

Have you heard about the award-winning. . .

Hi5Living.org?



Are you trying to implement the guidelines of the Ministry of Health? Do you educate others about health? Do you promote Comprehensive School Health? Do you teach students who are completing their Healthy Living Plans? **If so, then *Hi5Living.org* can help you!**

What is Hi5Living.org?

Hi5Living.org was created by the BC Cancer Agency Prevention Programs as part of our Healthy Living Schools program to provide assistance to educators and students, and to engage young people in general. We deliver positive messages and reliable information about healthy choices. Hi5Living.org was chosen 'Best in Class' in the 2010 Web Marketing Awards and given a 2010 'Outstanding Website' Web Award.

Who are the Prevention Programs?

As part of the BC Cancer Agency, the Prevention Programs inform people in British Columbia about the preventable causes of cancer. Around the province, we partner with Health Authorities and other stakeholders to encourage healthy body weight, good nutrition, and physical activity, to reduce the use of tobacco, and to promote sun safety.



How does Healthy Living Schools work?

We know that experiences at school can lay the foundation for a lifetime of healthy behaviours. That's why, since 2004, the Prevention Programs has included Healthy Living Schools in our outreach to children and youth. We offer customized support, materials, tools, tips, and ideas for educators at all levels.

How can Hi5Living.org help you?

- If you are a Planning 10 teacher, our website can help you guide your students to the Prescribed Learning Outcomes for the Personal Health component of Graduation Transitions.
- Librarians, science teachers, coaches, health educators, and physical education teachers can use Hi5Living.org to find evidence-based information about health issues that are important to teens.
- Students will find a complete guide to walk them through the completion of their Healthy Living Plans in a way that supports personalized learning.
- Parents and PACs can look to Hi5Living.org for reliable advice and facts about healthy living for teens.

What's in Hi5Living.org?



- **Quizzes** – to test students' knowledge about a variety of topics.
- **Self-assessments** – recently updated to cover major health risks.
- **Real-life stories** – teens sharing their personal struggles and strengths.
- **Prize draws** – users can win gift certificates for completing a quiz or self-assessment
- **Health FAQs** – evidence-based, relevant information.
- **Food & Activity trackers** – so students can easily monitor their progress.
- **Worksheets** – how to set SMART goals, do a Lifestyle Challenge, or complete a Healthy Living Plan.
- **Community** – on Twitter and Facebook, where young people can connect and ask questions.
- **Tips & Facts** – so everyone can be informed!
- **Resources** – crosswords, Q & A cards, and more fun ways to learn.

“Being healthy means you can do more, play harder, go farther, and live better. Our tools and resources are designed to inform and inspire young people to achieve the best possible health TODAY and for the future.”



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Prevention Programs