

HUMAN DEVELOPMENT RESEARCH REVIEW



CONTENTS

Editor Picks, Special Features		
1. Child Development <ul style="list-style-type: none"> i. General, Cognition ii. Communication, Language, Literacy, Mathematics iii. Socioemotional Learning, Other 	4. Environmental Health <ul style="list-style-type: none"> i. Climate Change, Infectious Dis ii. Urban Design, Child Friendly Cities, Rural, Greenspace iii. Exposures, Other 	7. Equity, Diversity, Inclusion, Indigenization <ul style="list-style-type: none"> i. Indigenous Health, Wellbeing, Reconciliation ii. Diverse Populations (BIPOC, 2SLGBTQQIA+?, Immigrant, Refugee, People with Disabilities, Autism, Low Income...) iii. Accessibility, Place Matters, Other
2. Child Care, Community Engagement, Partnerships <ul style="list-style-type: none"> i. Connections, Hubs, Partnerships ii. Initiatives, Interventions iii. Programs, Services, Other 	5. Mental Health <ul style="list-style-type: none"> i. Happiness, Wellbeing, Distress ii. Sleep, Screen time iii. Healthy Habits, Substance Use, Other 	8. Social Determinants, Social Gradient, Public Policy <ul style="list-style-type: none"> i. Education, Income (poverty) ii. Housing, Food Security, Family Policy iii. Proportionate Universality, Other
3. Early Environments <ul style="list-style-type: none"> i. Biological Sensitivity to Context, Cortisol, Epigenetic ii. Adversity, Resilience iii. Other 	6. Physical Health, Mobility <ul style="list-style-type: none"> i. Active Transportation ii. Out of School Activities, Sports iii. Outdoor Play, Independent Mobility, Other 	9. Tools, Training, Other <ul style="list-style-type: none"> i. Compassionate Systems, Leadership, Curriculum ii. Measurement, Monitoring, Screening iii. Ethics, Research Data Management, Other

HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP’s Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly [here](#).

EDITOR PICKS

Results from the PROmoting Early Childhood Outside cluster randomized trial evaluating an outdoor play intervention in early childhood education centres.

Rachel Ramsden, PhD, School of Population and Public Health, UBC, and co-authors

“The PROmoting Early Childhood Outside (PRO-ECO) study is a pilot randomized trial that evaluates the PRO-ECO intervention on children’s outdoor play participation...”



Childhood poverty, social support, immigration background and adolescent health and life satisfaction: A population-based longitudinal study.

Randip Gill, PhD, School of Population and Public Health, UBC, and co-authors

“Household poverty had a larger negative association to outcomes in comparison to neighborhood poverty. The association of poverty to outcomes differed by...”



Supporting adolescents presenting with illicit drug toxicity.

Matthew Carwana, Clinical Assistant Professor, Dept of Pediatrics, UBC, and co-authors

“...It is essential to evaluate and address both substance use and mental health needs in youth presenting with severe substance use and overdose-related harms...”



Targeted mental health prevention and parenting support within a Canadian context: a randomized controlled trial evaluating the U.S.-developed Family Check-up.®

Magdalena Janus, Affiliate Associate Professor, School of Population and Public Health, UBC, and co-authors

“Positive results for primary outcome indicate the Family Check-Up's® promise as an effective child mental health prevention program in Canada.”



Barriers to rural midwifery: an integrative review.

Caroline Sanders, Associate Professor, University of Northern BC and co-authors

“Rural midwives face complex challenges that demand multi-faceted and multi-level solutions. The findings highlight the need for an increase in midwifery representation....”



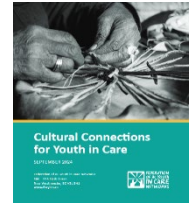
Human Early Learning Partnership. **HELP Reads – December issue** (previous issue)

EDITOR PICKS, continued

Cultural Connections for Youth in Care.

Federation of BC Youth in Care Networks

“First and foremost, culture is a priority for youth in care. Young people want to maintain connection to their culture and want support to explore it further. Secondly, relationships are key to cultural connections...”



