



JUNE

2025 Newsletter
T'Sou-ke First Nation



📷 Community Complex & Health Centre Entrance

In this edition

Notice of Chief and Council
Meeting (July 7)

SENĆOŦEN Classes (June 10, 24)

IPCA Dinner + Bingo! (June 16)

Dinner + Discussion:
Environmental Management Plan
(June 19)

Indigenous Peoples Day
Celebration (June 20)

Community Dinner (June 25)

Social Development Updates for
Clients

**Receive updates and monthly
newsletters via email!**

Please call the office or email
communications@tsoukenation.com
to be added to the email list.

T'Sou-ke Office Hours

Monday to Friday
8:30am to 4:30pm

Closed 12:00pm–1:00pm for lunch

Closed Saturday, Sunday,
and Statutory Holidays



Mailing Address: PO Box 307
Sooke, BC, V9Z 1G1



Physical Address: 1000 Soses Snanet Road
Sooke, BC, V9Z 1G1

Keep up-to-date by following the Nation's Facebook pages!



T'SOU-KE NATION MEMBERS COMMUNICATION & UPDATES

Stay informed on the Nation's activities, meetings, events, and more.



T'Sou-ke Nation Health Office

Book health appointments via Facebook, phone, or email.



T'SOU-KE NATION YOUTH & PARENTS

Updates on youth centre activities, programs, and events.



Ladybug Garden & Greenhouse (LBGG)

Featuring the wonders and work taking place in the garden.



T'Sou-ke Jobs Board

Showcasing internal and external job opportunities.



250-642-3957



tsoukenation.com

Administration



250-642-3957

Secretary, Sarina Lazzar

secretary@tsoukenation.com

250-642-3957

Administrator, Michelle Thut

administrator@tsoukenation.com

ext. 233

Administrative Assistant, Jessica Kisby

admin3@tsoukenation.com

ext. 233

Finance Manager, Sandra Sprinkling

admin1@tsoukenation.com

ext. 223

Finance Assistant, Tara Jensen

admin2@tsoukenation.com

ext. 222

Communications Coordinator, Natassia Davies

communications@tsoukenation.com

ext. 224

Health Department



250-642-3957

Admin Health Coordinator, Rose Dumont

rosedumont@tsoukenation.com

ext. 237

Community Nurse, Jennifer Routhier

nurse1@tsoukenation.com

ext. 238

Health Care Assistant, Lorissa Orser

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ext. 238

Health Care Assistant, Debbie Ridley

healthcareassistant@tsoukenation.com

ext. 238

Community Health, Daphne Underwood

communityhealth@tsoukenation.com

ext. 235

Maternal Child Health Worker, Debbie Ridley

mchworker@tsoukenation.com

Fisheries

📞 250-642-3957

Fisheries Stewardship Director, Edward Chutter
fisheriesdirector@tsoukenation.com
ext. 230

Fisheries Technician, Frank Sutherland
fisheries@tsoukenation.com
ext. 228

Guardian, Dave Planes
guardian1@tsoukenation.com

Marine Team

📞 778-352-0011

Com. Relations Coordinator, Eva Shaffer
marineliaison2@tsoukenation.com

Marine Field Tech, Louis Sudlow
lsudlow@snekecentre.ca

Marine Field Tech, Milynda Planes
mplanes@snekecentre.ca

Lands, Forestry, Environment

📞 250-642-3957

Environment/Forestry, Lawrence Underwood
forestryandenvironment@tsoukenation.com
ext. 226

Lands Governance Director, Bonnie Hill
landsmanager@tsoukenation.com
ext. 227

Lands Referrals Clerk, Amanda Mobley
landsandreferralsclerk@tsoukenation.com
ext. 227

