



Teen Talk

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Catching Some Z Z Z Z's

by Paoli

"Oh great! It's midnight and I have another paper due tomorrow that I still haven't started. I guess tonight will be an all-nighter." For most students this is an all too familiar scenario. Recently while staying up all night to cram for a big test, I asked myself a question: Is this a healthy sleeping habit for a teen like myself? Fortunately, I had the opportunity to speak to a specialist who could answer many of my questions about the importance of sleep. John W. Winkelman, MD, PhD, is an Assistant Professor of Psychiatry at Harvard Medical School and the Medical Director at the Sleep Health Center at the Brigham and Women's Hospital. He was able to answer my questions and elaborate on why teens require a good night's sleep.

How many hours of sleep should a teenager get each night?

Teenagers between 13-21 should get at least 9 to 10 hours of sleep.

According to the current research, what are the results of not having a good night's sleep?

Not having a good night sleep affects a teenager's performance, attention, memory, concentration, and ability to learn new skills. They can become irritable and sleepy throughout the day. In fact teens who do not consistently get 9 to 10 hours of sleep will have increased stress, their day to day patterns will change, they will get sick more often, and are more likely to fall asleep while driving.

If a teenager snores, what should he or she do?

Snoring may occur when a teenager is overweight, has large tonsils, or their jaw shape is misaligned. Teenagers suffering from snoring can talk to their health care provider about possible solutions or treatments.

So remember, getting 9-10 hours of sleep will improve your general health! You'll feel better, look better, and you'll be able to perform your best in school. Sweet Dreams! ♥



5 Quick Tips for Catching Your Z's

- 1 ~ Take a 15 to 20 minute "power nap" instead of sleeping for too long in the afternoon.
- 2 ~ Plan ahead and be organized to avoid all-nighters.
- 3 ~ Avoid caffeine drinks or sugary snacks at night.
- 4 ~ Before the lights go out try meditating or listening to music.
- 5 ~ Clear your head, tomorrow is a new day!

Training the Trainers

By: Pauline

Project Healthy Lifestyle introduced a new concept in peer education to the community. This "train-the-trainer" model teaches the importance of good nutrition and daily exercise to selected peer leaders in the community. The peer to peer training, supported by a grant from the Cabot Family Charitable Trust, is taught by Pauline, Denisse, and Paoli (CYWH peer leaders) and Susan Frates, MS RD, the CYWH nutritionist. The workshops concentrate on helping

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the peer educators in training understand the basic elements of healthy nutrition and physical activity so they can convey their knowledge and enthusiasm for change to other teens in their agency. Upon completion of the program, the newly trained peer educators are prepared to give presentations on topics such as: "How to Read Food Labels", "Healthy Weight Management", "How to Start a Walking Club". The program provides an array of curriculum, and resources so the peers-in-training can duplicate the workshops and deliver effective presentations to



Train the Trainers Participants: Clockwise: Susan, Kera, Jhonnari, Dennisse, Jennifer, Paoli, Adriana, Pauline, Dakota

other teens in their agency.

Senior peer leaders from Sociedad Latina, Inc. were chosen to be our first group for this pilot project. Four enthusiastic peer leaders attended weekly training sessions at the CYWH. On April 5th, there was reason to celebrate! The first group of peer leaders had completed the five-week training program. Each peer received a certificate and resource binder. We wish all of our new friends at Sociedad Latina the best of luck on all of their future presentations! ♥

Reflections on La Mina

By : Dennisse



Dennisse and Juliette

My first real time away from home or on a plane was in April. I went on a community service trip with my sister- "Julie", 10 students and 2 teachers from Fenway HS to the Dominican Republic. Four out of seven days of our trip were spent working at the Ruth Plaut School in La Mina, a small town outside the city of Cabarete. Some students chose to work teaching kindergartners English. Other students, including Julie and I, chose to work on the main project, which was creating a bathing and pool area for the people of La Mina. Since the Dominican Republic has trouble with plumbing and water resources, the citizens utilize every water source around. A nearby stream is used to bathe in, wash clothes, and swim in.

Our goal was to clean up the surrounding area and build a patio and steps down to the stream. First, we picked up all the trash and removed the first layer of dirt and roots and the next day we laid flag stones down and got ready for cementing. Five girls and I worked on steps leading from the new patio down to the stream. Many of us had never done construction work before we took part in this initiative. The language barrier made it hard to communicate but with the help of my sister, the Spanish speaking students, and our teachers, we got by. Finally, with the assistance of many Dominicans we were able to complete this project in only four days.

At night we offered an art and sport workshop to the children of La

Mina. This gave us the opportunity to get to know them, and build bonds. Everyone was so happy when we announced that we were donating the art and sports equipment to the school.

On our last day, my sister and I organized an MTV countdown. We danced to popular American music. Later we got to ask the children what it's like for them to live in the Dominican Republic. They got to ask us similar questions about living in the United States.

Before I left for the Dominican Republic I was convinced that seven days would be enough time to spend away from home but once I was there I felt so comfortable that I did not want to leave. Even though I was only in La Mina for one week, I built relationships and felt part of the culture. La Mina and the sense of community have made an ever lasting impression on me. ♥

Rahiem's Reality Check



What do you think about Myspace?

Hector, 15 years old

"Myspace is boring, messaging takes too long."

Yasin, 18 years old

"Myspace is good for friends to keep in contact, but also comes with a lot of drama because people steal identities and too much information gets shared on the net."

Elle, 17 years old

"Myspace gets a little bit more annoying as time goes on."



Living With Endometriosis

A conference for teens, families and friends

Saturday June 23rd, 2007
8am - 2:30pm
Children's Hospital Boston

Register Online!

www.youngwomenshealth.org

Click on the Endo Conference link to go to the online form.

