

Fast Facts

National Youth Services & Centre for Youth Crime Prevention



National Youth Services: What's Happening?

RCMP Talks

NYS is seeking interest from classrooms across Canada to participate in a unique and innovative initiative to encourage youth to talk about youth crime and victimization topics

RCMPTalks is a series of interactive videoconferences to discuss these social issues.

The RCMPTalks schedule is as follows:

- Pathway to Reconciliation with Knowledge Keeper Monique Manatach
 - **September 26th at 12:00pm EDT**
- Be Kind – Anti Bullying presentation with [Safer Schools Together](#)
 - **November 20th, 2024 at 1:00pm EST**
- Online Safety for Youth with [One Child](#)
 - **December 12th, 2024 at 1:00pm EST**
- Lead with Pride - 2SLGBTQIA+ presentation with [Out on Patrol](#)
 - **March 13th at 1:00pm EST**

Register by sending an email to

rcmp.youth-jeunesse.grc@rcmp-grc.gc.ca with the specific **topic of interest**, **student grades**, and **preferred language** (French or English).

Newsletter Highlights!

- **NYS:** RCMPTalks
- Community Program Officers in New Brunswick
- Cell Phone Use in Classrooms
- Back-to-school Tips
- World Suicide Prevention Day
- National Day for Truth and Reconciliation & Orange Shirt Day
- **In the News**
- **IYKYK:** What slang is Gen Z and Gen Alpha using?
- **Educational Resources**



Community Program Officers in New Brunswick

Read all about how the RCMP's Community Program Officers (CPOs) and Community Program Officers for Indigenous Communities (CPOIs) are making a difference in local communities.

These officers collaborate with community partners to develop crime prevention strategies and offer educational initiatives on topics like drug awareness, internet safety, and anti-bullying, with a focus on vulnerable populations.

The article highlights the program's expansion since its 2007 launch in New Brunswick and the essential role CPOs and CPOIs play in connecting individuals to mental health resources, conducting risk assessments, and assisting with victim safety planning. Last year alone, these officers made 1,460 school visits, facilitated over 340 engagement activities, and participated in more than 480 committee meetings, demonstrating their deep commitment to community safety.



Report: Use of Cell Phones in School (CTIP)

As we embark on a new academic year, the Centre for Trauma-Informed Practices (CTIP) has introduced vital guidelines to help school leaders across Canada navigate the complexities of new provincial and territorial policies surrounding the use of Personal Mobile Devices in classrooms.



These guidelines are designed to address the varied challenges posed by these policies, whether aimed at reducing distractions, preventing bullying, or managing post-pandemic impacts on student mental health. Recognizing that the burden of implementing these policies often falls on school staff and teachers, CTIP emphasizes a trauma-informed, systems-oriented approach that considers the emotional and social effects on students, staff, and families. By providing clear strategies for communication and connection, the guidelines seek to ease anxieties and foster a supportive environment where these necessary changes can be effectively and compassionately implemented.



Resources to Navigate the New School Year

As summer vacation winds down, getting ready to return to school can be a mix of excitement and anxiety. It's important to focus on student's wellness and safety to support a successful and enjoyable return to the classroom.

This section offers essential tips for maintaining wellness and navigating safety challenges, both on the road and online. By integrating these practices into daily routines, students can better manage stress, stay safe during their commutes, and protect their personal information in the digital world.

Mental Health and Wellness (Kid's Help Phone)

As the school year kicks off, it's crucial to prioritize mental health and wellness to ensure a smooth transition back into routine. Encourage students to establish a balanced daily routine that includes time for homework, extracurricular activities, and relaxation. Promote the importance of maintaining open communication with trusted adults about any academic or social pressures they may be experiencing. Remind students that it's okay to seek help from school counselors or mental health professionals if they feel overwhelmed. Engaging in regular physical activity, maintaining a healthy diet, and ensuring adequate sleep are also essential for sustaining mental and emotional well-being throughout the school year.