Ladybug Garden

📞 250-642-3949

Garden Coordinator, Christine George
ladybuggarden@tsoukenation.com

Social Development

📞 250-642-3957

Social Development Worker
socialdevelopment@tsoukenation.com
ext. 236

Youth Centre

📞 778-352-3957

Youth Worker, Brandy Daniels
youthcentre@tsoukenation.com

Children and Families

📞 778-352-3957

Child and Family Lead, Denise Chewka
childfamilylead@tsoukenation.com

Sum-SHA-Thut Lellum

📞 250-642-2263

ECE Teacher, Jennifer Dumont
ECE Assistant, Soleil Saxelby
sumsha@tsoukenation.com

Chief and Council

Chief Lawrence Underwood
chiefunderwood@tsoukenation.com

Councillor Rose Dumont
dubzdu@gmail.com

Councillor Bonnie Hill
bonniehill@tsoukenation.com

Councillor Debra Lazzar, Khumchíshliá
debralazzar@tsoukenation.com

Sooke RCMP

To report a disturbance or crime, please phone the non-emergency line of the Sooke RCMP or submit online via the [Online Crime Reporting tool](#).

📞 250-642-5241 🖱 ocre-sielc.rcmp-grc.gc.ca/

May 2025

Meetings, events, and health services available this month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
8	9	10	11	12	13	14
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class 6-7:30pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
15	16	17	18	19	20	21
	Rise & Shine Fitness 6-7am IPCA Dinner + Bingo 5pm Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Dr. Kluge's Clinic 10am-4pm Dinner & Discussion on the draft Environmental Management Plan 5:30pm @ CCHC	Indigenous Peoples Day Celebration 11am-3pm @ Siasoon Beach & Gazebo	
22	23	24	25	26	27	28
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm	Sea to Tree Counselling 12-7pm SENĆOŦEN Language Class 6-7:30pm @ CCHC	Rise & Shine Fitness 6-7am Community Dinner 5:30pm @ CCHC Full Body Fitness 7:30-8:30pm		Rise & Shine Fitness 6-7am NIŁ TU,O Family Support Services 8:30am-4:30pm Yoga 12-1:00pm	
29	30					
	Rise & Shine Fitness 6-7am Full Body Fitness 7:30-8:30pm					



PO Box 307, Sooke B.C., V9Z 1G1
Ph.: 250-642-3957 Fax: 250-642-7808

June 4, 2025

Notice of Chief and Council Meeting

T'Sou-ke Nation registered members are invited to observe the Zoom livestream of the upcoming Chief and Council meeting:

Monday, July 7, 2025

6:00–8:00pm

Watch online via Zoom

Livestreams are for T'Sou-ke registered members only. If you wish to watch online, please email Natassia Davies via communications@tsoukenation.com to receive the Zoom link and passcode. Please note that upon requesting the Zoom link or joining the Zoom session, you may be asked to confirm your identity by providing your full name and/or member registration number. We appreciate your understanding and cooperation.

We kindly ask all registered members in attendance to adhere by the Open Meeting Rules and Guidelines.

If you have any questions, please contact Michelle via email at administrator@tsoukenation.com, or by calling 250-642-3957 ext. 233.

Virtual Chief & Council Meeting

These meetings are for registered T'Sou-ke members.
To obtain the Zoom link, please register with Natassia Davies via communications@tsoukenation.com.

Monday, July 7
6–8pm
Zoom ([register for link](#))

Indigenous Peoples Day Celebration

Join us on **Friday, June 20th** at **Siaosun Beach and Gazebo** for an afternoon of celebrating each other and our beautiful culture leading up to Indigenous Peoples Day!

There will be beach games and activities, cultural performances, and a seafood feast! **Festivities will run from 11am to 3pm.**

We are inviting anyone with a drum to bring it with them. Eli will be leading a drum circle for any and all who wish to participate.

Rides may be available to and from Siaosun for those who need them. Please contact us by June 19th if you require transportation.

IPCA Dinner & Bingo!

