

Teen Talk



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

The Role of a Bystander – By Monica

Did you know that more than 50% of the time, bullying stops within 10 seconds of a bystander stepping in to help? This means that empowering bystanders to take action may be the key to stopping most bullying from happening. Bystanders are considered to be people who observe a situation but don't get involved. Even though by definition bystanders don't play much of a role, they still have a very important part when it comes to bullying. Bystanders are important for the following reasons:

- Bullying among teens most often takes place in front of their peers.
- Bullying almost never happens when adults are nearby or watching.
- Bullies like an audience and base their actions on the reaction or response they get from their victim.

Granted, it may be hard to stand up to a bully since most bystanders rely on others to get involved. However, if every bystander assumed that someone else would step in and do something, a bullying situation could escalate very quickly. However, if you take the initiative and at least try to help the victim or call for help, you will likely feel better knowing that you made a huge difference, and the person being 'bullied' will greatly appreciate your support.

Here are a few tips on how to approach a bullying situation (or bully) if you're a bystander:

1. Distract the bully to give the victim a chance to remove themselves from the situation.
2. Stand next to the victim and walk away from the bully together.



3. Verbally say something to the bully, "This is not funny or cool" and let them know that what they're doing is wrong.
4. Let the bully know that many of your peers do not agree with what he/she is doing.
5. Check up on the victim after school (call or text them).

If you ever feel that standing up to a bully will put you in any danger, then immediately call a trusted adult and/or tell a teacher about the situation (if it happens at school). There is usually something you can do to help stop bullying from taking place!

For more information:

youngwomenshealth.org/cyberbullying.html
eyesonbullying.org

MRKH Conference

This annual conference is an opportunity for young women ages 14-25 who have been diagnosed with MRKH, and their families to come together for education and support. The conference will be held on Saturday, October 25th, 2014 at Boston Children's Hospital. Registration information can be found at youngwomenshealth.org.

Tips on How to Talk to Your Parents — By Jessica

Although it can be difficult to talk to your parent(s) or guardian(s), they love and care about you and have your best interests in mind... but how exactly do you begin a conversation with them?

Here are a few tips:

1. **Recognize that your parents are there to help.** Although it can be difficult to reason with your parents sometimes, they were teenagers once too, and more than likely they had similar challenges. Discussing important things with your parent/guardian can actually help to strengthen your relationship with them and build mutual trust.
2. **Try easing into conversations.** You can start by talking to your parents about little things every day. Chatting with your parents frequently can help keep the lines of communication open, and can make it more comfortable when you need to talk to them about really important stuff.
3. **Know how you feel first, and let your parents know too.** Don't let your emotions get in the way of going to your parents; instead of not talking about your problem out of embarrassment or fear of judgment, incorporate those initial feelings into the conversation. Let your parents know how you're feeling when you're ready to tell them, and they will likely understand and want to listen to what you have to say. For example, you could start by saying, "I feel embarrassed about what I'm going to tell you, but I need your advice."
4. **Be confident, clear, and direct.** If you have a pressing problem that needs immediate attention, it's best not to "beat around the bush." You don't want to walk away from the conversation feeling like you missed an important point or concern. Also, when you're direct and get straight to the point, the person you're talking to is more likely to listen.

With time and practice you and your parents can work together as a team to address all of your problems and help you figure out different ways to deal with tough situations.



Recipe: Breakfast Fruit Cup

INGREDIENTS:

- 2 oranges, peeled, separated, and cut up into bite-size pieces
- 1 banana, peeled and sliced
- 1 tablespoon raisins (golden or regular)
- ½ cup low fat plain yogurt
- ¼ teaspoon cinnamon

PREPARATION:

1. Combine fruit in small bowl
2. Divide fruit equally into 4 bowls
3. Put a rounded tablespoon of yogurt over fruit in each bowl, sprinkle with dash of cinnamon

— Makes 4 servings

Sun Safety

- Wear a hat, bandana, or scarf and sunglasses to protect your head, face and eyes from the sun.
- Use a sunscreen with an SPF (Sun Protection Factor) of 30 or higher, and reapply it every 2 hours
- Limit sun exposure between the hours of 10 am and 4 pm when the sun's UV rays are the strongest.
- Avoid tanning beds/booths. Tanning beds/booths use UV light that can damage your skin just as much as the sun's rays.
- Check your skin regularly for any new marks, red spots, or any change in the size/shape of freckles or moles.
- Make an appointment with your health care provider if you see a freckle, mole or spot that looks bigger or different.



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