

FAST Facts

National Crime Prevention and Indigenous Policing Services



National Youth Services: In the News!

A participant from February's Youth Leadership Workshop was recently featured in his local newspaper! The [article](#) highlighted the experience of **Anthony Andrew-Charles**, a 12th grade student at Esquimalt High School, as he participated in the YLW at Depot earlier this year.

Anthony shared his transformative experience at the workshop hosted by the RCMP in Regina, where he was one of 14 young people chosen from across Canada. During the workshop, Anthony and the other participants engaged with motivational speakers, experienced some of the RCMP's cadet training, and refined their leadership skills.



During the workshop, Anthony crafted a **Community Action Plan (CAP)** to address an issue affecting young people in his community. His CAP project involves creating a multi-use games area in Esquimalt for teenagers, which will provide a positive space for recreational activities.

Since the workshop, Anthony has been proactive in advancing his CAP, planning to consult with community stakeholders, and seeking feedback for his project. He credits the workshop for enhancing his leadership abilities and motivating him to pursue his aspirations, including his dream job of becoming a commercial vessel operator or ship captain.

Constable Cole Brewer, who informed Anthony about the workshop and acted as his mentor for the week, commended his potential as a future leader and expressed confidence in his capabilities to achieve his goals.

If you are an RCMP member who knows of a youth in your community, and are interested in participating in the upcoming Youth Leadership Workshop (August 19 - 25, 2024), email RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca for more information!

Newsletter Highlights

- **NYS:** In the News!
- **National Indigenous History Month**
- **National Indigenous Peoples Day**
- **Pride Season:** June 2024
- **Test Your Knowledge:** Pride Flags
- **Research:** Cyberbullying and teen violence
- **In the News**
- **IYKYK:** What slang is Gen Z and Gen Alpha using?
- **Learning Opportunities**
- **Educational Resources**



National Indigenous History Month

June marks National Indigenous History Month (NIHM) in Canada! This month provides an opportunity to celebrate the rich cultures, history, and traditions of First Nations, Inuit, and Métis peoples. Since 2009, NIHM is a time to recognize the accomplishments and resilience of Indigenous Peoples who have inhabited this land since the beginning, and who continue to shape Canada.

This year, the Government of Canada has identified specific weekly themes for NIHM. Read more about the themes and explore learning resources [here](#).

- **June 1 to 9:** Environment, traditional knowledge and territory
- **June 10 to 16:** Children and youth
- **June 17 to 23:** Languages, cultures and arts
- **June 24 to 30:** Women, girls and 2SLGBTQIA+ people



One way to recognize NIHM is to learn more about First Nations, Inuit and Métis Peoples, as well as our collective past. Here are ways to participate and support:

1. **Explore Indigenous Stories and Traditions**
2. **Learn About [National Indigenous Peoples Day](#)**
3. **Educate Yourself on Indigenous History:** Utilize resources like the [Reconciliation: A Starting Point](#) app and the [National Centre for Truth and Reconciliation Commission](#) to understand historical events and reconciliation efforts.
4. **Raise Awareness About Present-Day Issues:** Explore [maps of Indigenous lands](#), understand the significance of [land acknowledgments](#), and learn about the [Reconciliation Journey](#).
5. **Show Support on social media:** Join the conversation using [#NIHM2024](#).

National Indigenous Peoples Day



In Canada, National Indigenous Peoples Day is celebrated annually on June 21. It serves as an official recognition of the rich heritage, cultures, and significant contributions made by [First Nations](#), [Inuit](#) and [Métis](#) peoples to Canadian society. This day holds particular significance as it coincides with the summer solstice, chosen for its symbolic importance to many Indigenous communities.

Celebrations throughout Canada include cultural performances, art displays, and events acknowledging Indigenous contributions. Find an event or activity near you:

- [List of events](#)
- [Interactive map](#)



Pride Season: June 2024

June marks the beginning of Pride Season in Canada. Pride season encompasses a range of Pride celebrations across the summer months (June to September), and is a time when Canadians across the nation come together to celebrate the 2SLGBTQIA+ community's resilience, diversity, and ongoing fight for equality.