Monday, June 16

Doors + Opening Remarks
@ 5:00pm

Dinner @ 5:30pm

**IPCA Discussion
& Bingo @ 6:00pm**

Join us on Monday, June 16th for our monthly dinner to discuss Indigenous Protected and Conserved Areas (IPCAs) and discuss T'Sou-ke Nation's intention to establish an IPCA within our territory. We'll share a meal and play some BINGO!!

SENĆOŦEN Language Class

ÍY,ŞŁÁĆEL (Good Day) Families! Language classes are available on the following dates at the CCHC:

Tuesday, June 10
Tuesday, June 24
6–7:30pm

To hear even simple words like 'thank you' said in the SENĆOŦEN dialect is wonderfully heartwarming. Ivy is a kind, patient teacher with much knowledge to share. **Please feel free to join in classes whenever you are able. You don't need to register.** We look forward to learning together!

A friendly reminder these are not open to the general public and are intended only for our members and their families.

Community Dinner

BAND HALL

Wednesday, June 25

Friendly reminder: empty your inbox!

If you receive Nation correspondence via email, please take a moment to empty or tidy up your inbox and empty your trash folder. Email accounts have storage limits, and once they're full, you won't receive important messages. A quick cleanup ensures you stay connected!



Welcome to the Community Complex & Health Centre!

We have officially moved! HÍSWKE, Thank you to the community for your patience and excitement as we made the transition from the Band Hall to the Community Complex and Health Centre (CCHC) over the last couple weeks. It has been lovely to welcome visitors into the new building and offer tours of the new space. If you haven't seen it yet, feel free to drop in and say hi during office hours! We are open 8:30am-4:30pm, closed daily from 12-1pm for lunch.

Most departments can now be found at the CCHC, and programming and services are making a gradual transition as we work through logistics. Dinners and community meetings have largely transitioned to the new space, and things like fitness classes and Sea to Tree Health & Wellness services remain at the Band Hall/old health office for the time being. We will keep you updated if/when things change.

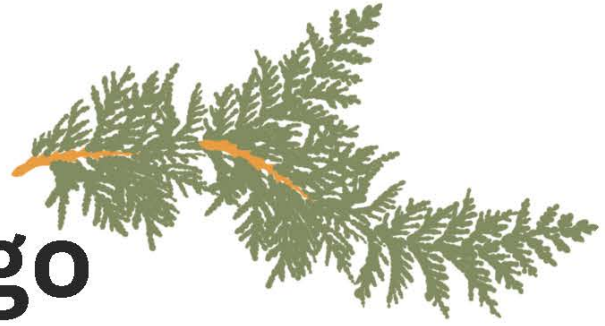
If you have any questions or need help accessing services, please reach out by calling us at 250-642-3957 or stopping in at the CCHC reception desk.

New Address:

**1000 Soses Snanet Road
Sooke, BC, V9Z 0C1**

(Located behind the Petro-Canada/Tim Hortons on the same side-street as Edward Milne Community School)

Community Dinner & Bingo



Indigenous Protected and Conserved Areas (IPCA) are about more than protecting the lands and waters, they are also about creating spaces where language, culture and relationships can flourish. T'Sou-ke Nation is embarking on a journey to establish an IPCA - a process deeply rooted in our community values, governance, and knowledge.

Join the T'Sou-ke IPCA team for a meal, Bingo, and to learn more about this exciting project as it takes shape based on your input!

WHAT: Community Dinner & Bingo!

WHERE: Community Complex & Health Centre

WHEN: June 16th, 5:00PM

IPCAs are:



Whether you come to listen, share, or simply connect, your presence is deeply valued at these **monthly** community dinners.

Indigenous Protected and Conserved Areas (IPCAs)

"IPCAs are lands and waters where Indigenous governments have the primary role in protecting and conserving ecosystems through Indigenous laws, governance, and knowledge systems. Culture and language are at the heart and soul of an IPCA."

-Indigenous Circle of Experts, 2018

Elements of an IPCA:

Indigenous-led



Represent a long-term commitment to conservation



Uplift Indigenous Rights & Responsibilities



Over 80 IPCAs have been established in the Canadian context.



