

Teen Talk



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

Staying Active this Summer – By Jessica



For many teens, the thing they are most looking forward to as the school year ends is vacation and stress-free days. After many months of mentally exhausting work, projects, and presentations, it's understandable why students just want to relax. Even though it's very tempting to stay indoors with the air conditioner and TV on, it's important to make sure to get plenty of exercise. After all, the sun is shining, the weather is beautiful – why wouldn't you want to enjoy the outdoors?

On the other hand, there are also many things that aren't so fun about summer – the bugs, the scorching sun beating down on your skin – it gets a little overbearing sometimes! However, there are still many ways to enjoy exercise in the summer. If you like to stay indoors when the temperatures are a bit high outside, there are still many other options to stay active! For example, you can take a class at your local YWCA. It's a great way to stay active, and meet people from your community. You can also encourage your friends to join the "Y" with you, so you can motivate each other to get fit. Not only that, you can also find a dance studio at a community recreation center. Dancing requires you to use your entire body, so you'll get plenty of exercise and have lots of fun with your friends.

The level of intensity of exercise can differ from person to person, based on how active a person is or wants to be. It's important to remember to do what YOU can do safely. Not everybody's stamina is the same, and some exercises that are easy for your friends may not be possible for you. Aerobic exercises are those where the large muscle groups are constantly being worked. According to *health.gov*, teens should participate in aerobic exercises every day for the short and long-term health benefits. Examples of aerobic activities include jumping rope, swimming, dancing, soccer, running, roller skating, bicycling, etc. *Cdc.gov* recommends that teens get at least 60 minutes of aerobic exercise a day.

While exercising can be especially enjoyable when the sun is out, remember to stay hydrated and wear sunscreen to prevent sunburn. It's also best to exercise outside before 10am and/or after 4pm when the sun is not as intense. Wearing protective clothing, a hat and sunglasses with 99-100% of UV absorption also helps to reduce your risk of sunburn and skin cancer.

New Video

Check out our brand new video: "Birth Control Basics" at: <http://bit.ly/bcpbasics>



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

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Preventing Identity Theft

— By Monica

Identity theft is often associated with adults who may have lost their savings to criminals. When most people think of identity theft, teenagers don't typically come to mind. Criminals, however, are targeting school aged children and seizing the opportunity to ruin their credit even before they hit high school. Summertime seems like the perfect time to do so, because it's a prime opportunity for criminals to gain access to information since school is out and kids tend to spend more time online without supervision. The younger you are, the more vulnerable you are.

The Children's Online Privacy Protection Act that was passed in 2000 was reviewed by the Federal Trade Commission and now enforces that parents must give their consent to websites before they can collect or use any personal information provided by a minor under the age of 13. However, many people don't understand that a lot of credit card companies and credit issuers don't always verify the age of the applicant, meaning that someone can use your identity to take out loans or open up bank accounts.

Here are some tips to help you avoid or lower your risk of becoming a victim of identity theft.

1. DON'T share your password with anyone except your parent(s) or guardian.

2. Choose a password made up of combination of letters and numbers, but don't use your birth date, phone number, address, or any other identifying information.
3. DON'T input your full name, birthday, address, or any other identifying information on social media sites.
4. NEVER input your social security number on a website unless approved by your parent or guardian.
5. DON'T download any content from unknown or distrustful sources.
6. Avoid logging into your accounts on public computers.

If you think you are a victim of identity theft, tell a parent(s), guardian, or trusted adult and go to: <https://www.consumer.ftc.gov/articles/0274-immediate-steps-repair-identity-theft>



The Summer Before College

— By Alexa

There are things that you need to accomplish before you go to college so that when you arrive you're organized and ready to take on new challenges. Below are some tips to help you get started:

1. Fill out forms before the semester starts, including payment plans, roommate assignments, course selections, etc. Make sure you have all of the paperwork completed before June or as soon as possible so your summer can be as stress-free as possible.
2. Start gathering supplies. If you're living on campus, the perfect time to start shopping for your dorm is the summer before college. Make a list with your parents or your roommate to figure out who's bringing what and what's left to bring. Make sure to check for bargains!
3. Ask your parent or guardian about your health insurance and what it covers. Find out what your co-payments are for office and urgent care visits and whether or not you need a referral from your primary care doctor to see another health care provider. Get your own insurance card or make a photo-copy of your parents card that you can take with you to college
4. Set up an appointment with your primary care provider (PCP) and any specialists you see. Talk with your PCP about medications you'll need for the school year and how to get refills, along with any shots or yearly physical you may need before you go to

college. If you have a chronic medical condition and you're going to school out of state, make sure that you get a copy of your medical records and make a follow-up appointment or ask your PCP for a referral to a local specialist.

4. Learn to do laundry. If you haven't already figured this out, ask a parent/guardian or an older sibling to show you.
5. Get to know your school better. Look at the activities, clubs, and volunteer opportunities they offer, and locate the student health services, closest emergency room, local restaurants, stores, etc.
6. Build your résumé. If you don't have a résumé, take time to create one, then add to it as you gain new experiences. Another good idea is to set up a LinkedIn account to help manage professional contacts.
7. Think about expenses. Money management is a huge part of the transition to college. Now is a good time to talk with your parents about expenses and a budget. Try to save what you can during the summer so you will have spending money during the school year.



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