

working together

for your health



ActNowBC

The smart teen's formula for respect

When you look for advice, you'll often hear: "Expect respect". Respect is made up of lots of ideas – like these.

Respect. Start with yourself. Then expect the same from everyone around you.

Endorphins. Fancy name for the great buzz you get from sweaty exercise.

Sex. You're the one who decides, nobody else. Do some homework. There are no nice STDs. And pregnant isn't a good idea.

Pressure. As in peer. OK people think first, act later.

Evade. That means staying away from anyone who's mean, tries to control you, bully you.

Comrades. As in good friends. Be friends only with people who make you feel good, cared for.

Tests. Not those ones at school. The ones life dishes up.

Want to talk about life's tests with people who know, who'll share, but don't tell? Find a Youth Wellness centre in Fraser Health. You don't need a Care Card to get some smart ideas just for YOU!

Check with your nearest Public Health office – it's on the web at www.fraserhealth.ca



Visit our website at www.fraserhealth.ca