Are adolescents who do physical activity with their parents more active and mentally healthier?

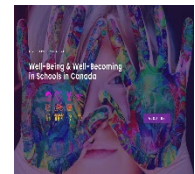
Statistics Canada

“A higher frequency of family physical activity was associated with a greater likelihood of adhering to the physical activity and recreational screen time recommendations and better mental health in Canadian adolescents. Family physical activity may be an...”



Approaches to well-being and mental health by provincial education departments in Canada. Well-being and well-becoming in schools in Canada

“This study systematically and rigorously examines provincial and territorial department of education websites to assess the prominence and conceptualization of student well-being and mental health across Canada.”



Mental health policies Indigenous youth.

Ubbi R

“This paper aims to provide an overview of the historical mental health policies in Canada while synthesizing existing literature.”



Prospects for children: building resilient systems for children’s futures.

UNICEF

“To uphold children’s rights and well-being, action is needed to rethink and strengthen systems. Systems approaches (i.e., approaches that go beyond mere service delivery) are essential to build resilience into every area of children’s lives”



Artificial intelligence for children: UNICEF's policy guidance and beyond.

Liu S, Ding W

“A main contribution of this Policy Guidance is that it outlines the foundations, requirements and specific recommendations for developing child-centred AI and surrounding policies.”



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Bennett T, Georgiades K, Gonzalez A, Janus M, Lipman E, Pires P, et al. **Correction to: Targeted child mental health prevention and parenting support within a Canadian context: a randomized controlled trial evaluating the U.S.-Developed Family Check-Up®**. *Prevention Science*. 2024. Available from: <https://doi.org/10.1007/s11121-024-01764-w>.
2. Carwana M, Moore E, Chadi N. **Supporting adolescents presenting with illicit drug toxicity**. *Paediatrics & Child Health*. 2024. Available from: <https://doi.org/10.1093/pch/pxae078>.
3. Friesen M, Josewski V, Sanders C. **Barriers to rural midwifery: an integrative review**. *J Adv Nurs*. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/jan.16737>.
4. Gill R, Karim ME, Puyat JH, Guhn M, Petteni MG, Oberle E, et al. **Childhood poverty, social support, immigration background and adolescent health and life satisfaction: A population-based longitudinal study**. *J Adolesc*. 2025;97(1):165-79. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11701418/>.
5. Ramsden R, Mount D, Lin Y, Fox E, Herrington S, Loebach J, et al. **Results from the PROMoting Early Childhood Outside cluster randomized trial evaluating an outdoor play intervention in early childhood education centres**. *Sci Rep*. 2025;15(1):1713. Available from: <https://doi.org/10.1038/s41598-025-85397-1>.

HELP RESOURCES

1. Human Early Learning Partnership. **Welcoming Mary Burgaretta and Marilyn Maychak to the Aboriginal Steering Committee at HELP**. Vancouver, BC: University of British Columbia, Faculty of Medicine, School of Population and Public Health, HELP; 2024. Available from: <https://earlylearning.ubc.ca/mary-burgaretta-and-marilyn-maychak-aboriginal-steering-committee/>.
2. Human Early Learning Partnership. **HELP's 2024 Year in Review: Celebrating Achievements and What's to Come in 2025**. Vancouver, BC: University of British Columbia, Faculty of Medicine, School of Population and Public Health, HELP; 2024 Dec 18. Available from: <https://earlylearning.ubc.ca/2024-year-in-review/>.
3. Human Early Learning Partnership. **Learnings from the Fall Roots Circle**. Vancouver, BC: University of British Columbia, Faculty of Medicine, School of Population and Public Health, HELP; 2025 Jan 7. Available from: <https://earlylearning.ubc.ca/learnings-from-the-fall-roots-circle/>.
4. Human Early Learning Partnership. **Equity in South Vancouver: How Data Helped Re-Shape Community Development in Killarney, Victoria-Fraserview, and Sunset**. Vancouver, BC: University of British Columbia, Faculty of Medicine, School of Population and Public Health, HELP; 2025 Jan 9. Available from: <https://earlylearning.ubc.ca/south-vancouver-data-in-action/>.

