

PCI TEEN CLINIC

Take charge of your health...it's your choice!



Teen Clinic Hours:

Tuesday – Friday 8:00am – 3:30pm

**** Teen Clinic will be closed over spring break****

To book an appointment:

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder	Dr. Shayne Reitmeier	Rebecca Krause	Tracy Ediger	Laine Hill	Sacha Grimeau	Carly Gabler	Betty Ryzner-Madsen
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitian	Substance Use Counsellor

Be Social Media Smart—Nutrition Edition

Social media literacy is increasingly important as our screen time and engagement in social media platforms rise. Improving our social media literacy means being able to evaluate content for accuracy and making informed judgments about its authenticity and influence on us.

Diet and food trends are widespread on social media, but often have no scientific backing and can create harm to our relationship with food and our bodies. Here are some examples of diet culture on social media we should avoid.

“What I eat in a day” posts	-suggests that if you eat like the influencer, you will look like the influencer. - there is more to our body shape and size than just what we eat and how we move, such as genetics, metabolism, socioeconomic status, health conditions, medications, and diet history
“Detoxes” or “Cleanses”	-often promote restrictive eating for a short period of time. -it is a myth that we can “detox” or “cleanse” our bodies. -our kidneys, liver, skin, and lungs detoxify our body 24/7. Nothing else needed!
“Clean eating”	-categorizes foods as either “clean” or “dirty,” implying a moral value to food choices. -creates a dichotomy that can lead to guilt or shame around eating certain foods.
Before and after pictures	-dramatic physical transformations often promote unrealistic body standards -imply that drastic changes are necessary for validation or success. -likely trying to sell us the latest product or program “ IF I CAN DO IT, YOU CAN DO IT TOO!”

Tips for Improving Social Media Literacy:

- ★ Think about who is posting and WHY they are posting it. Are they trying to sell us something? Are they trying to promote something? Could they be struggling with poor body image themselves?
- ★ Ask ourselves if this post is rooted in diet culture. Are they trying to influence us into believing that we need to conform to an unrealistic ideal?
- ★ Unfollow accounts that post photos that make us feel less than and curate our feeds so that we have positive influences