Transportation Safety (CAA)

Transportation safety is crucial as students head back to school. For those who walk or bike, remind them to always use crosswalks, obey traffic signals, and wear helmets when biking. If taking public transportation, students should familiarize themselves with their routes and schedules to avoid unnecessary stress or confusion. For parents dropping off their children, emphasize the importance of following school drop-off procedures to ensure a smooth and safe transition. Carpooling can be a great way to reduce the number of vehicles around school zones, but ensure that carpool arrangements are coordinated safely and that all drivers follow traffic laws. Prioritizing safety in these areas can help create a secure environment for students as they embark on their new academic year.



September 10 is World Suicide Prevention Day

Disclaimer: This section discusses sensitive subject matter related to suicide. If you or someone you know is in need of support, please visit [this webpage](#) for mental health resources and assistance.

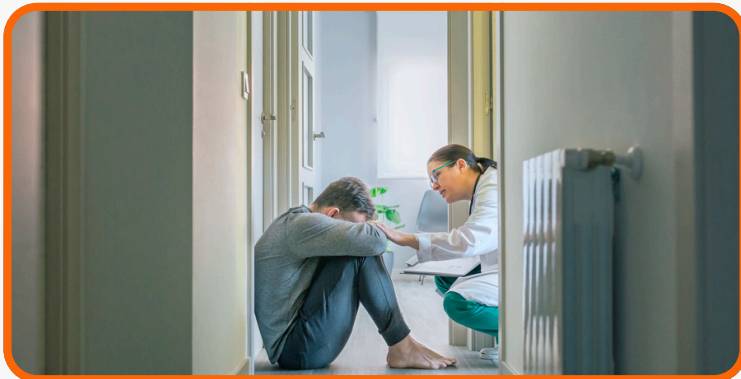
September 10 marks World Suicide Prevention Day, a day dedicated to raising awareness about suicide prevention and reducing the stigma surrounding mental health issues. Globally, over 700,000 people die by suicide each year. Suicide is a complex issue influenced by a variety of factors, including mental health disorders, trauma, and societal pressures. This day serves as a reminder that suicide is preventable and that collective efforts can make a significant difference in saving lives.

This year's theme, *Changing the Narrative on Suicide*, aims "to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue."

Suicide in Canada: [Key Statistics](#)

- Every day in Canada, 12 people will end their lives by suicide.
 - For each of these deaths, the World Health Organization estimates that 10 people will be deeply affected.
 - In Canada, this means that up to 120 people will feel the impact of these losses.
- Suicide is the second leading cause of death among youth and young adults (15-34 years old) in the country.
- Moreover, 12% of Canadians have considered suicide at some point in their lives, and 3.1% have attempted it.

These stark realities underscore the urgent need for continued awareness and prevention efforts.



To further educate yourself and support suicide prevention efforts, we encourage you to explore the resources available from the Canadian Association for Suicide Prevention (CASP).

- [Suicide is Everyone's Business](#) (PDF)
- [Talking to Children About A Suicide](#) (PDF)
- [Vocabulary - How to Talk about Suicide](#)
- [You Can Help With Suicide Prevention](#)

If you or someone you know is struggling with thoughts of suicide, please reach out to a trusted individual or contact a suicide prevention hotline. Together, we can create a world where everyone feels valued and supported.



National Day for Truth and Reconciliation

Disclaimer: Please be aware that the topics discussed, including residential schools, may be sensitive for some; for those seeking support, Indigenous mental health services are available [here](#).

September 30 marks the National Day for Truth and Reconciliation (NDTR), a day of deep reflection and learning about the painful history and ongoing impacts of residential schools in Canada. This day honours the survivors, their families, and communities, and it also commemorates the children who never returned.

NDTR serves as a reminder of the country's commitment to the process of reconciliation, recognizing the injustices Indigenous peoples have faced and continue to endure.

NDTR is an opportunity for all Canadians to engage in meaningful conversations about our shared history. It is a day to listen to Indigenous voices, educate ourselves about the legacy of residential schools, and understand the importance of cultural preservation. Schools, workplaces, and communities across the country hold events and activities to deepen this understanding, ensuring that the lessons of the past are not forgotten and that we move forward with greater awareness and respect.



Orange Shirt Day

Orange Shirt Day, also observed on September 30, is a grassroots movement that began in 2013 to raise awareness about the impact of residential schools on Indigenous children.