In Canada, Pride Month holds particular significance, as it marks a time for reflection on the progress made towards 2SLGBTQIA+ rights and the work that still lies ahead. From vibrant parades to educational events and advocacy initiatives, Pride Month serves as a powerful reminder of the importance of embracing diversity and fostering inclusivity in all aspects of society.



Pride Month in Canada has deep roots in a history of struggle, resilience, and triumph. Pride gatherings emerged from the first large-scale protests for 2SLGBTQIA+ rights. In Canada, the first demonstrations took place in Ottawa and Vancouver in 1971. By 1973, Pride events were held in several Canadian cities, including Montréal, Ottawa, Saskatoon, Toronto, Vancouver, and Winnipeg.

Today, parades are held in cities across the world to commemorate the rich history of the 2SLGBTQIA+ community, to advocate for queer rights, and to celebrate the identities that make up the community.

What does Pride Month mean to you? (CBC Kids)

In 2023, CBC asked youth across Canada what Pride Month means to them. Here are a few of their thoughtful responses!

To me, Pride Month means that members of the communities and allies come together to highlight the resilience, celebrate the talent and recognize the contributions of 2SLGBTQIA+ communities.

- Angel, age 11

Pride month to me is accepting the 2SLGBTQIA+ community and supporting them, so they feel comfortable and accept themselves for who they are.

- Nevaeh, age 10

Pride month means a lot to me. I feel like it proves that we are getting somewhere with treating everyone equally no matter their gender identity or sexuality

- Kayla, age 11

My best friend identifies as pansexual and genderfluid, and I try my best to be a helpful ally. I really like how Pride Month shows my best friend and other people in the 2SLGBTQIA+ community that they are not alone and can be supported

- Esperanza, age 12



Test Your Knowledge: Pride Flags

You may recognize the rainbow 2SLGBTQIA+ flag, but are you aware of the numerous other flags symbolizing specific gender identities and sexual orientations? Challenge yourself to identify as many pride flags as you can and read more about their [significance](#)! Find the answers [here](#).

List of Flags

Transgender

Bisexual

Intersex

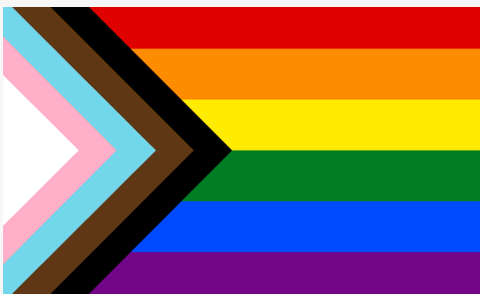
Inclusive / Progress

Non-binary

Lesbian

Pansexual

2-Spirit*



Did you find the Two-Spirit Flag?

*Two-Spirit is a term used by some Indigenous cultures, for individuals with both masculine and feminine traits, encompassing diverse gender and sexual identities.



Research: Cyberbullying Rises, Teen Violence Declines

Recent research conducted by the World Health Organization (WHO) sheds light on two contrasting trends among adolescents: while traditional forms of teen violence are decreasing, cyberbullying is on the rise. The findings, part of the [Health Behaviour in School-aged Children \(HBSC\) study](#), provide crucial insights into adolescent health and well-being across Europe, Central Asia, and Canada.

The HBSC study, conducted every four years in collaboration with WHO, gathers data from adolescents across 44 countries and regions. The latest report focuses on peer violence and bullying, analyzing trends and patterns to inform policies aimed at improving young people's lives.

[Professor William Pickett, Ph.D., from Brock University](#), one of the lead authors of the report, highlights the significance of the findings. While celebrating the decline in traditional forms of violence, such as physical altercations and psychological abuse, Dr. Pickett warns of the uptick in cyberbullying.



Key findings from the report include:

- 6% of surveyed teens admit to bullying others at school, while 11% report being bullied.
- One in eight teens engaged in cyberbullying, with one in six experienced cyberbullying.
- One in 10 teens have been involved in physical fights.



The report underscores the importance of ongoing efforts to address various forms of violence among youth. Dr. Pickett acknowledges the progress made through effective policies and programs but emphasizes the need for continued vigilance, especially regarding cyberbullying.

As the gap between boys' and girls' violent behaviors narrows, the study prompts further inquiry into the evolving dynamics of adolescent behavior, particularly in the digital age. Dr. Pickett suggests that understanding these shifts is crucial for designing interventions and support systems that cater to the changing needs of today's youth.

