



Teen Talk



youngwomenshealth.org

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

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Center for Young Women's Health



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What's Up with Feeling Down?

By Dennisse

We all know that life can be hard sometimes. Feeling blue or sad once in a while is normal, but how do you know when you should be concerned? Recently Nadja Reilly, PhD, staff psychologist in the Department of Psychiatry at Children's Hospital Boston and an Instructor of Psychiatry at Harvard Medical School, talked to the CYWH youth advisors about "teen depression". We asked her the following questions:

Q - What are some warning signs of a depressed person?

A - Adolescents who are experiencing depression may exhibit the following symptoms: irritability, sadness, anxiety, difficulty eating or sleeping (too much or too little of either), decrease in academic performance, isolation from friends or family, feeling like they do not belong, thoughts of worthlessness or hopelessness, physical and emotional exhaustion. At the very extreme, a person suffering from depression may have thoughts of suicide.

Q - Is depression more likely to affect girls or guys?

A - Prior to puberty (approximately before age 12), boys and girls are equally likely to suffer from depression. However, after puberty, girls are twice as likely to suffer from depression.

Q - What are some of the major differences between depression in adolescents and depression in adults?

A - Adults who suffer from depression typically express sad mood. Adolescents more typically demonstrate irritability first. Adolescents also report feeling "different" from others, and may demonstrate more "at-risk" behaviors, such as using substances.



From left to right: Paoli, Dr. Reilly, and Dennisse

Q - What are some of the treatment options?

A - Different treatment options include: individual therapy, group therapy, family therapy, and use of medication along with the "talk therapy."

Q - What should you do if someone tells you they are depressed?

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Paoli's Corner



Go Green!

The CYWH praises Children's Hospital Boston for launching, "LEAF" (*Leave the Earth A Future*), a new initiative to make CHB eco-friendly. Inspired by this project, the staff at the CYWH will begin a project to raise awareness about environmental issues among teens. For someone who is passionate about environmental issues, I'm really excited to offer readers of Teen Talk a special section devoted to helping teens preserve their planet. You'll discover that it's easy to "Go Green" with my quick tips.

If you're new to recycling, you can learn easy ways to make a difference such as recycling your soda and water bottles. If you're already doing things to save the environment – great! Check out my ideas below to get your friends and family involved. Remember "Reduce, Reuse, and Recycle."

- 1 ~ Hold a book swap at school at the local library and buy used books online.
- 2 ~ Recycle your empty computer printer cartridges.
- 3 ~ Help your family organize an area in or outside of your home where you can store recyclables.
- 4 ~ Organize a swap with family or friends – exchange gently used items such as CD's, DVD's, paperback books, etc.
- 5 ~ Research your local recycling centers. This way you can learn their system of drop off materials. ♡



Ask Nisi

Q - "Lately one of my guy friends is obsessed with counting calories. He doesn't miss a day at the gym, even when he's sick. Now he's taking diet pills and sometimes he uses laxatives to lose weight. I'm worried—Can guys have eating disorders too? What should I do?"

A - Although guys are less likely to get an eating disorder, they can! In fact in recent years more and more young men are being diagnosed. It sounds like you have legitimate concerns about your friend. The first thing you should do is to talk to your friend, privately. Let him know that you are concerned. Next, listen to what he has to say. Be calm and supportive. If you continue to have concerns and your friend denies he has a problem, it's time to talk to an adult such as your parents, his parents, a teacher or school counselor. It can definitely be frustrating if you are trying to help someone who doesn't think they need it. Keep in mind that if left untreated, eating disorders can lead to serious health problems. Try not to mention your friend's physical appearance, instead focus on his strengths such as his kind personality or his academic abilities. Tell your friend that you are there for him and you will do what ever you can to help him get the help he needs. ♥

Feb 24th-March 1st is Eating Disorders Awareness Week!!
"Be comfortable in your Genes"

For more information visit:
http://www.youngwomenshealth.org/eating_disorders.html and
www.nationaleatingdisorders.org



Peer Reunion!

CYWH past & present youth advisors met on Jan 11th for their annual reunion. From left to right: Dennisse, Phaedra, Chantelle, Pauline, Asharee, Vieng, Kerry Anne, Caitlin, and Paoli

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A - If a friend confides in you and tells you that he/she is feeling depressed, you can help by assisting them in finding a trusted adult to talk to. Perhaps you can offer to go with them to talk to a parent or a guidance counselor. While your support and friendship will be very important, be sure to have them seek treatment as well.

You heard it straight from the expert. Dr. Reilly gave us some great information about teen depression. Thank you Dr. Reilly! ♥

For more information you can visit
www.save.org, www.talklisten.org, and www.familyaware.org. ♥

6 Reasons to Visit the Young Women's Resource Center

- 1 Prepare for tests; watch a video** about colposcopy, acupuncture, endometriosis, breast exam and more!
- 2 Borrow books** on: puberty, periods, eating disorders, nutrition and more!
- 3 Pick up free resources** like our PCOS Resource Book, fitness guides, and more!
- 4 Use our computers** and check out www.youngwomenshealth.org for teen friendly health guides and surf the net with our youth advisors to find other reliable health information.
- 5 Check out hundreds of pamphlets** and information on our **bulletin board** about jobs, support groups, and teen programs.
- 6 Meet the amazing CYWH Youth Advisors; Paoli and Dennisse.** ♥

www.youngwomenshealth.org

Rahiem's Reality Check



Kayla, 15 years old
 "No drama, trying to stay away from altercations."

What's your New Year's resolution?

Jessica, 18 years old
 "I don't believe in those. They're just aren't important to me."



Rahiem, 18 years old
 "To be more organized and prepared for the more important things in life."



WINTER FITNESS

by: Pauline

Don't let the cold winter weather slow you down. Exercise helps to keep you healthy by lowering stress and increasing your energy. It also causes your body to release certain hormones called "endorphins" that make you feel good -- so exercising during the dreary winter months definitely has its benefits!

There are plenty of fun things to do around the Greater Boston area that are free or don't cost a lot of money. Skating is a fun way to enjoy the winter weather and exercise at the same time. Check out MDC rinks in your com-

munity. You can exercise indoors too. Neighborhood YMCA's, YWCA's or local community centers have many indoor activities such as volleyball, basketball, swimming, dance, yoga, and more. So make a deal with yourself in 2008 to put down your video game controllers, take a break from the computer, turn off the TV, and fit exercise into your life.

Here are some useful links that will help you get started:

Community Centers in your neighborhood:
<http://www.bostonyouthzone.com/afterschool/communitycenters>

Skating rinks in Massachusetts:
www.mass.gov/dcr/recreate/skating.htm

YMCA
www.ymcaboston.org

COMING

SOON!

The 2nd edition of Quick and Easy Recipes for Teens Cookbook!

