

# TEEN TALK



Fall 2019 | CYWH/YMH

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

## Getting Involved in School

by JD

Each fall brings a bounty of opportunities that beckon you to become involved in your school community. Here are a few ways to get involved.

### JOIN A CLUB!

Clubs are probably the easiest and most direct route to getting involved. Typically, high schools have clubs that focus on a wide variety of topics. Usually, the best way to approach joining a club is attending an extracurricular fair at the beginning of the school year if your school hosts one. Another way to learn about what a club has to offer is by reaching out to the president or vice president of the club for more information; they will likely be more than happy to help you. If your school does not offer a club you're interested in, talk to an administrator about starting one yourself. Every club started somewhere, and if you feel that your idea should be heard, chances are other people do too!

### TRY OUT FOR A SPORT!

Trying out for a sport is another amazing way to make your mark in the school community. If you have any interest in a sport your school offers, there is absolutely no harm done in trying out. The worst that can happen is that you don't make it and have to try out again next year. Showing improvement also demonstrates to the coach that you are dedicated. Sports teams are a great way to make friends with people who have similar interests, and for my younger friends, to meet upperclassmen who can help you in times when you may be struggling. They also are the perfect source of daily exercise. Sports provide a boost in physical AND emotional health; what a deal!

### VOLUNTEER!

Volunteer work comes in many forms. It could be answering phones in the main office at school, running passes to students during your study, or even travelling abroad to provide international aid (in an ethical & responsible manner of course!) My point is that volunteer work can open many doors that check off necessary boxes required to graduate, but it can also be an incredible path to discover passions and shape your personality during these very transformative years.

All in all, the fall is the opportune time to participate in any of these three modes of school involvement. If you're looking for a fresh start, now is the time! Choosing to get involved in your school by joining a club, trying out for a sport, or volunteering is undoubtedly something you will not regret. So say goodbye to that summertime boredom and start the school year motivated to make the most out of it!



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

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RESOLVING AND RECONNECTING WITH FRIENDS

# Fighting Sickness Season

by Izzy

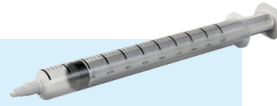
As we ease into the fall, we also head into the cold and flu season. Germs are all around us, and getting sick at some point is inevitable. Luckily, with these simple steps you can decrease your risk of illness and stay healthy this fall, winter, and beyond.

## WASH YOUR HANDS



The most important thing you can do to avoid getting sick is to wash your hands. Handwashing with soap and warm water is a simple step that greatly decreases your risk of infection.

## GET VACCINATED



Getting a flu shot is hugely important in decreasing your risk of illness. Flu shots are provided in many doctor's offices, clinics, pharmacies, and college health centers for free or at little cost.

## AIM FOR 8-9 HRS. OF SLEEP EACH NIGHT



If you are not getting enough sleep, your immune system can become compromised, increasing your chances of getting sick.

No one wants to get sick, but if you take these steps you'll be on the right track to staying healthy!

# Resolving and Reconnecting with Friends

by Owen

The beginning of a new school year often comes with a lot of stress. And sometimes this stress can affect your relationships making normally untroubling disagreements, really upsetting. If you and a friend seem to be getting into arguments because of the added stress of school, you might be interested in my suggestions on how to "resolve and reconnect".

- Keep calm. No one benefits from yelling or shouting.
- Give your friend a chance to speak and make their points.
- Listen and try to understand what your friend has to say.
- Be clear. Talking in circles makes it hard to get your point across.
- REMEMBER: Not every argument can be "won". The

goal of any conflict shouldn't be to convert the other person to your way of thinking but to find a middle ground where everyone involved feels heard.

These tips can be hard to follow in the heat of the moment, but if you're able to practice them most of the time, then you're on the right track. But sometimes arguments can go wrong with the people you care about and a disagreement can become worse even after you talk it out. Be patient. If the good times with your friend outweigh the bad, then you will likely be able to get past your disagreement with time. Remain friendly and acknowledge your friend at school and make an effort to do the things you normally do with your mutual friends. It's only a matter of time until your relationship will be back to the way it was, and strengthened by overcoming differences together.

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