

March 2023

# FAST FACTS

National Crime Prevention and Indigenous Policing Services



**\*To register or access more information, please click on the [blue and underlined](#) sections throughout this document.\***

## National Youth Services – What's Happening?

### First Ever RCMPTalks for Parents!

RCMPTalks sessions facilitate meaningful conversations with students, police officers, parents, and organizations from across the country in a virtual safe space. Each session aims to raise awareness about a specific youth crime or victimization topic.

The RCMP is hosting its first ever RCMPTalks for parents on March 15, from 7:00 – 8:30PM EST. The virtual session will cover topics including mental health, substance use, cyberbullying and sextortion. Register now: Parents, educators, and youth-facing professionals can register by contacting [us](#).

### The RCMP's Troop 17 Scholarship – Accepting Applications until March 31!

The RCMP's [Troop 17 Scholarship](#) recognizes students who have made significant efforts toward the prevention of bullying and harassment in their school or community. Up to five scholarships of \$1,000 will be awarded annually to full-time college or university students!

## Special Dates

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

- March 1<sup>st</sup> - [Self-Harm Awareness Day](#)
- March 8<sup>th</sup> - [International Women's Day](#)
- March 17<sup>th</sup> - [St. Patrick's Day](#)
- March 21<sup>st</sup> - [International Day for the Elimination of Racial Discrimination](#)
- March 22<sup>nd</sup> - [World Water Day](#)
- March 25<sup>th</sup> - [International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade](#)
- March 31<sup>st</sup> - [International Trans Day of Visibility](#)

## In Focus: When it comes to alcohol, less is better

The Canadian Centre on Substance Use and Addiction just released their new [guidelines on alcohol consumption](#).

As there is a continuum of risk associated with weekly alcohol consumption, key points from the guidance include:

- **0 drinks per week** – Not drinking has benefits such as better-quality sleep and overall better health.



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- **2 or less drinks per week** – People are more likely to avoid alcohol-related consequences.
- **3-6 drinks per week** – The risk of developing several types of cancer, particularly breast and colon cancer increases.
- **7 or more drinks per week** – The risk of heart disease or stroke significantly increases.
- Research shows that no kind, or amount of alcohol is good for you and can be damaging to your health.

## Award Opportunity: Difference Maker of the Year Awards

- To celebrate and recognize youth, the Rick Hansen Foundation created an award offering youth, youth groups, and classrooms from ages 5 to 18 the opportunity to win \$500, or \$1000 for their class.
- Winners of this award are leaders in inclusion and accessibility for people with disabilities in their communities.
- Nomination eligibility criteria include:
  - Resident(s) of Canada.
  - Youth or groups between ages 5-18.
  - Have contributed to bettering communities, schools, or classrooms for persons with disabilities.
  - Majority of the work completed between May 1, 2022 – April 30, 2023.
- Nominations for 2023 are open until April 30, 2023. Please find additional information [here](#).

## Educational Resources

- The Rick Hansen Foundation created resources for students in kindergarten to grade 12 with the goal of working towards an [inclusive school year](#). By concentrating on kindness, compassion, and empathy, they are hoping to create positive environments free from bullying and focused on inclusivity.

## Mental Health Resources

- [Mental Health Literacy](#) is a quick reference guide for elementary and secondary school teachers and administrators. It is filled with useful classroom strategies to help faculty understand student behaviours, emotions and cognitive patterns.

## Support Services

- [Kids Help 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 use their chat function
- [Indian Residential Schools Resolution Health Support Program](#) – 1-866-925-4419
- [Trans Life Line](#) – 1-877-330-6366
- [Sexual Abuse Crisis Text Line](#) – Text HOME to 741741
- [Canadian Human Trafficking Hotline](#) - 1-833-900- 1010

