

SMARTRISK

No Regrets

Winter 2009

February training a success! Meet our new schools on pg. 2



Winter doesn't mean hibernation at SMARTRISK!

It has certainly been busy around the office this winter season! While the snowflakes and chilly temperatures may provide an opportunity to slack off by the fire, or head to sunnier climes to take in the beach, the Youth Team has been in their element, taking part in the continual development and expansion of No Regrets.

When a community partner calls, we will go – and this season we flew all over the country! Training sessions took place this February in Whitehorse, Yukon as well as Pictou, Nova Scotia and Brantford, Ontario. With these training sessions, we were able to bring on 11 schools. Check out our *Postcards from the Road* on page 2 for details!

We know school can be busy, especially with the start of a new semester and March break. Don't let this deter you from implementing a few

activities here and there, no matter how big or small! The SMARTRISK Month idea – *So You Think You Can Wear the Gear Dance* – can be used any time of year.

Flip to page 3 for an update on implementing the SMARTRISK VideoFest competition in your school. Page 2 has an exciting new activity idea born out of our latest training session. Still stuck? Hold a mini poster campaign or just hand out SmartCards one day (available for download on SMARTRISK HQ).

Spring will be here before you know it, and thus, it is important to look ahead and plan for the warmer months. With this in mind, on page 4, we profile running. It is a popular activity for cross training, getting in shape, and enjoying the outdoors – especially when the snow has melted!

Enjoy this edition of the newsletter – we hope it inspires you to make the most out of your No Regrets year!

– Alex

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SMARTRISK HQ contest



2009

Want a Swiss Army watch? A FREE one? It is easy to get... read on!

Every year SMARTRISK sends out a box of resources and giveaways for schools to promote No Regrets with. Of all the resources (shoebags, Frisbees, tattoos, flashing lights, mousepads, magnets), we want to know what works well for No Regrets schools, and thus, are doing research to see what to provide next year... YOU can help!

The first person to message either Alex Kelly or Jennifer Wilson on SMARTRISK HQ with their school's favourite giveaway as well as the one they wouldn't be sad to see go will win a Swiss Army watch. All other names will be entered into a draw for a chance at three other watches.

Not on HQ? Shoot Alex an email at akelly@smatrisk.ca for easy instructions on signing up!



Hi Friends!

The Youth Team hit the road once again, seeing Jennifer and Alex

going cross country to train a brand new cluster in Yukon, new schools in

Nova Scotia, as well as a new group of schools in Southern Ontario.

At the beautiful Sundog Retreat in Whitehorse, Yukon, we met staff advisers and youth leaders from four schools: FH Collins Secondary School, Robert Service Secondary School, Vanier Catholic Secondary School, and Porter Creek Secondary School.



After getting home from the Yukon, it was off to brave winter storms in Nova Scotia. At Camp Geddie, Springhill Academy and Cobequid Educational Centre joined the fastest growing provincial No Regrets team! All participants were great sports, serving as guinea pigs to new team building initiatives.

For the final spring training session, the Youth Team stayed close to home, venturing out to the Circle Square Ranch in Brantford, Ontario. Our newest No Regrets schools are Clarington Central Secondary School, Blessed Trinity Secondary School, Georgetown



District High School, Burlington Central High School, and College Avenue Secondary School. Welcome and good luck to our latest additions to the national No Regrets Team!



When life hands you lemons, turn 'em into cherries!

A new activity idea straight to you from one of our newest schools!

While training in Nova Scotia this February, the team from Cobequid Educational Centre came up with an awesome twist on the Lemon Theory.

Got a mental block on the Lemon Theory? Check out page 63 of the Toolkit. It explains the risk management theory designed by James Raffan, an outdoor and experiential education expert. Applying the analogy of a slot machine to engaging in a risky activity, a lemon would represent a potential risk, such as not having a plan to get home from a party. When one has accumulated enough "lemons" or potential risks, "hitting the jackpot" is practically guaranteed- in the form of disaster or injury.

To avoid such consequences, risk management allows you to choose "cherries" over "lemons," thus eliminating the risks. Risk management is essential before executing an activity, trip, or other plans. Planning an activity around the Lemon Theory can create a common language in your school around risk management, as well as encouraging your peers to Look First before jumping into anything - whether it be a lake or a long weekend trip!



The activity idea centers around mocktails at school dances. Talk to your social convener or dance committee and see if you can set up a mocktail booth at the next function. Create drink tickets on bright red paper either in the shape of a cherry or with a picture of a cherry on the ticket. When students approach the drink stand to trade in their cherry ticket, thank them for managing their risk and choosing a cherry over a lemon to reduce their risk of impairment from alcohol and other substances.