IPCAs are a modern application of Indigenous laws and knowledge systems. Indigenous Governments, Nations and Peoples create IPCAs to assert their nationhood and sovereignty on the lands and waters they have been stewarding for millennia.

Indigenous Governments hold the inherent right to establish and care for IPCAs in their territories. IPCAs can be declared anywhere within the territory of an Indigenous Nation, Government or community, including reserve lands, cities/towns, rural areas and watersheds.

Further Resources:

- The IPCA Knowledge Basket is a website dedicated to resources about IPCAs: www.ipcaknowledgebasket.ca
- A network of IPCA Innovation Centres is being developed to coordinate and build capacity for IPCAs: www.ipcainnovation.ca






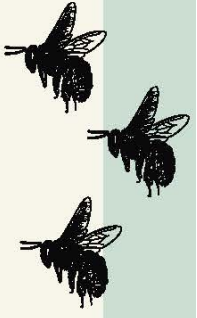
T'Sou-ke Lands department
welcomes you to

REVIEW THE DRAFT ENVIRONMENTAL MANAGEMENT PLAN WITH US!

DINNER & DISCUSSION

Community Complex & Health Centre
1000 Soses Snanet Rd

Your input shapes the plan. This is a valuable opportunity to make sure the final Environmental Management Plan truly represents what matters most to our community—protecting our environment, managing resources wisely, and guiding thoughtful development for the future.



THURSDAY
JUNE 19

DINNER: 5:30PM
MEETING: 6 PM



T'SOU-KE NATION

ENVIRONMENTAL MANAGEMENT PLAN UPDATE

WHAT IS AN ENVIRONMENTAL MANAGEMENT PLAN?

An Environmental Management Plan (EMP) is a comprehensive framework outlining strategies, actions, and responsibilities for safeguarding the environment, cultural heritage, and community well-being.

An EMP integrates Indigenous knowledge, values, and stewardship principles, ensuring sustainable resource use, community engagement, and adherence to regulatory requirements throughout a project's lifecycle.

WHAT HAS BEEN DONE

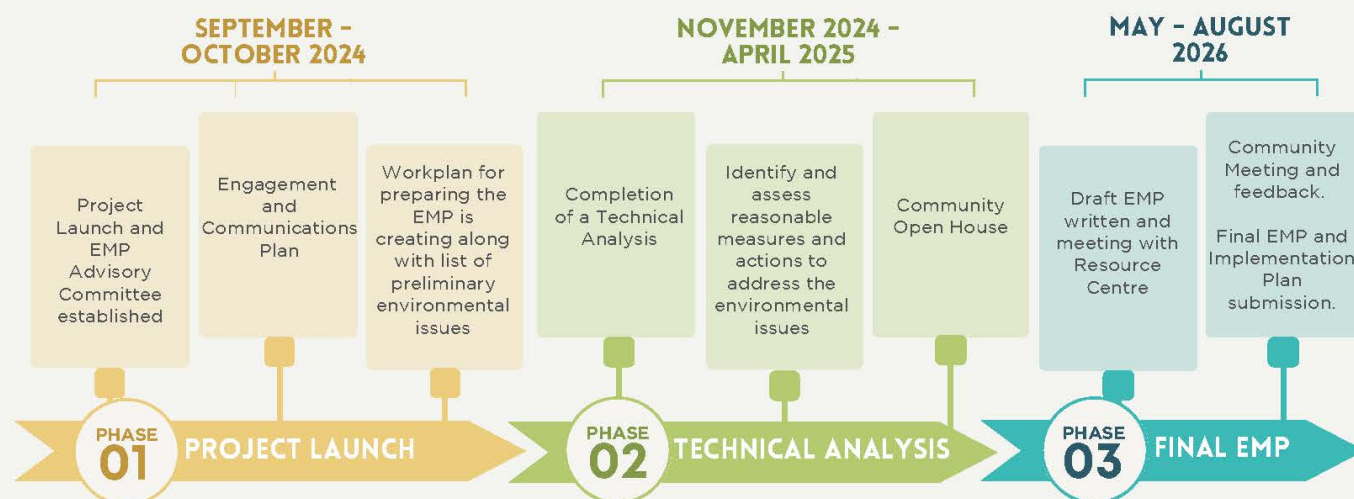
- ✓ Identification of environmental issues and concerns
- ✓ Technical analysis of environmental concerns
- ✓ Review of other Nations' environmental management projects and activities
- ✓ Initial brainstorming of Environmental Goals and Objectives