1. CHILD DEVELOPMENT

1.i. General, Cognition

1. Dana LM, Ramos-García C, Kerr DA, Fry JM, Temple J, Pollard CM. **Social vulnerability and child food insecurity in developed countries: A systematic review**. *Advances in Nutrition*. 2025:100365. Available from: <https://www.sciencedirect.com/science/article/pii/S2161831325000018>.

2. Gallen A, Taylor E, Salmi J, Haataja L, Vanhatalo S, Airaksinen M. **Early gross motor performance is associated with concurrent prelinguistic and social development.** *Pediatr Res.* 2025. Available from: <https://doi.org/10.1038/s41390-025-03832-5>.

1.ii. Communication, Language, Literacy, Mathematics

1. Bulotsky-Shearer RJ, Campos E, Rizo C, Andrew A. **Preschoolers' play at home and school as a natural contributor to early literacy and language development.** In: Tremblay R, Boivin M, Peters R, editors. *Encyclopedia on Early Childhood Development* [online] Nov ed2024. Available from: <https://www.child-encyclopedia.com/language-development-and-literacy/according-experts/preschoolers-play-home-and-school-natural>.
2. Pham T, Joannis MF, Ansari D, Oram J, Stager C, Archibald LMD. **Early cognitive predictors of language, literacy, and mathematics outcomes in the primary grades.** *Early Child Res Q.* 2025;70:187-98. Available from: <https://www.sciencedirect.com/science/article/pii/S0885200624001418>.
3. Wasik BA, Hindman AH, Andrew A. **Let Children Talk: Strategies to Foster Early Language and Vocabulary Development through Conversation.** In: Tremblay R, Boivin M, Peters R, editors. *Encyclopedia on Early Childhood Development* [online] Nov ed2024. Available from: <https://www.child-encyclopedia.com/language-development-and-literacy/according-experts/let-children-talk-strategies-foster-early>.

1.iii. Socioemotional Learning, Anxiety, Other

1. Stubbs C, Patfield K. **Avoidance: A compassionate and supportive toolkit for you and your child.** Available through Amazon; 2024. Available from: <https://www.amazon.ca/Emotionally-Based-School-Avoidance-compassionate/dp/1399990519>.

2. CHILD CARE, COMMUNITY ENGAGEMENT, PARTNERSHIPS

2.i. Connections, Hubs, Partnerships

1. Federation of BC Youth in Care Networks. **Cultural Connections for Youth in Care.** New Westminster, BC: Federation of BC Youth in Care Networks; 2024 Sep. Available from: https://fbcyicn.ca/sites/default/files/Cultural%20Connections%20for%20Youth%20in%20Care.pdf#msdyntt_rid=3TOOoebcb62-qUhapDOv4jgvplEGN5Kj-FwEaHSGrOw.

2.ii. Initiatives, Interventions

1. Phillips Sophie M, Bourke M, Bruijns Brianne A, Vanderloo L, Loh A, Saravanamuttoo K, et al. **Associations between childcare physical activity and sedentary time and early childhood developmental outcomes: a**

- compositional and isotemporal substitution analysis.** *Child Care Health Dev.* 2024;50(6):e70011. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/cch.70011>.
2. Sudo M, Low PHX, Kyeong Y, Meaney MJ, Kee MZL, Chen H, et al. **Grandparents' and domestic helpers' childcare support: Implications for well-being in Asian families.** *Journal of Marriage & Family.* 2025;87(1):134-56. Available from: <https://doi.org/10.1111/jomf.13010>.

