



# Teen Talk

A quarterly newsletter from the Children's Hospital League's Resource Center

Winter 2005

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The CYWH Peer Leaders visit South Boston Neighborhood House for "Conversations" a free interactive educational program for teen girls.



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



Children's Hospital Boston

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## Safety in Relationships

by Caitlin

On November 23, Asharee, Pauline and I took our "Conversations" program on the road and visited the South Boston Neighborhood House. We gave a group of five teen girls a presentation on *Safety in Relationships*. We talked about the different types of abuse, and the cycle of abuse in relationships, and then acted out different scenarios in a few skits, which was a lot of fun. Then we handed the spotlight over to the SBNH girls so they could present their own skits. They were so creative! The most memorable was the spaghetti fight skit. In it the girls showed how tempers can spiral out of control and create bad situations. Through the skits the girls also showed how it's not always the boy abusing the girl; girls can be abusive too. Since this was our first presentation as CYWH peer leaders, we were a little anxious but it turned out very well. Our audience was great and extremely enthusiastic. And our presentation was interactive so it made for tons of fun and learning on both sides!



If you have ever felt unsafe in a relationship, you're not alone. According to S.T.A.R. (Sisters Teaching About Relationships), 28% of students experience violence in a dating relationship. To test your relationship for safety, take our online test at [http://www.youngwomenshealth.org/Quizzes/quiz\\_safety1.html](http://www.youngwomenshealth.org/Quizzes/quiz_safety1.html) If you feel that your relationship is unsafe, tell a trusted friend or family member and learn how to get out of that relationship safely! It's never the victim's fault; everyone deserves to be treated with respect and dignity. And remember, a relationship that is full of control is out of control.

**Two Massachusetts hotlines to call if you need help are:**

SafeLink domestic violence hotline: 1-877-785-2020 (Toll free)

The Women's Crisis Center hotline: 1-978-388-1888 (Toll free)

## Internet Chats

**MRKH** 2/7 and 3/15 ☞ 7-8 pm

**Endometriosis** 2/7 and 3/15 ☞ 8:30-9:30 pm

**PCOS** 2/22 and 3/22 ☞ 7-8 pm

*Chat with specialists and teens*

[www.youngwomenshealth.org/  
chat.html](http://www.youngwomenshealth.org/chat.html)



## Meet our new Peer Leaders!



Hi, my name is Asharee, but people call me "A.B" for short. I'm 16 years old and I'm currently a junior at West Roxbury High School. Being a peer-educator is fun and educational. Each day I learn something new – either if I'm presenting a workshop or getting feedback from other peers like myself. I want to be known for helping others, and making a difference in someone's life. To me this is the greatest feeling in the world! My advice to all my peers is to get out and get involved.

There are so many opportunities that YOU can take advantage of.

My name is Caitlin. I'm 16 years old and a junior at Boston Latin School. I became a peer leader because when I am older I want to work with teenagers with eating disorders and weight management issues. I'm learning a lot about teen health at the Center for Young Women's Health; learning something new everyday is so exciting! This job really suits my social personality and I love the peer leaders I work with, Asharee and Pauline!



Hi, my name is Pauline. I am 16 years old. I attend the Boston Latin School. I'm working as a peer leader because I enjoy helping others and best of all I'm learning so much. In just a month I have learned about the many programs that are available at Children's Hospital. Not only am I finding health resources for teens, I am learning to find resources for myself too.

## Warm up after your winter workout with our hearty 20 Minute Vegetarian Chili!

### Ingredients:

- 1 large green or red bell pepper, seeded and chopped
- 1 medium zucchini or yellow squash, diced
- 1 ½ cups (about 4 oz.) fresh mushrooms, chopped
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 (14 oz.) can diced seasoned tomatoes, undrained
- 1 (16 oz.) can red kidney beans, drained
- 1 cup canned corn
- 1 envelope chili seasoning

**Preparation:** Heat oil over medium heat in a large pot. Add garlic and onion; sauté for a minute or two, then add peppers, mushrooms, and zucchini. Sauté for a few more minutes, then add tomatoes, beans, corn, and seasoning. Stir until combined, lower heat, and simmer for 15 minutes. Makes 4 servings.



Please join us for **Rock Your Body Image**  
A Conversation with **Kathleen Burns Kingsbury**,  
National speaker on eating disorders  
Tuesday, February 15, 4-5pm  
Center for Young Women's Health  
333 Longwood Avenue, 5th Fl, Boston, MA 02115  
RSVP at 617-355-2994

## Winter Fun Fitness by Pauline and Asharee

The cold weather has finally arrived. While you may be tempted to just curl up in a ball and hibernate for the next few months, think again! It's time to get up and start exercising! Exercise is one of the most important things your body needs, and should not be forgotten about just because it's cold outside. Exercise keeps you energized and stress free throughout the winter months, and also strengthens your muscles. In addition to making you feel more alert and fit, exercise will also burn off calories you've consumed at family gatherings and celebrations. And don't worry, exercising in the winter does not have to involve expensive equipment. There are many cheap and fun activities that you can do in the winter months. Keep reading to learn more!

Winter is a great time to explore different types of activities available to you right in your neighborhood. For example, you can express yourself through dance! Whether it's ballet, hip-hop, jazz, tap, partner or world dance, **The Brookline Community Center for the Arts** offers all this and much more. They are open year-round to the public, and the classes are inexpensive.

Instead of watching the snow falling outside your window, head outside and skate away at the **Boston Common Frog Pond** with friends or family. You can rent skates there, and enjoy a cup of hot chocolate as you listen to skating-friendly music.

Talk to the coaches at your school to find out what kind of sports teams you could join. Most likely, there will be a

number of indoor activities to choose from, such as swimming, volleyball, soccer, basketball, or even step. It's a great way to meet new friends at school while keeping fit. If you do not want to join a school team, many of these activities and more are also offered at your local **YMCA**, **YWCA**, or community centers.

Spread some New Year's cheer by taking a walk around the neighborhood with a group of friends! Why not enjoy the snow by having a safe and friendly snowball fight with friends and family in your backyard or a park. Don't forget to dress warmly! And as always, drink plenty of water before, during, and after exercising.

As you can see, there are tons of activities that you can take advantage of in the Boston area. Exercise is also a great way to fight off wintertime blues and cabin fever. So don't let the cold weather hold you back. Get out and get involved!



**Here's contact info to get you started!**

**Brookline Community Center**  
Sun - Wed, 9am - midnight  
Thurs - Fri, 9am - 1am  
[www.bccaonline.com](http://www.bccaonline.com)  
Contact: 617-738-2800

**Boston Common Frog Pond**  
Sun - Thurs, 10am - 9pm  
Fri - Sat, 10am - 10pm  
Admission: Free for ages 13 and under, \$3 for ages 14 and over.  
Skate rentals: \$7 for 14 and over, \$5 for children 14 and under  
Contact: 617-635-2120

**YMCA**  
[www.ymcaboston.org](http://www.ymcaboston.org)  
Contact: 617-536-7800