

ADDITIONAL RESOURCES

Additional resources

The following documents were viewed to consolidate the content shared on the factsheets.

Benefits of the FitSpirit approach on teenage girls and schools in its report entitled ***Fillactive, ça marche! Résultats de la recherche sur l'impact de l'approche Fillactive***, October 2023. (French only)

Chapter on Physical Education and Health in the **Québec Education Program** of ministère de l'Éducation du Québec.

ÉKIP framework for actions promoting health and well-being and contributing to student perseverance and educational success among youth.

Flagship document from Kino Québec entitled L'activité physique et sportive des adolescentes : bilan, perspectives et pistes d'action. (French only)

Report entitled ***Go - Le secondaire s'active!*** featuring facilitating factors, obstacles and actions aimed at integrating the practice of physical activities into public high schools in Montreal. (French only)

Results of the second edition of the **Québec Health Survey of High School Students, 2016-2017** published by the *Institut de la statistique du Québec*.



Website and social media networks of the organization **ÉquiLibre**, whose mission is to promote the development of a positive body image and create inclusive environments that value body diversity. (French only)

Website and social media networks of **La Lancée**, the movement aimed at promoting participation and leadership among girls and women in sport, outdoor recreation and physical activity in Québec. (French only)

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