

CHKRC

California Healthy Kids Resource Center

www.californiahealthykids.net

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FLAVORS HOOK KIDS

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@CALIFORNIAHEALTHYKIDS

This month we are featuring a resource that is part of the Tobacco Free CA and California Tobacco Control Program. Flavors Hook Kids provides information on vaping dangers with valuable statistics, information on the current laws in California and resources for parents. Flavors Hook Kids also has opportunities to connect with them through social media platforms. The Tobacco Free CA YouTube channel is an example of one of the tools and resources that is provided. The channel contains playlists on many different topics surrounding tobacco use prevention.

Flavor Hooks Kids most recently created a new downloadable guide with the latest information on the new flavored tobacco law, COVID-19 information, knowing the signs of vaping and many more valuable topics. The guide is free and can be downloaded from their website. To access their website and receive the guidebook follow this link:

www.flavorshookkids.org.

Guide to help you prevent the dangers of vaping

- What's in the new flavored tobacco law
- Telltale signs of vaping
- Get help if your teen is addicted
- What schools are doing about the problem
- Help teens uncover the facts



NEW RESOURCES AND CURRICULUM UPDATES

Rights, Respect, Responsibility

In Google Classroom - Now Available in Spanish!

Popular and free 3Rs curriculum available in three grade bands in Google Classroom has just been translated into Spanish. If you're teaching high school, 8th grade or Grades 5/6 and have Spanish-speaking learners, you're welcome to sign up to access our Google Classrooms as a co-teacher so you can make a copy of the entire course, make any changes you need to and then share it with your students. Please complete this short form to sign up for the grade(s) you want to receive.

Out4MentalHealth

- #Out4MentalHealth is a statewide project that engages LGBTQ people throughout California to develop a mental health equity agenda and offer tools and resources that address these disparities. #Out4MentalHealth offers a toolkit for advocacy, fact sheets, trainings and many other resources that can be found
- at: <https://californialgbtqhealth.org/about-us/out4mentalhealth/>

Resource Corner

ReSHAPING

Brings together an international network of scholars, spanning social work, public health, public policy, and psychology. Together, we are dedicated to collaborative research on understanding needs and improving outcomes related to sexual health and parenting for youth who are homeless, trafficked, or in out-of-home environments, whether in child welfare, juvenile justice, or other systems.

<https://www.reshapingnetwork.org/reshaping>

Prevention Lifelines

CRISIS TEXT LINE |

Text **HELLO** to **741741**
Free, 24/7, Confidential



CONTACT A HEALTH PROFESSIONAL IF, AFTER A MONTH IN A SAFE ENVIRONMENT, CHILDREN ARE NOT ABLE TO PERFORM THEIR USUAL ROUTINES.

CONTACT A HEALTH CARE PROVIDER

IF NEW BEHAVIORAL OR EMOTIONAL PROBLEMS DEVELOP, PARTICULARLY IF THESE SYMPTOMS OCCUR FOR MORE THAN A FEW WEEKS:

FLASHBACKS (FLASHBACKS ARE THE MIND RELIVING THE EVENT)
A RACING HEART AND SWEATING
BEING EASILY STARTLED
BEING EMOTIONALLY NUMB
BEING VERY SAD OR DEPRESSED

CALL 800-985-5990.

SPANISH SPEAKERS CAN CALL 800-985-5990 AND PRESS 2.
THE DEAF AND HARD OF HEARING CAN CONTACT THE HELPLINE VIA TTY AT 800-846-8517.

TEXT "TALKWITHUS" TO 66746.

SPANISH SPEAKERS IN THE CONTINENTAL UNITED STATES CAN TEXT "HABLANOS" TO 66746.