PDCP9 Final Project

You are to choose three of the following areas:

* Teen mental health (use teenmentalhealth.org website, and remember the password is t33nh3alth.
* Drug and alcohol abuse and addiction
* Finding employment and employability skills
* Wellness for teens
* Mindfulness and mindfulness activities
* Healthy lifestyle and nutrition (include new Canada food guide)
* Healthy versus unhealthy relationships
* Abuse: bullying/cyber-bullying, domestic abuse, child neglect and abuse, sexual harassment, racism (can include MMIWG), homophobia, elder abuse, other (you can choose three or four), define and discuss what it is, signs of it, where to get help, etc.
* Online safety

Create a teen self-help book in PowerPoint if you have it, if not you may choose another medium, paper is fine too. Self-help books should contain current information and have helpful information on each area. For instance if you choose, drug/alcohol education, include ways that people can seek and receive help, after you describe the issue. Include pictures and information, but avoid “Power Essay”, don’t overload your slides.

For the three you choose: define the problem, tell me about it, you can include Canadian statistics for how common it is, signs of it, problems associated with it (long and short-term), and where to get help.

If you do not have access to the internet, we will figure that out as answers become available. For those with email it’s jane.macmillan@nbed.nb.ca