

# Healthy Teens

November 2017 Parent Newsletter

## Surviving the Cut: Staying Active When your Teen Doesn't Make the School Team

Tryouts for school teams are common in junior and senior high, so is the reality of getting cut from one or more of these teams. Not making the team can be a tough experience for teens emotionally, socially and physically, but it doesn't mean an end to their involvement in sport.

There are many opportunities for teens to be active outside school sports. Encourage them to look into community recreation programs in order to develop and practice their skills. Community sport can be a great way for your teen to meet new people, have fun and enjoy being active in a less competitive environment. If competition is what your teen is after, some community leagues may have structured divisions based on recreational or competitive play, which allows a teen to choose a level based on their needs and wants. You could consider sports development camps in order to further grow your teen's skills and abilities. When looking into programs, some things to consider are: the ratio of training to playing; how



playing time is determined; the presence of the coach; and the emphasis on skill development or competition.

Being supportive of your teen is important for building and maintaining self-esteem and character. If your child gets cut from a school team, talk to them about what their goals are and provide them with options for how they can remain active, develop their skills, and have a positive experience with sport.

### Articles

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Understanding Consent

#### Health Advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



## Understanding Consent

As a parent, you may have heard the word 'consent' but might not know what it means or what it includes. Simply put, consent is permission for something to happen or an agreement to do something. When talking with teens, the conversation about consent needs to include sexual activities.

Sexual consent means both partners agree to the sexual activity and understand what they're agreeing to. Sexual activity includes kissing, sexual touching and sexual intercourse (oral, anal and vaginal). Consent is the foundation of healthy sexual relationships, and must be given for every sexual activity, every time.


Consent is freely given, affirmative and enthusiastic. Agreeing to do something is consent only if it's voluntary. If a person feels forced or bullied, or there's something to lose by saying "no" (e.g. safety or a relationship), it's not consent.



Consent is ongoing. One person asks permission for an activity and another person gives it. This conversation continues as the activity continues or changes. The person who starts the sexual contact or who wants to move to the next level of intimacy is the one who must ask for and clearly get consent before continuing with the sexual contact. Sexual activity (even kissing) without consent is sexual assault.

It's important to talk to your teen about consent. Here are some tips for talking about sexual consent:

- Discuss family values about sexuality.
- Talk about personal boundaries. Ask your teen to think about situations where they might have to be clear about personal boundaries.
- Talk about sexual consent, coercion, pressure, harassment, manipulation and sexual assault. Tell your teen they have a voice and you'll listen to them.
- Talk about the legal, social and emotional consequences of committing sexual assault.

 **For more information about consent and sexual assault, please visit Alberta Health Services**  
[www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)