WHO IS INVOLVED

T'Sou-ke Nation EMP Advisory Committee will oversee and guide the project as well as the Technical Analysis.

This committee is comprised of: Lands Committee Members, Lands Department, Fisheries, Forestry & Environment, Guardians, Health Director and Marine Consultant.

PROJECT TIMELINE



T'SOU-KE NATION

ENVIRONMENTAL MANAGEMENT PLAN UPDATE

DRAFT ENVIRONMENTAL MANAGEMENT GOALS

In partnership with community, T'Sou-ke Nation will:

Empower ourselves with knowledge through education; and advocate through different levels of government and partnerships.

Regenerate, wherever possible, T'Sou-ke lands, waters and ecosystems.

Ensure that human actions including economic development protect the land, air, water, plants and animals.

DRAFT ENVIRONMENTAL MANAGEMENT PLAN OBJECTIVES

- Minimize environmental impact of human activity such as responsible handling of chemicals, and proper waste disposal on T'Sou-ke lands.
- Repair past damage, and enhance the quality and productivity of the land, air, and waters on T'Sou-ke Lands.
- Learn from others: Review other jurisdictions' environmental protection laws and processes to prevent risks, and ensure they align with T'Sou-ke Nation's goals
- When new environmental issues arise, explore different management approaches including laws, regulations, policies, and best practices.
- Make sure that the EMP is referenced when making land use and resource decisions.
- Be a leader and advocate for the health of T'Sou-ke lands when working with others
- Recognize that it is everybody's job to work together to implement the EMP - that includes staff, Leadership and community
- Determine what is required to implement the EMP, including potential sources of funding or other resources
- Communicate and educate ourselves and others about the EMP and how to take care of the water and lands - this includes conservation and development
- Prioritize and seek out projects that regenerate the natural ecosystem of T'Sou-ke lands and water

CONTACT INFORMATION

For more information, please contact:



Bonnie Hill
landsmanager@tsoukenation.com

Amanda Mobley
landsandreferralsclerk@tsoukenation.com



June 20

Siaosun Beach
& Gazebo

11am-3pm

T'Sou-ke Indigenous Peoples Day Celebration

Join us at the Siaosun
Beach gazebo for a
seafood lunch, cultural
performances, beach
games and activities,
and more!

11:00am	Welcome & Opening
11:30am	Cultural Performances
12:15pm	Seafood Lunch
1:30pm	Beach Games & Activities
3:00pm	Closing Circle

Shuttle or carpool options may be available for those who need rides to and from Siaosun. Please contact us by June 19 if you require transportation.

Attention Parents Receiving the Child Tax Benefit

If you've filed your **2025 income taxes**, you should **soon receive your Notice of Assessment by mail**. Please submit your Notice of Assessment to our office as soon as you receive it to help avoid delays in processing your benefits.

Important Notice for all Clients:

- **Void cheque and direct deposit form** must be submitted immediately if you haven't already. This is **mandatory** for the Social Assistance Program. *Failure to submit will result in an interruption to your benefits.*
- **Declarations and Job Search Forms** must be picked up from me directly. This allows me to ensure that **all required documents**—including your budget and decision forms—are properly **signed before the next cheque issue date**.

