

# Healthy Teens

April 2020 Parent Newsletter



## Does My Teen Need a Mouthguard?

What would happen if your teen lost one or two of their front teeth? While broken bones can heal, broken teeth need to be repaired or even replaced to restore their function. The ways we smile, speak and eat are all affected by broken or missing teeth.

A mouthguard is an essential part of your teen's sports gear. It typically fits over their top teeth and protects the teeth, lips, tongue, face and jaw from injury. Many organized sports require wearing a mouthguard when there is risk of contact with another player or sports equipment. But a mouthguard can also protect your teen's mouth during any activity when there is a risk of dental injury or fall (e.g. skating).

There are three different types of

mouthguards that your teen could use – stock, boil and bite, and custom fit. They differ in cost, comfort and how well they protect against injury.

Here are a few tips for taking care of a mouthguard:

- Rinse before and after use
- Regularly clean it in cool water with dish soap
- Store and carry it in a sturdy vented container
- Never leave it in the sun or hot water

If your teen's mouthguard shows signs of wear, damage or is ill-fitting, it is time to get a new one. Teens and children have mouths that are still growing and changing so they may need to have their mouthguard replaced more often.

## Articles

Does My Teen Need a Mouthguard?

Understanding Consent

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>



## Understanding Consent

As a parent, you may have heard the word ‘consent’, but you might not know what it means or what it includes. Simply put, consent is permission for something to happen or an agreement to do something. When talking with teens, the conversation about consent needs to include sexual consent as well.

Agreeing to do something is consent only if it’s voluntary. One person asks permission for an activity and another person gives it. If a person feels forced or bullied, or there’s something to lose by saying “no” (e.g., safety or a relationship), it’s not consent. This conversation continues as the activity continues or changes. Consent is the foundation of all relationships and should align with a person’s personal, family and faith values.

Consent is always necessary for any intimate activity. This includes kissing, touching and any other type of intimate activity. Any intimate activity (even just kissing) without consent is sexual assault.



It’s important to talk to your teen about consent. Here are some tips:

- Talk about your family values and about sexuality.
- Talk about personal boundaries. Ask your teen to think about situations where they might have to be clear about personal boundaries.
- Talk about consent, coercion, pressure, harassment, manipulation and sexual assault. Tell your teen that they have a voice and you will always listen to them.
- Talk about how to accept “no” when asking for consent
- Talk about the legal, social and emotional consequences of committing sexual assault.