The orange shirt symbolizes the experiences of Phyllis Webstad, a residential school survivor whose new orange shirt was taken away on her first day at the school. Wearing an orange shirt on this day is a way to honour the survivors and remember those who did not make it home.

It serves as a visual reminder that every child matters and underscores the importance of acknowledging and addressing the intergenerational trauma caused by residential schools.

To further your understanding and involvement, visit the Government of Canada's webpage dedicated to Truth and Reconciliation [here](#). You can find valuable learning resources, information on events, and ways to engage in the reconciliation process.



ROYAL CANADIAN MOUNTED POLICE



@RCMPGRCPOLICE



ROYAL CANADIAN MOUNTED POLICE



@RCMPGRCPOLICE

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

"Lock in" means to commit to something with full focus and dedication, like making sure you're all in on a plan or goal.

Example

- "I'm gonna lock in and crush this exam."



In the News

[Reported rate of child pornography* increased 52% in 2023, total crime up 3% \(CTV\)](#)

In 2023, the rate of police-reported online child sexual exploitation cases in Canada increased by 52%, largely due to more cases being referred to police by specialized internet child exploitation units, according to a Statistics Canada report. This surge contributed significantly to the overall rise in the Crime Severity Index, which increased by 2% for the third consecutive year. Other crimes, such as hate crimes, extortion, and motor vehicle theft, also saw notable increases, while the national homicide rate decreased by 14%, marking the first decline after four years of increases. The report also provides a detailed breakdown of crime rates and severity across different regions in Canada.

**The RCMP has used the title of the article for accurate referencing, however, recognizes and asserts that the terminology used is incorrect; it is not "child pornography" but images or videos of child sexual abuse.*

[We're not 'out of the woods' in the youth mental health crisis, a CDC researcher says \(NPR\)](#)

A recent CDC report highlights both concerning and hopeful trends in youth mental health. While the overall mental health of high school students has worsened over the past decade, slight improvements were observed between 2021 and 2023, with a small decrease in persistent sadness and hopelessness. The report also notes a decline in suicide attempts among Black students and a reduction in substance use. Despite these positive changes, the report reveals alarming increases in school violence, safety concerns, and sexual violence, particularly among female and 2SLGBTQI+ students. Efforts to improve mental health literacy and support in schools are seen as crucial steps in addressing these issues.

[Sadness Among Teen Girls May Be Improving, C.D.C. Finds \(New York Times\)](#)

A recent survey by the CDC reveals that the mental health crisis among teenage girls in the U.S. may be improving, with 53% reporting extreme depressive symptoms in 2023, down from 57% in 2021. However, the overall number of teens experiencing persistent sadness remains higher than in the past decade, with 2SLGBTQI+ students particularly affected. Despite the positive trends, suicide risk among girls remains unchanged, and issues like violence and bullying persist. Increased focus on early access to mental health services is seen as a contributing factor to these improvements.



In the News

[SickKids sees spike in number of injuries related to e-scooters, e-bikes](#) (CP24)

SickKids Hospital in Toronto has reported a significant increase in injuries related to e-scooters and e-bikes this summer, with 16 cases in June and July compared to just five during the same period last year.

Dr. Suzanne Beno, Medical Co-Director of the Trauma Program, expressed concern over this trend, noting that high speeds, lack of helmet use, young age, and interactions with motor vehicles contribute to the risk of serious injuries. E-scooters account for about 85% of battery-powered device injuries seen at the hospital since 2021, with over half of the injured not wearing helmets. The hospital advises that children under 16 should not use these devices and emphasizes the importance of helmet use and adherence to manufacturer guidelines.



Special Dates

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

- September 07
 - [International Day of Police Cooperation](#)
- September 08
 - [International Literacy Day](#)
- September 10
 - [World Suicide Prevention Day](#)
- September 21
 - [International Day of Peace](#)
- September 23
 - [International Day of Sign Languages](#)
 - [Bi Visibility Day](#)
- Fourth week of September
 - [Gender Equality Week](#)
- September 30
 - [National Day for Truth and Reconciliation & Orange Shirt 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 Youth Services & Centre for Youth Crime Prevention

 = 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 \(14 -15 yrs\)](#)
 -  [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 Youth Services & Centre for Youth Crime Prevention

 = 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)

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)

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



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](#)