MONTH	*DECLARATION DUE DATE	CHEQUE ISSUE DATE
July 2025	June 20	June 25
August 2025	July 18	July 23
September 2025	August 22	August 27
October 2025	September 19	September 24

* Your **Declaration and Job Search Form** (if applicable) are **due the Friday before each cheque issue date**.

Friendly Reminders:

- If you're working, submit **income verification slips with your monthly declarations**.
- Provide **monthly utility bills** to ensure timely payment.
- **Print your name clearly** on your declaration and **don't forget to sign it!**

Meals on Wheels

May Meal Menu

Monday, June 2	Wednesday, June 4
Classic macaroni salad, coleslaw, buns <i>Berry cobbler</i> Milk/Juice	Chicken cacciatore, rice, green salad <i>Oatmeal cookies</i> Milk/Juice
Monday, June 9	Wednesday, June 11
Chili, rice, green salad, buns <i>Baked apples</i> Milk/Juice	Ham & potato soup, green salad <i>Mousse</i> Milk/Juice
Monday, June 16	Wednesday, June 18
Shrimp linguine, caesar salad <i>Berry cobbler</i> Milk/Juice	Baked macaroni & cheese, broccoli, rutabaga, carrots <i>Pineapple surprise</i> Milk/Juice
Monday, June 23	Wednesday, June 25
Hot chicken salad, buns <i>Cinnamon apples</i> Milk/Juice	Meatloaf, potatoes, salad <i>Mousse</i> Milk/Juice
Monday, June 30	Wednesday, July 2
Beef w/ vegetables, rice <i>Berries w/ whipped cream</i> Milk/Juice	Roast beef, potatoes, carrots <i>Berry crisp</i> Milk/Juice

Meals are subject to change depending on availability of products.

Please ensure there is a cooler outside your door, clearly marked for your Meals on Wheels to go into if you are not home. This keeps your meals safe from animals. Thank you.

This is a needs-based program. If at any time an Elder or member requires this service due to medical reasons and/or needs some extra help, this service is offered. To receive this service, one of our nurses will set up appointments for assessments.



TE'MEXW
TREATY ASSOCIATION



**SCAN THE QR CODE
TO SIGN UP FOR TREATY UPDATES**

Scan me



info@temexw.org



250-360-2202

778-352-3957

youthcentre@tsoukenation.com

T'SOU-KE NATION YOUTH & PARENTS

Youth & Culture



Youth Drop-in



TUESDAYS

3:00pm–4:15pm

Tutoring

Online (Zoom) or Drop-in



WEDNESDAYS

3:00pm–5:00pm

Please refer to the T'Sou-ke Nation Youth & Parents Facebook page or check the Youth Centre calendar for detailed information, as there may be special events happening in place of these regularly scheduled programs.

A New Youth Van is on its Way!

We are excited to share that T'Sou-ke Nation is purchasing a new youth van with grant funding from the Victoria Foundation's Indigenous Priorities Fund.

The van is on order and should arrive in the summer.

We are excited to be able to offer rides to youth once again later this year. In the meantime, please continue to arrange your own transportation unless otherwise mentioned.

Spring Fling for Little Sprouts, March 2025



Youth Art Contest

CALLING ON

**First Nations artists,
poets & storytellers!**

You could win

\$50

For entering - for
the first 25 artists

\$500

Per winning
submission

CATEGORIES

Visual Art • Short Stories • Poetry

THEME

**For you, your future,
your community.**

Stand together against cancer caused by HPV

HOW IT WORKS

- 1** Learn about HPV at [FNHA.ca/HPV](https://fnha.ca/hpv)
- 2** Create up to 3 pieces of art in any one or several categories
- 3** Submit by **June 30, 2025** by following the QR code or link
- 4** Win prize money and see your art in FNHA's HPV campaign resources and website!

Join FNHA's HPV Cancer Care Action Campaign!

Express your perspectives and
cultural values on community
wellness, HPV & cancer prevention.