2.iii. Programs, Services, Other

1. Charters TJ, Findlay LC. **Child care centre workers serving children aged 0 to 5 years in Canada, 2021 to 2022.** Ottawa, ON: Statistics Canada; 2024 Dec 19. Available from: <https://www150.statcan.gc.ca/n1/pub/36-28-0001/2024012/article/00004-eng.htm>.
2. Collet OA, Domond PM, Galéra C, Luu TM, Loose T, Vásquez-Echeverría A, et al. **School readiness and early childhood education and care services among dual language learners.** *JAMA pediatrics.* 2025;179(1):73-82. Available from: <https://doi.org/10.1001/jamapediatrics.2024.4489>.
3. Hay SM, Vermeer HJ, Fukkink RG, Nefs HT. **Validating self-assessment measures for quality of center-based childcare: a meta-analysis.** *Early Education and Development.* 2025;36(1):165-85. Available from: <https://doi.org/10.1080/10409289.2024.2360882>.
4. Henderson-Dekort E. **Does unregulated care mean unprotected rights? How a lack of professionalization violates the rights of children and youth in Canada.** *Canadian Journal of Family and Youth.* 2025;17(1). Available from: <https://journals.library.ualberta.ca/cjfy/index.php/cjfy/article/view/30098>.
5. Ondieki Bosire JP, Daro AM, Gallagher KC, Caddell KD. **Expanding the child care table of influence: Reaching under-resourced families to understand their needs and barriers to accessing early childhood care and education.** *Child Youth Serv Rev.* 2025;168:108056. Available from: <https://www.sciencedirect.com/science/article/pii/S0190740924006285>.
6. Purkait T, Dev DA, Srivastava D, Franzen-Castle L, Nitto AM, Kenney EL. **Are food and nutrition assistance programs fostering an equitable early care and education (ECE) food environment? A systematic review utilizing the RE-AIM framework.** *Early Child Res Q.* 2025;70:30-9. Available from: <https://www.sciencedirect.com/science/article/pii/S0885200624001157>.
7. Sauval Algorta M. **Early Childhood Policy Effects on Children, Their Families, and Childcare Providers:** UC Irvine; 2024. Available from: <https://escholarship.org/uc/item/4hg2c03k>.

3. EARLY ENVIRONMENTS

3.i. Biological Sensitivity to Context, Cortisol, Epigenetic

1. Manning KY, Jaffer A, Lebel C. **Windows of Opportunity: How Age and Sex Shape the Influence of Prenatal Depression on the Child Brain.** *Biol Psychiatry.* 2025;97(3):227-47. Available from: <https://doi.org/10.1016/j.biopsych.2024.07.022>.
2. Margolis ET, Gabard-Durnam LJ. **Prenatal influences on postnatal neuroplasticity: Integrating DOHaD and sensitive/critical period frameworks to understand biological embedding in early development.** *Infancy.* 2025;30(1):e12588. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/inf.12588>.
3. Selvanathan T, Miller SP. **Brain health in preterm infants: importance of early-life pain and analgesia exposure.** *Pediatr Res.* 2024;96(6):1397-403. Available from: <https://doi.org/10.1038/s41390-024-03245-w>.