The HBSC study, with [Canada's participation](#) since 1989, remains instrumental in monitoring youth well-being and informing evidence-based interventions. As the research continues, stakeholders anticipate further insights into adolescent health behaviors, paving the way for targeted initiatives to foster safer and healthier environments for young people worldwide.

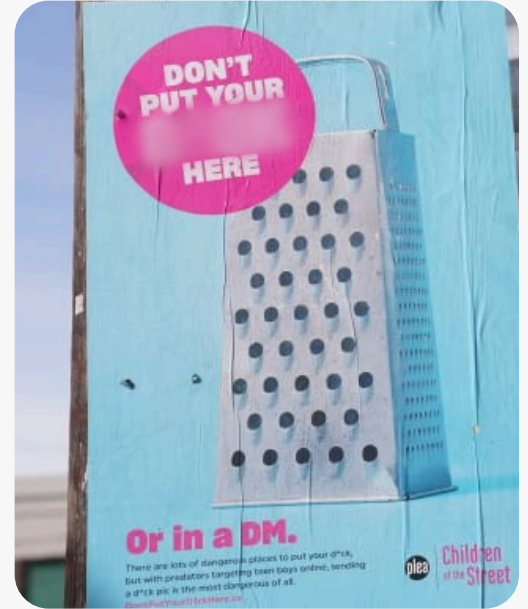


In the News: [Inside the bold B.C. campaign to crush child sextortion](#) (CBC)

The article discusses the proactive measures taken in British Columbia to combat child sextortion, particularly focusing on educational workshops for children.

Leo Maclsaac, a sixth grader, learned about online predators targeting kids like him through a workshop by Children of the Street. Leo's experience shows the effectiveness of these workshops in raising awareness about online predators and teaching youth to recognize red flags.

With over 6,000 reported cases of sextortion in the past 18 months, the initiative addresses the alarming rise in online exploitation, especially among teen boys who are disproportionately affected. Humorous yet impactful posters are used to engage teenagers, while parents like Chantelle Maclsaac emphasize the importance of open conversations about online safety.



Through these educational efforts, the aim is to empower children with the knowledge and skills to protect themselves from online predators, ultimately reducing their vulnerability to exploitation.

By fostering awareness and proactive measures, the campaign hopes to curb the prevalence of sextortion cases and create a safer online environment for children.

In the News: [Canadian youth are among the unhappiest in the G7](#) (The Hub)

The 2024 World Happiness Review revealed that while Canada ranks 15th globally in happiness, its youth, particularly those under 30, are among the least happy in the G7, ranking 58th worldwide.



Factors such as the lingering impact of the Great Recession, the COVID-19 pandemic, and the influence of social media contribute to this decline. Older Canadians, aged 45 to 60 and 60+, report higher-than-average levels of life satisfaction, statistically masking the unhappiness among the younger population. Research suggests that the traditional U-shaped pattern of well-being, peaking in middle age, has flattened in recent years due to economic and societal factors.

The study also points to the negative effects of economic downturns, healthcare system shortcomings, job insecurity, and the rise of social media on youth happiness.



IYKYK: What slang is Gen Z and Gen Alpha using?



Someone who talks too much, or someone who cannot stop talking / over-sharing. These terms are believed to have been used since the early 1800s but was recontextualized by youth on TikTok in 2023-2024 as a trend. This term may be used to refer to oneself or others. **Example:** "i had to mute the gc (group chat) because y'all were being such yappers..."

Learning Opportunities

[2SLGBTQI+ inclusion: Challenges in and strategies for the workplace \(CCDI\)](#)

- 2SLGBTQIA+ experiences remain central to diversity, equity, and inclusion discussions, yet there's much more to do to foster effective workplace inclusivity. This webinar will address navigating inclusion for the 2SLGBTQI+ community in both workplace and broader contexts, acknowledging persistent queerphobia and the need to challenge binary misconceptions.
 - **June 13, 2024 1:00 – 2:00 PM ET**

Special Dates

Please note that these dates are not exhaustive and do not encompass all of the upcoming dates that merit recognition