Open to First Nations individuals
in BC ages 11 and above!

Submit by June 30, 2025



Open to all
skill levels!



First Nations Health Authority
Health through wellness



MORE INFO AT
[FNHA.CA/HPV](https://fnha.ca/hpv)

QUESTIONS? EMAIL
HPV@FNHA.CA

Artists retain copyright over their work
while granting FNHA permission to use
submissions in the campaign.

Health Department

Book appointments with us via phone, email, or Facebook

- 📞 250-642-3957
ext. 237 (Rose, Admin Health Coordinator)
ext. 238 (Jen, Community Nurse)
- ✉️ rosedumont@tsoukenation.com
- ✉️ nurse1@tsoukenation.com
- 📍 T'Sou-Ke Nation Health Office

TUESDAYS

12:00–7:00pm

Counselling & Wellness Services

HEALTH OFFICE

Sea To Tree works with children, youth/teens, adults, couples, parents, and families to support mental and emotional well-being.

The Health Department has partnered with Sea To Tree Health & Wellness to offer in-house services every Tuesday for T'Sou-ke Nation members, their spouses, and their children.



Sea to Tree
HEALTH & WELLNESS

Please book ahead if possible, but drop in if you need to!

Book via Health Dept. or call 778-352-3115

DROP-IN

6:00–7:00am

Rise & Shine

BAND HALL

Greet the morning sun with this invigorating morning exercise routine

MON

WED

FRI

DROP-IN

7:30–8:30pm

Full Body Strength

BAND HALL

Plan an evening stretch-and-flex in this full body strength training program

MON

WED

DROP-IN

12:00–1:00pm

Yoga

HEALTH OFFICE OR OUTSIDE

Find a moment of peace during this relaxing afternoon yoga class

FRI

Please keep an eye on the newsletter's monthly calendar as some fitness classes may be affected by community dinners or special events.

Seaparc Passes

Seaparc passes are available at the Health office! Families are eligible for 4 passes per month.

To inquire about these health services or book an appointment, contact the Health Department or watch for monthly bookings shared on the T'Sou-ke Nation Health Office Facebook page.

📞 250-642-3957

Home Care Support *

What is this service?

Weekly sessions for those who need assistance with personal care such as bathing safely, getting to appointments, companionship, light housekeeping, grocery shopping, and other day-to-day activities.

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Homemaking Services *

What is the service?

Weekly house cleaning

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Meals on Wheels *

What is this service?

Nutritious lunches delivered twice a week (except on holidays)

Who is this for?

Families living on reserve who have health or mobility challenges that impact their daily lives on a short-term or long-term basis

Foot Care *

What is this service?

Toenail clipping and foot health education relating to diabetes

Who is this for?

Families and their spouses living on or off reserve who have diabetes or other health/physical limitations

In-Home Mobility *

What is this service?

Assessing and addressing current mobility challenges to strengthen and increase mobility with Dr. Donna Ogden. These are done on a weekly or bi-weekly basis.

Who is this for?

Families living on reserve

Blood Pressure Readings

What is this service?

A drop-in service to have your blood pressure taken and read by our community nurse.

Who is this for?

Families and spouses living on and off reserve

Acupuncture (monthly)

What is this service?

Holistic treatment for a variety of health-related needs which can be discussed with Dr. Donna Ogden

Who is this for?

Families and spouses living on and off reserve

Reflexology (monthly)

What is this service?

Reflexology provides relaxation, eases stress and tension, and helps with general well-being. It can also reduce pain and improve circulation and muscle tone.

Who is this for?

Families and spouses living on and off reserve

Dr. Kluge's Clinic

What is this service?

A one-day monthly clinic to access physician services. You may access this service regardless of whether or not you have a family doctor.

Who is this for?

