

CSH Example: Healthy Relationships

Below are some best practice examples of the health professional's role¹ in supporting healthy relationships through a CSH lens. These examples present some potential actions in each pillar and should be considered within your capacity and role within your health authority. You can use these as a guide, or insert your own to best suit the unique needs of your setting.

- Support the school/district in developing a positive & inclusive school culture as outlined in the provincial *Safe and Caring School Communities* policy
- Participate on school/district health committees related to healthy relationships and positive mental health

AND/OR

- _____

- Advocate for active parent and community participation in anti-bullying initiatives
- Connect the school to social/emotional health supports and services in the community²
- Encourage coordination of positive mental health and anti-bullying programs and services

AND/OR

- _____



- Support the school in creating positive and safe social gathering places for students
- Encourage student-led anti-bullying initiatives

AND/OR

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- Provide and link to resources and information on social/emotional wellbeing and healthy relationships²
- Share and interpret data on positive mental health to support best practice

AND/OR

- _____

1. Healthy Schools BC (2012). *Health sector support of comprehensive school health: Best practices implementation*. Directorate of Agencies for School Health BC, Vancouver, Canada.
 2. Go to healthyschoolsbc.ca/programs for a growing list of programs and resources in your community.