

# I A M M E

---

*MINI MAG*





# The Do's and Don'ts of Your Digital Footprint

---

## DO

Use your real name. Using a fake identity encourages negative online behaviour like trolling and bullying. And it doesn't protect your identity.

---

## DON'T

React without thinking. Letting your emotions rule your life online will end in trouble. Instead, when something upsets you, don't respond until you can let it go.

---

## DO

Be aware of the pictures people take of you, especially if you're doing something you want to keep private.

---

## DON'T

Avoid interacting online. Remember, if you don't take control of your online presence, someone else may do it for you. Instead, be proactive!

---

## DO

Think about others. Anything you post about your friends is available to the world. How would you feel in their shoes?

---

# The Relationship Between You and Your Food

There's a downside to all of the attention that's paid to body image and healthy eating, even if it is positive attention! You may end up focusing a lot more on what you eat, when you eat, and how much you eat. In fact, you might hear that this is something people should do in order to be healthy, like keeping a food journal. But fixating on eating habits can signal the beginning of an unhealthy relationship between you and your food.

Are you setting yourself up to have an unhealthy relationship with food?

Here are some signs:

- You count calories
- You diet
- You think about food a lot and you have cravings
- You punish yourself for indulging
- You do extra exercise when you've been "bad"
- You let others influence when and how you eat
- You judge others on when and how they eat

What does it mean to have a healthy relationship with food?

Practicing these goals may change your mindset:

- Eat when you are hungry is the #1 rule!
- You eat what you please
- You enjoy your meals and you take your time savouring them
- You don't compare your eating habits with others
- You remember to nourish your body
- You own your food choices



# IT'S WINTER. IT'S COLD.

It's winter. The time of year when it seems like the best possible thing to do is curl up on the couch with a book, or a video game, or just watch TV. For like four months, until it's over.

But you know that's not what you **should** do. And you're always being told to get out and get some exercise. Even though it's crazy cold outside.

People who love winter sports can ski, snowshoe, build forts, skate, play hockey. But even if you're not a winter person, there are still a lot of things you can do to keep yourself occupied until spring when you can leave the house again.



3.

"A snow day literally and figuratively falls from the sky - unbidden - and seems a thing of wonder"

SUSAN ORLEAN

So, if you really don't want to go outside, then stay in and learn a new skill. If you don't have anyone to teach you, there are a lot of tutorials online. But best would be to have an aunt, uncle, grandparent, friend, or cousin show you how. Here are some ideas for skills you can work on:

- Cars - learn to change oil, tires, etc.
- Wood working - learn to carve or build
- Learn to tie knots, they have 1000 uses!
- Teach yourself to cook or learn to go food shopping on a budget
- If you have a dog, try obedience or agility training. It's rewarding for both of you!
- Like to draw? Try illustrating your favourite story
- Learn to read music, ear training, play an instrument, or sing

## STAYING IN DOESN'T HAVE TO MEAN BEING IDLE

# HOW YOUR CELL PHONE AFFECTS YOU

Do cell phones affect your health in ways you don't know of? You bet they do!

In recent years, there has been a lot of focus on how dangerous cell phone use is during driving. In fact, cell phones pose a distraction for people driving cars, bikes, skateboards, and so on - even while walking!

But did you know that they can also affect your concentration, give you headaches, and influence your brain's development?

Scientific research does not have any solid conclusions on how cell phone radiation can harm people. But it seems clear that the younger you are, the more harmful your phone can be in the long run. Luckily, there are some simple and easy things you can do to limit the effect they might have on you.

The harder your phone has to work and the closer it is to your body, the higher your risk! So, with that in mind:

1. Use speaker phone when on calls and text instead of calling whenever possible.
2. Don't sleep with the phone next to your bed, unless your phone is on airplane mode. The radiation, light, and noises of notifications will interrupt your sleep
3. Don't carry your phone against your body, put it in a backpack instead
4. Limit your use when you're in a fast-moving car or when you have low signal strength because your phone will produce more radiation keeping a constant signal
5. Keep your phone away from you when you're downloading or uploading large files and try to avoid streaming



# I HOPE THAT IN THIS YEAR TO COME, YOU MAKE MISTAKES

---

*A NEW YEAR'S MESSAGE  
FROM AUTHOR NEIL  
GAIMAN*

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever.

