

What is a role model?

A role model is a person who serves as an example by influencing others. Children look up to a variety of role models to help shape how they behave in school, relationships, or when making difficult decisions.

What is Peer Pressure?

Peer pressure is feeling like you have to do something just because all your friends are doing it. But it's okay to say no and make your own choices.

MENTAL HEALTH



Everyone has mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life.

Alcohol	Alcohol is a drug (a chemical that has an effect on the body, and is not a food).
Drugs	A drug is a substance that changes the way a person's body works.
Effect	A change which is a result of an action or other cause.
Illegal	Forbidden by law.
Legal	Permitted or allowed by law.
Medicine	A substance or preparation used to treat illness or disease.
Prescribed	Given/authorised by a doctor.
Risk	Possibility of something bad happening/ exposure to danger.
Tobacco	A dangerous substance used in cigarettes and cigars.

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!