To accompany the drink, make cards available with local taxi, emergency and contact numbers on one side so that students can always choose a cherry to get home safely! For an added touch, create a mocktail with a cherry flavour!

Cherry Coke

- 8oz Cola
- 1/4 oz grenadine
- Maraschino cherry to garnish

Cherry-Ale

- 2oz cherry juice
- 1/2 oz lime cordial
- Top with gingerale and a cherry!

recipes

To make Lemons & Cherries a success:

1. Cut out the cards below and write in the local telephone numbers.
2. Photocopy them on **cherry red paper**, double sided.
3. Distribute with your mocktails to encourage students at your school to choose cherries over lemons!

School dance not the perfect venue? Try the next basketball game, assembly, or in the cafeteria at lunch! Set up a booth at parent-teacher night or as a refreshment stand at the school drama production.



**F
R
O
N
T**

congrats on choosing a cherry.

You've recognized a risky behaviour and managed those potential risks by choosing a mocktail.

Lemons (risky behaviour) can add up, leading to disaster or injury. Minimize the risk by choosing cherries, so that you can keep living with No Regrets.



**B
A
C
K**

so you can keep choosing cherries over lemons.

Local taxi #: _____

Local emergency #: _____

Emergency contact #: _____

Buckle Up-Look First-Wear the Gear-Get

Trained-Drive Sober!

the 3rd annual smartrisk videofest

The time is here – the SMARTRISK VideoFest competition is coming up fast with the final deadline for submissions on April 30th, 2009. Our goal? To have every No Regrets school submit a video.

It is easy to do – any student from your school is eligible to enter. All No Regrets teams have to do is publicize the competition. A website has been developed with all the necessary information-- just point interested students to www.smartriskvideofest.ca!

Of course, No Regrets teams can enter as well... Who wouldn't want to? Up for grabs is \$600 in Future Shop gift certificates for the winning production group, as well as \$600 in funding for the school's No Regrets team.

Videos must demonstrate and incorporate the SMARTRISK philosophy and messages, be no longer than five minutes, and NOT use any copyrighted music. Submissions are accepted in CD, DVD, and VHS format to the SMARTRISK head office by April 30th, 2009 (see the back page of the newsletter for the mailing address).

For a full listing of contest rules and regulations, as well as information about SMARTRISK and how to produce a cinematic masterpiece, check out www.smartriskvideofest.ca. Happy filming!

Second Annual Secondary School Buckle Up Challenge in North Bay

Ed Note: Special thanks to Pat Cliche, community partner for the Northern Ontario No Regrets schools, for submitting photos and sharing the experience with the Youth Team!

The students file into a darkened North Bay Memorial Gardens arena. Once seated, there is a resounding crash, black curtains drop and a spot light reveals the scene of a (mock) car crash. Welcome to the second annual Buckle Up Challenge in North Bay.



Born out of the North Bay Drug Awareness Committee's idea to host a mock crash for local high school students, community partners designed, organized and implemented a grand scale event that left teachers and students abuzz. Recognizing the need to empower youth and balance the sombre mock crash, event organizers integrated the high energy and wildly popular Buckle Up Challenge which had been so successful in previous years. This event is designed to remind young drivers and passengers of the importance of wearing a seatbelt.

The North Bay community came together, calling upon local businesses, emergency response workers, and No Regrets schools to contribute to making the event a success. Once funding for the rental of the hockey arena was secured, donors such as Hopper Pontiac Buick GMC came forth, donating two brand new vans for teams to compete in during the Buckle Up Challenge. Each team's goal? Successfully complete a full rotation of five team members, each buckling up in every seat of the car. The race was timed, with teams pitted against one another in tournament fashion.

Seven schools, as well as nursing students from Nipissing University, submitted teams to compete. No team was without a uniform, nor the determination and grit required to win the ultimate prize – a personalized plaque to mount in their school, in addition to bragging rights for the entire year.

Grade 11 students were bussed in from all participating schools, totalling over 700 audience members. Teachers were impressed, and were overheard saying they wished their entire school had been present at the competition.

Plans are already in the works for a bigger and better Buckle Up Challenge. Schools are excited to take on the challenge once more, and the community is rallying behind them. This has been a terrific opportunity to expand No Regrets messaging and programming beyond the school walls,

integrating the community in the promotion of injury prevention. A special shout out to participants from St. Joseph Scollard Hall, West Ferris, Widdifield, Algonquin, Chippewa, Franco Cite, Odyssee, and Nipissing's nursing students. Great job inspiring people to Buckle Up!



