

Teen Talk



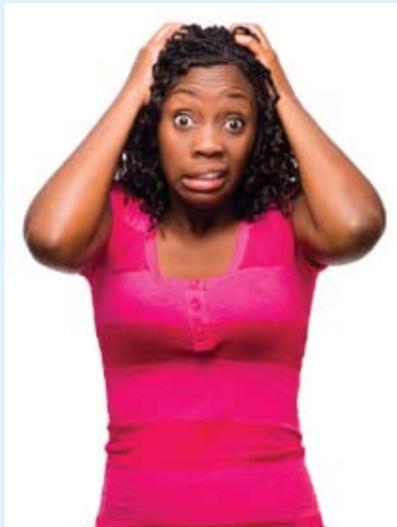
Winter 2013 | Center for Young Women's Health

A QUARTERLY NEWSLETTER FROM THE CHILDREN'S HOSPITAL LEAGUE'S RESOURCE CENTER

Dealing with Stress – By Erica

Stress is a "feeling" that may be brought on by several factors including peer pressure, expectations from your teachers or coaches, and from your parents too. I recently had the opportunity to talk with Dr. Andrea Omidy. She is a psychology fellow with the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital.

According to Dr. Omidy, Being a teenager can be hard! There are a lot of changes that are happening; body changes, harder homework in school, dealing with friend drama, and trying to get parents and loved ones to treat you more like an adult when they still think you're a kid (sound familiar?). Also, a lot of teenagers have to face new challenges; starting to date, feeling comfortable with their bodies and sexuality, making decisions about drugs and alcohol, and possibly safety in their neighborhood. These changes can be exciting and wonderful, but they can also be hard and stressful at the same time.



Not all stress is a bad thing! Sometimes stress makes us more motivated to reach our goals. However, too much stress can make us more anxious, overwhelmed, and moody. Believe it or not, it can also cause us to do more unhealthy things, such as sleep less, eat more junk food, get into fights with our friends and family, and try things that we usually try to stay away from, such as alcohol or drugs.

But don't fear! Here are some ways to help keep stress in check:

1. Eat 3 meals and 2 healthy snacks each day
2. Get enough sleep, but not too much (8–9 hours per night)
3. Stay away alcohol and drugs
4. Don't drink lots of caffeine, such as coffee or energy drinks – these cause you to feel more anxious and you get tired once the caffeine wears off
5. Take breaks to relax or do something that makes you feel good (i.e. listen to music, draw, write, talk to a friend, or go for a walk)
6. When you have a big project or test coming up, take a "big task" and break it down into smaller ones

Remember though, sometimes stress becomes too much and we find ourselves in a place where nothing we're doing is making it better! If this happens, it helps to find someone to talk to and get advice from – a health care provider, family member, teacher, counselor, clergy member, or coach.

New Health Guides

Girl's Guides: Bladder Exstrophy, Eczema

Guy's Guides: A Guys' Guide to Puberty in Girls, Appendicitis, Bad Breath, Bladder Exstrophy, Gardasil (Teen Guide), Gardasil (Parent Guide), Eczema, Hair Loss and Male Pattern Baldness (Androgenetic Alopecia)



Boston Children's Hospital
Center for Young Women's Health

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Making Your Winter Vacation Meaningful

— By Alexa

The holiday season is here, which also means you'll have a break from school and homework. If you're not traveling, you can still have a lot of fun at home by hanging out with friends and family and planning enjoyable activities. Here are some tips on things to do to make your stay-at-home vacation memorable.

1. Plan a girl's night in: Invite your besties and ask everyone to bring their favorite snack. Plan a theme party, do a craft and/or watch your favorite movie.
2. Make a scrap book: Collect all the things that you've been saving like concert ticket stubs and glue them in a book. Write a short story about why the souvenirs are meaningful to you.
3. Spend time with a grandparent, aunt, or older relative: Talk about what it was like to grow up during earlier times. Look at a family photo album together.
4. Try a new recipe: Try making something you've always wanted to try. There are many free recipes online. Be sure to check with a parent(s) or guardian and get permission to use the stove, etc.
5. Write a wish list of things you would like to accomplish in 2013. Have you always wanted to learn how to play an instrument, paint or do something else? Start by making a list of the top 3 things that you really want to do. In a separate column, write down other things you'd like to attempt or master.



Dating Violence

— By Christina



Violence is a physical force resulting in injury, damage, or even death. Teens see it on TV, hear about it via Facebook, Twitter, and other social networking platforms. Some may witness violence on the street or in their homes, and still others experience violence in a relationship either as a victim, perpetrator, or both.

In a proclamation that was signed earlier this year, President Obama noted that "In a 12 month period, one in ten high school students nationwide reported they were physically hurt on purpose by their boyfriend or girlfriend, and still more experienced verbal or emotional abuse such as shaming, bullying, or threats. Depression, substance abuse, and health complications are among the long-term impacts that may follow in the wake of an abusive relationship. Tragically, dating violence can also lead

to other forms of violence, including sexual assault. These outcomes are unacceptable, and we must do more to prevent dating violence and ensure the health and safety of our nation's youth."

Even if you haven't experienced physical, sexual, or verbal/emotional abuse, one of your friends may be in an unhealthy relationship with a friend or dating partner. If either you or your friend is in an unhealthy relationship, it's important that you get help right away before someone gets hurt!

There are hotlines that you can call 24 hours a day to get help and advice on how to leave an unhealthy relationship. There may be some local resources in your community (*including battered women's shelters*) or through your health care providers office, place of worship, or school or hotlines that you can call.

Here are some resources (*the hotlines are toll-free*):

- National Dating Abuse Helpline: 1-866-331-9474
www.loveisrespect.org
- The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
www.thehotline.org
- The National Sexual Assault Hotline: 1-800-656-HOPE (4673)

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