Families on and off reserve requiring access to a physician

THIS MONTH'S CLINIC:
June 19

*** Some services will require assessment to access**

INFORMATION ON HPV AND CANCER



For youth, parents and caregivers

HPV (Human Papillomavirus) can cause 6 types of cancer

- **HPV is a common virus that can affect people's wellness.**
- Most people don't know they have HPV because it usually has no symptoms. *With no symptoms, people can pass it on without knowing.*
- HPV can be passed through close skin-to-skin contact and sexual activity.
- Some types of HPV can cause warts on genitals.
- Some types of HPV can be more serious and cause cancer. *This happens when the virus changes our cells in a way that can lead to cancer over time.*

How to prevent HPV: Vaccines, health checks and wellness practices

- **The HPV vaccine works extremely well to prevent cancers caused by HPV.**
- It works best at a younger age, helping youth build strong protection.
- Regular health check-ups, including screening or self-swabs, along with wholistic health and wellness practices also help prevent HPV.

About the HPV vaccine

It works

- It's more than 95% effective at preventing HPV infections, genital warts and certain cancers.
- It's most effective when received at a young age, before any contact with the virus.

It's safe

- More than 200 million doses have been safely given around the world.
- It has been tested carefully and monitored closely for over 15 years.

It's free for youth in BC

This includes:

- Youth of all genders ages 9 to 18 years.
- Some young adults ages 19 to 26 years.
Check eligibility at healthlinkbc.ca/HPV

It's offered at:

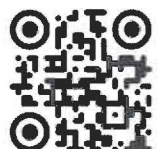
- Schools (Grade 6 routine vaccines).
- Community health centres and clinics.
- Some pharmacies.



First Nations Health Authority
Health through wellness

For more information

FNHA.CA/HPV



Common questions about HPV

Is HPV really a concern for my child or community?

Yes, HPV is very common and can affect anyone. Around 3 in 4 people are likely to get HPV if they are not vaccinated. While in most cases, HPV infections come and go within a couple of years, it can sometimes lead to serious health issues like cancer.

What types of cancer does the HPV vaccine prevent?

The HPV vaccine helps protect against 6 types of cancer caused by HPV, including cancers of the throat and neck, cervix, penis, anus, vulva and vagina. It reduces the need for medical treatments for HPV-related cancers and genital warts.

Do parents or guardians give consent?

- **In BC, parents or guardians** give consent for school vaccines.
- **Youth older than 12** can consent on their own as mature minors if they understand the benefits and risks.

Are there side effects of the HPV vaccine?

Many people have no side effects from vaccines. For those that do, they are usually mild and go away on their own in a few days. Side effects include: soreness where the shot was given, fever, dizziness, nausea. Serious allergic reactions are extremely rare and can be treated.

Is the HPV vaccine only for girls?

The HPV vaccine is for all genders. It helps protect everyone from cancers and genital warts.

Is my child too young to receive the HPV vaccine?

The vaccine works best when received early. Younger people build stronger immunity and are best protected before any contact with the virus. If your child misses the vaccine, it is not too late to get vaccinated or chat with your care provider about your options.

Is the vaccine needed if my child is not sexually active? Does the HPV vaccine promote earlier sexual activity?

The HPV vaccine is still recommended because it helps protect youth before they are sexually active. Studies show that getting the HPV vaccine does not lead to earlier sexual activity.

What other wellness practices can I follow to prevent HPV?

- **Caring for your mind, body and spirit.** This may include seeking cultural or spiritual supports.
- **Share the knowledge on HPV**, cancer, and the vaccine with your community.
- **Use safer sex practices** (e.g., condoms or oral dams). Have open conversations with partners.
- **Try to get health check-ups and cancer screening.** For cervical cancer, Pap tests or at-home self-swabs are available for people with a cervix aged 25–69.
You can learn more at screeningbc.ca/cervix
- **Consider a dental check-up** to help catch mouth and throat cancer.
- **Talk to a community nurse or care provider.**



First Nations Health Authority
Health through wellness

For more information

FNHA.CA/HPV