3.ii. Adversity, Resilience

1. Abate BB, Sendekie AK, Merchaw A, Abebe GK, Azmeraw M, Alamaw AW, et al. **Adverse Childhood Experiences Are Associated with Mental Health Problems Later in Life: An Umbrella Review of Systematic Review and Meta-Analysis.** *Neuropsychobiology*. 2024;1-16. Available from: <https://doi.org/10.1159/000542392>.
2. Alawie F, Olivier E, Dupéré V. **Can Physical Activity Protect Young Adolescents With Difficult Temperaments and Exposed to Family Adversity From Internalizing and Externalizing Problems? Yes, But....** *Journal of Early Adolescence*. 2025;45(1):15-43. Available from: <https://journals.sagepub.com/doi/abs/10.1177/02724316231224812>.
3. Davis JA, Davey B, Segers E, Talati Z, Silva D, Prescott SL, et al. **The flourishing child: understanding how adults and children perceive flourishing from the start of life.** *International Journal of Applied Positive Psychology*. 2025;10(1):18. Available from: <https://doi.org/10.1007/s41042-024-00213-x>.
4. Hero J, Gallant L, Burstein D, Newberry S, Qureshi N, Feistel K, et al. **Health Associations of Positive Childhood Experiences: A Scoping Review of the Literature.** *Int J Environ Res Public Health*. 2025;22(1):59. Available from: <https://www.mdpi.com/1660-4601/22/1/59>.
5. Kingsbury M, Alaie I, Clayborne Z, Reme B-A, Nilsen W, Colman I. **Pathways From Early Life Adversities to Youth Marginalization: A Longitudinal Study of Youth Not in Education, Employment, or Training.** *J Adolesc Health*. 2025;76(1):105-14. Available from: <https://doi.org/10.1016/j.jadohealth.2024.08.011>.
6. Nguyen THH, Hossin MZ, Schmauder S, Muraca GM, Lisonkova S, Razaz N. **Timing of Delivery of Low-Risk Persons and the Risk of Attention-Deficit Hyperactivity Disorder in Offspring: Sweden and British Columbia, Canada.** *Paediatr Perinat Epidemiol*. 2025. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/ppe.13162>.

3.iii. Other

1. Carbone A, Pestell C, Nevill T, Mancini V. **The Indirect Effects of Fathers' Parenting Style and Parent Emotion Regulation on the Relationship Between Father Self-Efficacy and Children's Mental Health Difficulties.** *Int J Environ Res Public Health*. 2025;22(1):11. Available from: <https://www.mdpi.com/1660-4601/22/1/11>.
2. Centre for Science in the Public Interest. **Ensuring Healthy Options for Kids at Restaurants: - The case for a federal kids' meal policy.** Washington, DC: CSPI; 2024 Dec. Available from: <https://www.cspinet.org/sites/default/files/2024-12/Ensuring%20Healthy%20Options%20for%20Kids%20at%20Restaurants.pdf>.
3. Friesen M, Josewski V, Sanders C. **Barriers to Rural Midwifery: An Integrative Review.** *J Adv Nurs*. 2025. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/jan.16737>.
4. Hamm SI, Zimmer Z, Ofstedal MB. **Linking Multi-Dimensional Religiosity in Childhood and Later Adulthood: Implications for Later Life Health.** *Res Aging*. 2025;47(2):91-102. Available from: <https://doi.org/10.1177/01640275241267298>.
5. Ionescu MI, Zahiu CDM, Vlad A, Galos F, Gradisteanu Pircalabioru G, Zagrean A-M, et al. **Nurturing development: how a mother's nutrition shapes offspring's brain through the gut.** *Nutr Neurosci*. 2025;28(1):50-72. Available from: <https://doi.org/10.1080/1028415X.2024.2349336>.
6. National Academies of Sciences, Engineering, and Medicine. **Launching Lifelong Health by Improving Health Care for Children, Youth, and Families.** Washington, DC: NASEM; 2024. Available from: <https://nap.nationalacademies.org/read/27835/chapter/1>.

4. ENVIRONMENTAL HEALTH

4.i. Climate Change, Infectious Disease

1. Clayton S, Swim JK. **Climate change impacts on mental health and well-being.** APA handbook of health psychology, Volume 3: Health psychology and public health, Vol 3: American Psychological Association; 2025. p. 401-18. Available from: <https://psycnet.apa.org/doi/10.1037/0000396-022>.
2. Fahrudin A, Albert WKG, Esterilita M, Rochman UH, Utami NN, Rauf SHA, et al. **Impact of Climate Change on Mental Health Among Vulnerable Groups: A Systematic Literature Review.** Journal of Lifestyle and SDGs Review. 2024;5(1):e02671. Available from: <https://sdgsreview.org/LifestyleJournal/article/view/2671>.
3. Sanz-Mas M, Continente X, Brugueras S, Marí-Dell’Olmo M, Oliveras L, López MJ. **Evaluating the effect of green, blue, and gray measures for climate change adaptation on children’s well-being in schoolyards in Barcelona.** Landscape and Urban Planning. 2025;253:105206. Available from: <https://www.sciencedirect.com/science/article/pii/S0169204624002056>.
4. Shakurun N, Hinz T, Adeyinka DA, Muhajarine N. **Unpacking the Mood States of Children and Youth in Saskatchewan, Canada, in the Context of the COVID-19 Pandemic: Insights from the “See Us, Hear Us 2.0” Study.** Children. 2025;12(1):79. Available from: <https://www.mdpi.com/2227-9067/12/1/79>.