PASTA AND  
BROCCOLI MARINARA

*A simple, healthy recipe you can make*

• INGREDIENTS •

- 2 tablespoons of olive oil
- 2 cloves of garlic
- 1 can of diced tomatoes
- 1 tablespoon of balsamic vinegar
- 1 1/2 teaspoons of dried basil
- 2-3 heads of broccoli or 1 pound of frozen broccoli florets
- Salt and pepper to taste
- One package of your preferred pasta

• DIRECTIONS •



Heat the olive oil in a pot and saute the garlic for a few minutes, stirring often



Add tomatoes and their juices, balsamic, basil, and salt and pepper. Stew for 15-20 minutes.



Place the broccoli on top of the tomato mixture and cover for 10 minutes, until the broccoli is tender.

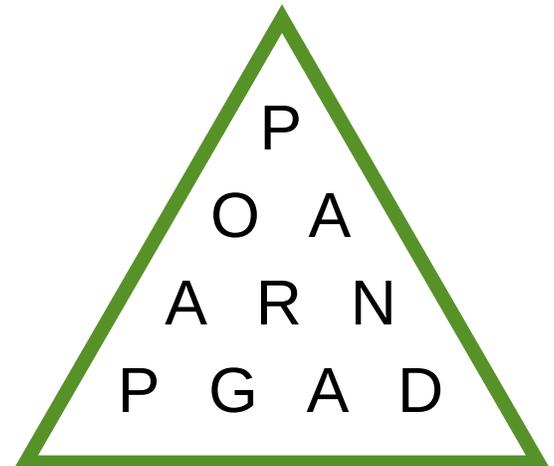


Cook the pasta according to the instructions on the box and serve with the marinara broccoli. Enjoy!

# Broaden Your Horizons

This is Triangulairs. It has two challenges:

1. Spell 4-letter words that use one letter from each row. You may use the letters in any order. Each is worth 1 point
2. Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. It's worth 5 points
3. The goal is to get more than 12 points



What problems weigh on your mind?

Do you feel you don't have anyone to talk to?

The I AM ME Mini Mag is offering you advice. Just send us your questions and we will have them answered by a professional. The answer will appear in the following issue of the Mini Mag. Your identity will remain confidential.

Contact us:

visiongaspeperce@gmail.com

6.



*The views expressed herein do not necessarily represent the views of Health Canada.*

---

## OUR SPONSORS

---

This Mini Mag would not be possible without the partnership of these groups



## SOURCES

This issue used the following sources of information

---

- "What's your digital footprint?" by Lisa Nielsen. Find it here:  
<http://www.smore.com/6pbw-what-s-your-digital-footprint>
- "Common Sense on Privacy and Digital Footprints." Find it here:  
<https://www.common sense media.org/sites/default/files/9-12-familytip-privacyanddigitalfootprints.pdf>
- "11 Steps To Rebuild Your Relationship With Food." Find it here:  
<https://www.mindbodygreen.com/0-8258/11-steps-to-rebuild-your-relationship-with-food.html>
- "How Do I Improve My Relationship with Food?" Find it here:  
<https://www.psychologytoday.com/blog/diet-is-4-letter-word/201405/how-do-i-improve-my-relationship-food>
- "25 Things a Teen Boy Can Do Besides Play Computer Games!" Find it here:  
<http://forums.welltrainedmind.com/topic/198643-25-things-a-teen-boy-can-do-besides-play-computer-games/>
- "Safety of cell phones and cell phone towers." Find it on Canada.ca.
- "How to Reduce Exposure to Radiofrequency Energy from Cell Phones." Find it at the California Department of Public Health.
- Cartoon on page 4:  
[https://www.reddit.com/r/lewronggeneration/comments/6dgka4/2017\\_style](https://www.reddit.com/r/lewronggeneration/comments/6dgka4/2017_style)