- [National Indigenous History Month](#)
- [Italian Heritage Month](#)
- [Filipino Heritage Month](#)
- [Portuguese Heritage Month](#)
- [Launch of Pride Season](#)
- June 1 - [Global Day of Parents](#)
- June 4 - [Canadian Armed Forces Day](#)
- June 16 - [Father's Day](#)
- June 19 - [Juneteenth](#)
- June 21 - [National Indigenous Peoples Day](#)
- June 23 - [National Day of Remembrance for Victims of Terrorism](#)
- June 24 - [Saint-Jean-Baptiste Day](#)
- June 27 - [Canadian Multiculturalism Day](#)

Support Services

[KidsHelp Phone](#)

- 1-800-668-6868 or Text 686868

[Indigenous Help Line](#)

- Call or Text: 1-855-554- 4325

[Black Youth Helpline](#)

- 1-833-294-8650

[Hope for Wellness Helpline](#)

- 1-855-242-3310 or Online Chat

[Indian Residential Schools Resolution Health Support Program](#)

- 1-866-925-4419

[Trans Lifeline](#)

- 1-877-330-6366

[Sexual Abuse Crisis Text Line](#)

- Text HOME to 741741

[Canadian Human Trafficking Hotline](#)

- 1-833-900-1010



Educational Resources



National Crime Prevention and Indigenous Policing Services

 = Stakeholder Resource  = email NYS to request a copy at cycp_cpcj@rcmp-grc.gc.ca










Online Safety & Bullying

Print & PDF Materials







-  Bullying Brochure
-  Sexting Brochure

Videos




-  [Delete Cyberbullying](#)
-  [Online Grooming](#)
-  [Sexting & Sextortion](#)
-  [Capping](#)
-  [Sexual images and videos](#)
-  [Online Dangers: What parents and caregivers need to know](#)
-  [Cyberbullying and Online Reputation](#)



Lesson Plans & Activities (PDF only)










-  Online Safety (grades 6 to 8)
-  Cyberbullying
 -  Types, Consequences, Supports (grades 4 - 6)
 -  Impact, Prevention & Resolution (grades 7 - 8)
 -  Conflict, Appropriate Behaviour, Support (grades 9 - 10)
 -  Conflict & Consequences (grades 11 - 12)

Presentations (PowerPoint)











-  Bullying
-  Online Safety
-  Sexting



Information Booklets & Toolkits


-  Cyberbullying:
 -  [What you and your child need to know \(6 to 11 yrs\)](#)
 -  [What is it and how to stop it \(12 -13 yrs\)](#)
 -  [What is it and how to stop it \(14 -15yrs\)](#)
 -  [What you and your child need to know \(12 to 17 yrs\)](#)
 -  [What is it and how to stop it \(16 - 17 yrs\)](#)
-  [Online child sexual exploitation toolkit \(10 to 12 yrs\)](#)
-  [Online child sexual exploitation toolkit \(13 - 14 yrs\)](#)
-  [Online child sexual exploitation toolkit \(15 to 17 yrs\)](#)

Factsheets & Posters





-  Cyberbullying:
 -  [What it is and how to stop it \(12 -13 yrs\)](#)
 -  [What it is and how to stop it \(14 -15 yrs\)](#)
 -  [What it is and how to stop it \(16 -17 yrs\)](#)
-  Your Online Reputation:
 -  [What it is and how to protect it \(12 -13 yrs\)](#)
 -  [What it is and how to protect it \(16 -17yrs\)](#)
-  Sexting & Sextortion:
 -  [What it is and how to deal with it \(14 - 15yrs\)](#)
 -  [What it is and how to deal with it \(16 -17yrs\)](#)

Substance Use

Print & PDF Materials

-  Myths & Facts About Marijuana - We'd Like Youth to Know
-  Fentanyl Poster
-  Fentanyl Infographic
-  Cannabis Talk Kit: Know how to talk with your Teen
-  Methamphetamine Infographic
-  Things You Should Know About Cannabis
-  [Good Samaritan Act Poster*](#)






Lesson Plans & Activities (PDF only)

-  The Truth About Illegal Drugs (grades 7 - 8)
-  Drugs, the Law, and Saying No When You Want to Say No (grades 7 - 8)
-  Drugs: Use and Addiction (grades 9 - 10)
-  Drugs: Benefits and Harms (grades 9 - 10)

Videos

-  [High Stakes](#)




Presentations (PowerPoint)