4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

1. Cosquer A, Gimenez O, Gregoire A, Girard V, Noell T, Wasella T. **The Ecoformative and Transformative Issues of Nature in the Schoolyard: An Exploration of the Relationship Between Everyday Experiences of Nature and Well-being at School.** Cities Environ. 2025;17(2). Available from: <https://digitalcommons.lmu.edu/cate/vol17/iss2/8/>.
2. Doan N, Sruogo SA, Prince SA, Colley RC, Rainham DG, Manyanga T, et al. **Independent and joint associations of neighbourhood greenness and walkability with transportational and recreational physical activity among youth and adults in Canada.** Preventive Medicine Reports. 2025:102974. Available from: <https://www.sciencedirect.com/science/article/pii/S2211335525000130>.
3. Eling J, Cummins S. **Impacts of green space interventions in educational settings on children and young people’s mental wellbeing: a systematic review.** medRxiv. 2025:2025.01.09.25320287. Available from: <https://www.medrxiv.org/content/medrxiv/early/2025/01/10/2025.01.09.25320287.full.pdf>.
4. Ly V, Vella-Brodrick DA. **Effects of School-led Greenspace Interventions on Mental, Physical and Social Wellbeing in Children and Adolescents: A Systematic Review.** Educ Psychol Rev. 2024;36(4):133. Available from: <https://doi.org/10.1007/s10648-024-09963-1>.

4.iii. Exposures, Other

1. McMahon K, Scarato T. **Wireless radiation from baby monitors significantly disrupts sleep, study finds.** Environmental Health News. 2025 Jan 8. Available from: https://www.ehn.org/wireless-radiation-sleep-2670779509.html?vgo_ee=VwdaIM%2B14QGtDWHEdUEY4OldK%2B4OiMHZzyng%2BSpV%2FNi7jsI0h0%3D%3AVEcPzaOI4P7eGObxirzjX4qibRtY3wG.

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3. Queiroz G, Madeira L, Heitor MJ. **Chapter 14 - Environmental change, mental health, and well-being**. In: Santos O, Santos RR, Virgolino A, editors. *Environmental Health Behavior*: Academic Press; 2024. p. 189-99. Available from: <https://www.sciencedirect.com/science/article/pii/B9780128240007000179>.
4. Roze des Ordon DM, Hill C. **Belonging to the living world: the potential benefits of nature and place-based education for collective wellbeing and eco-social-cultural change**. *Journal of Adventure Education and Outdoor Learning*.1-19. Available from: <https://doi.org/10.1080/14729679.2024.2444913>.
5. Seastedt H, Schuetz J, Perkins A, Gamble M, Sinkkonen A. **Impact of urban biodiversity and climate change on children’s health and well being**. *Pediatr Res*. 2024. Available from: <https://doi.org/10.1038/s41390-024-03769-1>.
6. Zhang Y, Bao W-W, Ji W, Zhao Y, Jiang N, Chen J, et al. **Ozone Concentration, Physical Activity, and Emotional and Behavioral Problems in Children and Adolescents**. *Environ Res*. 2024:120697. Available from: <https://www.sciencedirect.com/science/article/pii/S0013935124026021>.

