

COMMUNITY COMING TOGETHER (CCT)

February, 2013

This month's theme is *Relationships*



WE HAVE A NEW LOGO!!!!

Our logo contest was a huge success, with 23 wonderful entries. Although the final decision was difficult, we are SO pleased with our new logo, created by Atlas Herter, Gr. 8 student at Notre Dame Academy. We felt that his design beautifully captured the essence of what CCT is all about, from the joining of community, to our faith, to the green mental health ribbon...it was just fantastic! We have featured the final, "tweaked" version of the logo on this month's newsletter and will be placing it upon all our promotional materials. Thank you so much Atlas, for all your hard work and for creating such an amazing logo for us, and thank you to all the students for your incredible entries!

All entries will be on display at the Medicine Hat Public Library within the next couple of weeks. Check it out next time you're at the Library.

NEW CCT STAFF MEMBER, NICOLE O'REILLY

You may have noticed a new face in the CCT Lounge over the past few weeks; I'm Nicole, the newest member of CCT! My role at McCoy is to provide universal programming to students, staff and families on addiction prevention and mental health promotion. You'll see me around the school typically on Thursday's, so don't hesitate to stop by and say hi!

As we focus on the importance of relationships for the month of February, it's important to note that relationships can have a lot of really positive impacts on our mental health and well being. Relationships create a connection between individuals with similar interests, can improve self esteem and form a solid support system. On the other hand, relationships can also impact our lives in unhealthy ways, for instance, through negative peer pressure. "One of the biggest reasons teens start to smoke is peer influence: their friends do it. Studies show that this is especially true for girls." (Alberta Health Services, 2013).

How might relationships influence individuals to smoke or engage in harmful activities? Take the quiz!

1. Teens are more likely to smoke if:

- a) their friends do
- b) their brothers and sisters do
- c) their parents do
- d) all the above

2. True or False?

Sometimes my friends pressure me into smoking, but I can smoke once in awhile without any harmful effects and without becoming a regular smoker as an adult.

3. If you start smoking in your teens and continue for two decades, your life expectancy will decrease by:

- a) about 5 years
- b) 5 – 10 years
- c) 20 – 25 years
- d) it varies too widely to estimate

4. True or False

One of the most important tools you have with teens is your relationship, in particular, positive parental influence.

5. It's difficult to not feel peer pressured to smoke, because everyone smokes.

Did you know, "in a survey, almost **two-thirds** of smokers said they started to smoke because their friends smoked?" (Alberta Health Services, 2013). So, when you feel pressured in your relationships to participate in harmful or high risk activities, have the strength to say no or ask for help from a relationship you trust. Continue to build healthy relationships with positive individuals who increase your mental health and wellbeing.

Reference:

Alberta Health Services. (2013). Retrieved from <http://www.albertahealthservices.ca/addiction.asp>

Answers:

- 1) D
- 2) False - 33% to 50% of people who experiment with cigarettes become regular users.
- 3) C
- 4) True
- 5) False. In fact, **four out of five Albertans DON'T smoke.**

**Community Coming Together (CCT)
and the
Medicine Hat Public Library
proudly present**

**FAMILY
MOVIE NIGHT**

**STEVE CARELL
DESPICABLE
ME**

**Tuesday,
February 5
At
6:00 pm
Medicine Hat Public
Library Auditorium**

**Get your tickets
from any CCT
Team member at
your school.
Limited seating!**

**FREE
popcorn**

**FREE of
charge!**



**Open to all families
from Notre Dame,
St. Mary's &
McCoy schools**



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pl** medicine hat public library