-  Alcohol
-  Fentanyl
-  Marijuana
-  Partying
-  Vaping, Tobacco & Cigarettes






Violence


Print & PDF Materials

-  Sexual Consent Brochure
-  Human Trafficking Brochure
-  Sexual Consent Posters





Videos

-  [Healthy Relationships](#)
-  [The Signs of Human Trafficking](#)
-  [Human Trafficking - Isn't What You Think It Is](#)

Lesson Plans & Activities (PDF only)

-  Understanding Sexual Consent (grades 6 to 8)

Presentations (PowerPoint)

-  Human Trafficking
-  Sexual Consent
-  Healthy Relationships & Dating Violence
-  Gangs



Educational Resources

National Crime Prevention and Indigenous Policing Services



= Stakeholder Resource = email NYS to request a copy at cycp_cpcj@rcmp-grc.gc.ca

Reconciliation Pathway

Print & PDF Materials

- [100 Years of Loss Timeline](#) (Legacy of Hope)
- [We Were so Far Away Timeline](#) (Legacy of Hope)
- [Indigenous Outreach Materials](#) (Kids Help Phone)

Videos

- [Lillian Elias: A Residential School Survivor's Story](#)
- [Intergenerational Trauma: Residential Schools](#)
- [Namwayut: We Are All One. Truth and Reconciliation in Canada](#)
- [Residential Schools in Canada: A Timeline](#)

Lesson Plans & Activities

- [Today I will Speak: an activity book for the National Day for Truth and Reconciliation \(\\$\)](#)
- [Ravens: Messengers of Change We Were so Far Away](#): The Inuit Experience of Residential Schools
- [100 Years of Loss - The Residential School System in Canada](#)
- [Forgotten: The Métis Residential School Experience](#)
- [Brighter Days - An Indigenous Wellness Program](#)
- [The Story of Clair and her Grandfather](#) (7 to 12 yrs)
- [Through Mala's Eyes lesson plan toolkit](#) (9 to 12 yrs)
- [The Learning Circle](#) (4 to 7 yrs)
- [The Learning Circle](#) (8 to 11 yrs)
- [The Learning Circle](#) (12 to 14 yrs)
- [The Learning Circle](#) (14 to 16 yrs)
- [Turtle Island and Memory Games](#) (grades 3 to 6)

Transportation Safety

Print & PDF Materials

- Bike Safety Activity Book (*Print only)
- Drug Impaired Driving Brochure

Videos

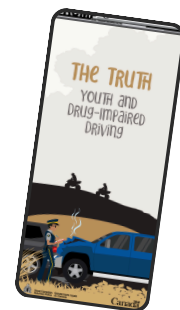
- [Shattered](#)
- [Dylan's Party](#)
- [Don't Drive High - In an Instant](#)

Lesson Plans & Activities (PDF only)

- Distracted Driving (grades 11 & 12)
- Drug Impaired Driving Overview (grades 9 to 12)
- Preventing Impaired Driving (grades 9 to 12)
- Drug Impaired Driving: Youth Engagement (grades 9 to 12)

Presentations (PowerPoint)

- Distracted & Dangerous Driving
- Impaired Driving - Alcohol
- Impaired Driving - Drugs
- Impaired Driving - Marijuana



Mental Health

Print & PDF Materials

- Mental Health Challenges Poster

Videos

- [Spotting Signs of Suicide](#)
- [How to Feel Feelings](#)

Lesson Plans & Activities (PDF only)

- Mental Health (grades 5 & 6)
- Self-Harm Prevention (grades 7 & 8)
- Suicide Prevention (9 & 10)
- Suicide Prevention (grades 11 & 12)

Presentations (PowerPoint)

- Mental Health (grades 5 & 6)
- Self-Harm Prevention (grades 7 & 8)
- Suicide Prevention (9 & 10)
- Suicide Prevention (grades 11 & 12)

Youth Engagement

Print & PDF Materials

- Roadmap to Youth Engagement
- RCMP Community Map (*PDF only)



Other

Print & PDF Materials

- Halloween Safety Activity Book*
- [National Youth Advisory Committee](#) Poster
- [Operation CAP: Community Action Plan*](#)
- My First Safety Book - level: elementary students*

Videos

- RCMP [National Youth Advisory Committee](#)

