen teeth and bones.



Regular Physical Activity

Helps Kids and Teens

- with healthy growth and development
- build strong bones and muscles
- improve balance and develop skills
- achieve and maintain a healthy weight
- improve cardiovascular fitness
- reduce stress and feel more relaxed
- improve posture
- boost confidence and self-esteem
- have fun with their friends and make new ones

Fitness Schedule

Wed. Feb. 22 and Mar. 23rd
 Bus Leaves the Athabasca
 Teen Centre at 3:40 Returns 5:00

- Get a **free Workout** with a personal Trainer
- Get a **Free Month** Multiplex and Pool Pass for participating!!



*As annoying as it is,
staying fit is super mandatory.
 It doesn't just include taking walks or
 playing a sport. It requires jogs, workouts
 and staying active.*

ROBBNASH

MAKE TODAY COUNT

ROBBNASH.COM

Wed Feb 01 2017 1:00 PM

Edwin Parr Composite High School