5. MENTAL HEALTH

5.i. Happiness, Wellbeing, Distress

1. Bennett T, Georgiades K, Gonzalez A, Janus M, Lipman E, Pires P, et al. **Correction to: Targeted Child Mental Health Prevention and Parenting Support Within a Canadian Context: A Randomized Controlled Trial Evaluating the U.S.-Developed Family Check-Up®**. *Prevention Science*. 2024. Available from: <https://doi.org/10.1007/s11121-024-01764-w>.
2. Benny C, Smith BT, Patte KA, Leatherdale ST, Pabayo R. **Public health unit engagement in school mental health programs and adolescent mental health during the COVID-19 pandemic: COMPASS, 2018–2022**. *Journal of Public Health*. 2024;46(4):469-76. Available from: <https://doi.org/10.1093/pubmed/fdae179>.
3. Bhandari N, Gupta S. **Trends in Mental Wellbeing of US Children, 2019–2022: Erosion of Mental Health Continued in 2022**. *Int J Environ Res Public Health*. 2024;21(2):132. Available from: <https://www.mdpi.com/1660-4601/21/2/132>.
4. Cohen A, Lang JJ, Prince SA, Colley RC, Tremblay MS, Chaput J-P. **Are adolescents who do physical activity with their parents more active and mentally healthier?** Ottawa, ON: Statistics Canada, Health Reports; 2025 Jan. Available from: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2025001/article/00002-eng.htm>.
5. Dailey SF, Roche RR. **The SHIELD Framework: Advancing Strength-Based Resilience Strategies to Combat Bullying and Cyberbullying in Youth**. *Int J Environ Res Public Health*. 2025;22(1):66. Available from: <https://www.mdpi.com/1660-4601/22/1/66>.
6. De-Jongh González O, Marshall-Beaucoup S, Tugault-Lafleur CN, Mâsse LC. **Adolescents’ mental health is associated with food parenting practices among British Columbian families**. *Appetite*. 2025;204:107715. Available from: <https://www.sciencedirect.com/science/article/pii/S0195666324005191>.
7. dosReis S, Willis-Gorman R, Anderson LN, Duncan L, Gaudino JA, Wilson RT, et al. **An Imperative to Include Children’s Voices in Policy Development: Part of the Solution to Understanding the Impact of Policy on Children’s Mental Health**. *J Am Acad Child Adolesc Psychiatry*. 2025;64(1):3-4. Available from: <https://doi.org/10.1016/j.jaac.2024.08.488>.
8. Goossen R, Maluf GA, Kunwar T, Herring J, Whitehead J, Samji H. **An Exploration of School-Based Mental Health Promotion Initiatives in British Columbia**. Burnaby, BC: Simon Fraser University, CHART Lab; 2024. Available

from: <https://chartlab.ca/wp-content/uploads/2024/06/An-Exploration-of-School-Based-Mental-Health-Promotion-Initiatives-in-BC.pdf>.

9. Gray RS. **Approaches to well-being and mental health by provincial education departments in Canada.** Winnipeg, MB: University of Manitoba; 2024. Available from: <https://wellbeinginschools.ca/wp-content/uploads/2024/11/WBIS-Paper-No-4-Gray-2024.pdf>.
10. Jafar MF, Aziz MNA, Kasim M, Yanti PG, Asni A, Puspitasari N, et al. **Navigating the river of knowledge: two decades of unraveling global trends in adolescent well-being research.** Journal of Education and Learning. 2025;19(2). Available from: <https://doi.org/10.11591/edulearn.v19i2.21275>.
11. Nakamura JS, Wilkinson R, Nelson MA, Suzuki E, VanderWeele TJ. **Volunteering in Young Adulthood: Complex Associations With Later Health and Well-Being Outcomes.** American journal of health promotion : AJHP. 2025;39(1):39-51. Available from: <https://doi.org/10.1177/08901171241273424>.
12. Yang Y, Bulut S, Bukhori B, Piskorz-Ryń O, Chikwe C. **The Role of Family Routines in Promoting Child Mental Health: A Qualitative Study.** Journal of Research and Health. 2025. Available from: https://jrh.gmu.ac.ir/browse.php?a_code=A-10-2474-1&slc_lang=en&sid=1.

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9. TOOLS, TRAINING, OTHER

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