



AGRHS SCHOOL NURSE
Mrs. Nancy Pye
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*I CAN MEET WITH YOU
TO HEAR YOU OUT,
SUPPORT YOU, AND ADVISE
YOU ON TOPICS SUCH AS:*

**IS SOMETHING
BOTHERING YOU?
YOU SHOULD
TALK ABOUT IT!**

If there are other professionals or organizations that could help you better than I can, I can refer you. And remember: you can call Info-Santé at 811 at any time.

PERSONAL DIFFICULTIES

- Difficult relationships or a crisis situation (between youths or with your parents)

SEXUALITY

- Hormonal contraception (pill, patch, ring, Depo-Provera, implant) or IUD (copper or hormonal)
- Condom distribution
- Pregnancy test
- Emergency contraception (morning-after pill or emergency IUD)
- Screening and treatment for sexually transmitted and blood-borne infections (STBBIs)
- Gender-identity issues

HEALTHY LIFESTYLES


- Diet
- Sleep disorders
- Hygiene and body image
- Anxiety
- Tobacco use – vaping – alcohol use drug abuse

INFECTIOUS DISEASES

- Immediately inform the school if you have a contagious disease (e.g., chicken pox, mononucleosis, COVID-19, fifth disease, scabies, etc.).

FIRST AID

- In the event of an illness or accident, notify the secretary's office or the monitors: the first responders are the first aiders.
- Please note that I do not administer any medications. You should bring what you need.



*I CARE ABOUT YOUR HEALTH, WELL-BEING, AND
SCHOOL SUCCESS. I AM NOT HERE TO JUDGE YOU,
BUT TO HELP YOU! WHAT YOU TELL ME REMAINS
BETWEEN YOU AND ME.*

IT'S CONFIDENTIAL!