Congratulations to the winning team from St. Joseph Scollard Hall!

What's new with No Regrets?

- Vanier Collegiate Institute's No Regrets team was recently profiled on www.discovermoosejaw.com. They were caught filming their VideoFest entry and gave a great interview on the No Regrets program and the five key messages. Terrific interview, VCI!
- Jennifer Wilson, the Educational Development Manager for No Regrets, was recently interviewed for the Office of the Fire Marshal's publication on the power of positive messaging for fire prevention. Great job, Jennifer!
- The University of Toronto's Medical School curriculum dictates that second year students perform research studies, with some choosing No Regrets as their focus. Fort Nelson Secondary School in British Columbia is participating in a study on risk perception, while additional studies are being performed on the different giveaways and what resources our No Regrets schools would like to see.



Running: the risk of injury

Spring is out there... somewhere. With the longer days and warmer temperatures, it is easy to see why so many people are excited to get outside and play. Whether it is a long-term obsession for some, an around-the-block jaunt for others, or necessary cross-training for another sport, running is popular as both a recreational and fitness activity. While it may seem simplistic, just requiring shoes, running harbours risks just like any other sport. Listed below are tips designed to manage such risks so you can continue participating in the sport you enjoy.

Perhaps the paramount thing to remember when adopting a running lifestyle is to start slow, working your way up to certain goals and distances. Several running specialty stores offer clinics, which are tremendously useful – they provide beginners (as well as seasoned experts) with tips and advice for running, as well as a regular training group. Starting slowly allows you to increase your cardiovascular health appropriately and to develop a mileage base. This approach to training will prevent frustration and injury by improving at an appropriate pace for your body.

Buckle Up

- Ensure that your shoes are tied tightly.
- Strap on a water belt to prevent dehydration.

Look First

- Watch for cars at intersections. Although pedestrians may have the right of way, chances are you will see the car before the driver sees you.
- Be cautious on blind curves where you will not be visible to approaching cars.
- Run clear of parked cars, bushes and dark areas.
- Look out for rough or uneven terrain that may lead to rolled or twisted ankles.

Get Trained

- Take a running clinic to start off on the right foot.
- Familiarize yourself and respect the rules of the road:
 - Obey traffic rules and signals. As pedestrians, runners are bound by traffic rules and regulations.
 - Avoid racing the traffic lights.
 - Run on the left side of the road, facing traffic. You will be in a better position to anticipate and react to approaching vehicles. Many runners prefer to avoid the hard concrete of sidewalks but it's important to run on quiet streets with little traffic.
 - On country roads, stick to roads with wide shoulders.
 - Run single file when running with groups in high traffic areas.
- Let family or friends know your route and a rough idea of when you will be returning.
- When trail running, bring a compass and know how to use it.
- Know before you go. Be sure you have an idea of the terrain you will be running. Have a map of your route and know how to read it—essential for trail running. Look for hills identified by contours and where marshes and swamps are located. By reviewing a map, you will be able to determine the distance you plan to cover.

Wear the Gear

- Wear clothing with reflective materials when running from dusk to dawn. Wear bright clothing during the day.
- Wear appropriate clothing for the time of year. In spring and fall, a jacket and technical shirt and pants will keep the heat in. Technical clothing is essential for wicking moisture from the body and regulating body temperature.
- Water is an important piece of gear to bring on a run to prevent dehydration. You can bring water along in a belt that holds a water bottle, or carry a water bottle with you on your route.
- Carry identification or write your name and phone number on the inside sole of your running shoe.
- When trail running, bring a first aid kit and whistle. Also, find a running partner. Running in pairs in isolated areas is safer. If an incident occurs, you will have assistance getting back to the area where you began.

Drive Sober

- Be alert at all times. Be aware of fatigue or “runners high”.
- Be completely aware of your environment. Wearing headphones and listening to music distracts you and makes you less aware of your surroundings.
- Motorist visibility is affected by such factors as glaring sun, rain, snow and fog. Be aware of these factors.
- Dehydration can negatively affect your mental state- bring water on your run to decrease chances of dehydration.

Got a story, tip, or idea? Send it in!

No Regrets is a national program – stay connected!

No matter how big or small, we love hearing what schools across the country are doing. How are you promoting the SMARTRISK No Regrets messages? What methods have you used to inspire youth to take smart risks? Send an email to fill us in!

don't be a stranger.:

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