

TEEN TALK



Spring 2016 | CYWH/YMH

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

Simple Steps to Save Up

— By Harry

As summer approaches, you'll probably want to find a job so you will have money to do fun things. If you are heading off to college in the fall like me, it's important to save some of your earnings for college expenses. Aside from your tuition and room and board, you'll need to factor in personal incidentals such as shampoo, deodorant, cosmetics, eating out, laundry, and entertainment. Colleboard.org estimates that the average student spends about \$1200 a year on books and supplies alone. You'll need to step up to a new level of financial responsibility.

Here are some tips to help you take your savings game plan to the next level so you won't be strapped for cash at college.

- 1. Keep track of ALL of your expenses from snacks to bus fares and everything in between.** Buy a small notebook that fits into your backpack or purse so you can record your spending, or use an app if you prefer.
- 2. Budget!** Now that you have a record of where all your money is going, you can see which categories you spend the most on and then figure out which categories you can cut back on.
- 3. Set a goal.** Based on your spending, how much can you realistically save? This will allow you to better visualize your reason for saving money.
- 4. Open a savings account or plan on adding a set amount to an existing account.** The trick is to keep it in the bank and wait to spend it wisely on expenses when you are at college.
- 5. Action!** Stay true to your plans and watch your savings grow! Stay focused and on track.

Planning ahead is not only a mature and sensible thing to do; you will be far less stressed during your first semester than your college buddies who spent all of their summer savings.

Sun Safety

— By Lamisa

As we pack away our winter coats and gloves and rollout the capris and dresses, we should be getting our sunscreen ready to protect our skin from the hot sun. The sun is an excellent source of vitamin D, which helps us absorb calcium and makes our bones become stronger. However, too much exposure to the sun without proper protection can be harmful to our skin and cause wrinkles and skin cancer. Some studies even show that the risk of melanoma, a serious type of skin cancer, is doubled after an intense sunburn. That's why it's essential and very important to protect our skin!

Sunburns can be caused by UVA or UVB rays, types of sunlight that harm the skin. There are many ways to prevent our skin from too much sun exposure. Direct sunlight can be very dangerous, as it causes sunburns. Limiting time under direct sunlight to fifteen minutes or less can lower risk of damage. Choosing the right sunscreen is also very important. When you're standing in front of rows of sunscreen at the store, look for one with an SPF, sun protection factor, of 30 or more. This will ensure protection against UVA and UVB rays. Whenever you're on your way outside, grab a hat and sunglasses, and don't forget to reapply sunscreen every two hours. The hours between 10 am and 4 pm are when the sun's UV rays are the strongest and limiting sun exposure during those hours can help prevent skin damage.

As the weather gets warmer, you should take extra good care of your skin. Drink plenty of water to stay hydrated, wear sunglasses to protect your eyes from the rays, and use sunscreen.



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

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Ana's Faves

— By Ana

Books are boring, right? Wrong. Reading is one of the best forms of entertainment, and you don't even have to leave your room. But what should you read? Here are three recommendations of my all-time favorite books, all of which I believe are appropriate for teenagers, ages 13+.

Spotlight

[The Summer of Chasing Mermaids](#) by Sarah Ockler

Elyse, is a teenage girl who lost her voice in a sea accident. She goes to a small island, Atargatis Cove, for a summer to get some time to herself. Christian is a playboy but he's the only one who treats Elyse like she's not made of glass. When Elyse ends up being Christian's first mate in a contest that will determine the future of the calm Atargatis Cove, she is forced to face her past and must rediscover her inner voice. The storyline is attracting and very cute, but the book doesn't skirt around sensitive topics, such as gender fluidity and overcoming fears.

Other Suggested Readings

[Throne of Glass](#) by Sarah J. Maas (ages 15+)

Celaena, is an imprisoned assassin. She is summoned to the castle by the prince to be his champion in a contest to find a personal assassin for the king. If she wins, she will be released from prison. If she doesn't then she won't ever leave the castle alive.

[Carry On](#) by Rainbow Rowell (ages 13+)

Simon Snow is in his last year at the Watford School of Magicks. All he wants to do is relax, but his evil roommate, Baz, is missing and Simon still hasn't figured out how to defeat the Insidious Humdrum. It's an adventure, mystery, and romance all mixed into one. This book keeps you on the edge of your seat while exploring topics of sexuality and choosing your own path in life.

Katlyn's Korner

— By Katlyn

It's spring! A change in seasons means many things but one of the most important things is a shift in the "in-season" fruits and vegetables. One of the spring seasons' highlighted vegetables and one of my personal favorites is...asparagus!

Asparagus, scientifically known as *Asparagus officinalis*, is native to most of Europe, northern Africa and western Asia. Prior to being a common part of North American cuisine, it was used in medicine as a diuretic. It has many benefits to your health including being an excellent source of vitamins B1, B2, C, E, and K. It is also a very good source of dietary fiber and folate.

Aside from being high in nutrients it also tastes great and can be cooked so many different ways in so many different dishes. Asparagus can be steamed, grilled, or roasted with a little olive oil, salt, and pepper. Try it out yourself!



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Special thanks to the Boston Children's Hospital League for their generous support of the Center for Young Women's Health and the Youth Advisory Program.

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