

Niagara Region Public Health School Health Newsletter

June 2025

Safely Celebrating Prom/Grad

Prom is just around the corner! Knowing how to celebrate responsibly will help teens stay safe on their big night!

Here are some tips for parents and caregivers to consider before sending their teens out for the evening:

- Promote the idea of having a Party Partner – ask your teen to find a friend that is willing to commit to being responsible for each other.
- Encourage your teen to keep an eye on their drink and never to accept drinks from someone they do not know.
- Discuss consent – help your teen know and respect their boundaries as well as the boundaries of others.
- Remind teens about the dangers of mixing substances. Getting sick could end their Prom night in a hurry.
- Refusal skills - empower your teen to feel comfortable saying no in various ways. Options include, say no confidently and firmly, be prepared to repeat yourself with “no thanks, I’m good”, leave the situation or give a reason or excuse.
- Make a safety plan – talk with your teen about a safety plan. This could include location and timing of the party, who to call in an emergency, rides, expectations of alcohol and substance use, etc.



Make Immunizations Part of Your Summer Checklist!

As you prepare for the new school year this summer, remember to check if your child’s immunizations are up-to-date. If you are unsure, talk to your health care provider or [contact the vaccine team](#) at Public Health. Staying up to date with routine vaccinations helps protect your child from preventable diseases.

If your child needs to get caught up on vaccines, you can:

- Make an appointment with your health care provider
- Visit a walk-in clinic (call ahead to confirm vaccine availability)



- Check availability of Public Health vaccination clinics. Call 905-688-8248, extension 7425 (Monday to Friday, 8:30 a.m. to 4:15 p.m.)

Don't forget to report your child's vaccines to Public Health!

Every time your child receives a vaccine, it must be reported to Public Health. Doctors, child care facilities, and schools don't do this for you.

The fastest and most convenient way to report vaccines (except COVID-19 and flu shots) or request records is through [Immunization Connect \(ICON\)](#), a secure online system for tracking and reporting immunizations.

For more information on vaccines needed for school, visit: [Baby, Children and Youth Vaccinations](#).

Mental Health and Addiction Programs and Services in Niagara

As the school year ends and summer months approach, it is important to have easy access to local (and national) organizations for anyone seeking help with a mental health or addiction concern.

- Mental Health and Addictions Access Line confidential help 24/7 1-866-550-5250 (for ages 16+) - press 1 if you are in crisis to be connected to COAST – Crisis Outreach and Support Team.
- Pathstone Mental Health, Crisis and Support Line confidential help 24/7 (18 years and under) – 1-866-293-4944.
- Kids Help Phone - Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people – 1-800-668-6868 or online chat. Crisis text line - text CONNECT 686868.
- To connect with someone about thoughts of suicide call 9-8-8.



Things that Bite!

Ticks, mosquitos, and rabid animals can be a greater risk as the weather warms up.

- Mosquitoes transmit the [West Nile virus](#) to humans after becoming infected by feeding on the blood of infected birds, which carry the virus. To learn how to protect your family, visit [Reduce the Risk of West Nile Virus - Niagara Region](#).
- The blacklegged (deer) tick can transmit [Lyme disease and other tickborne diseases](#) to humans after becoming infected by feeding on the blood of small animals which carry the disease. To learn how to protect you and your pets, visit [Protect and Prevent Ticks - Niagara Region](#).



- [Rabies](#) is transmitted through saliva from bites and scratches, entering an open cut or wound, or from saliva contacting a mucous membrane, such as those in the mouth, nasal cavity, or eyes. To [reduce the risk of rabies](#), it's best to avoid contact with wild animals such as raccoons, skunks, and bats.

For more information and free tick identification, individuals can visit [e-tick](#). General tick information can be found on our [Niagara Region Public Health website](#) or by contacting a Duty Officer directly at 905-688-8248 ext. 7590.