

Let's talk about gender! Gender is a social determinant of health and an important community conversation. The United Nations has identified the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights by:

- obtaining quality secondary and higher education
- receiving information and services related to puberty and reproductive health
- protecting themselves against unwanted pregnancy, sexually transmitted disease and gender-based violence.

Girls Incorporated of Upper Canada offers girls-only programs designed to address girls' concerns in a safe, supportive environment. Pro-girl, girls-only environments equip girls to navigate gender, social, and economic barriers in today's world by emphasizing girls' self-esteem, mental and physical well-being, and leadership potential. For more information on gender visit www.girlsinc-uppercanada.org and www.healthunit.org.

The holiday season can be a stressful time for families. There may be extra activities at school, work and home. There can be added financial stress to buy gifts or have family and friends over

There are many strategies to cope with stress. Plan ahead to avoid last minute rushing. Help your children know what to expect. Stick to your routines as much as possible. Don't forget to take care of yourself as a parent. This shows your children healthy ways to deal with stress. Try the following stress busters:

- Exercise, eat a balanced diet, and get plenty of sleep
- Ask for support from family and friends when needed
- Plan for child-free times
- Talk regularly with your co-parent

For more strategies, visit www.triplep-parenting.ca. To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call locally 1-800-660-5853. Parenting matters!

Are you ready for Flu Season? Influenza (flu) season in Canada usually starts in November and goes until April. The flu virus changes each year, so it is important to get a flu shot every fall. This is the best way to prevent getting the flu. It is important to remember that it takes two weeks for the vaccine to work. By getting the vaccine early, you'll protect your family and other people who are at risk. For more information, and to find out where you can get your flu shot, visit the Flu Facts page on Ministry of Health website: <https://www.ontario.ca/page/flu-facts>