



Teen Talk

A quarterly newsletter from the Children's Hospital League's Resource Center

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Our Peer Mentoring Program mentees and mentors, from left to right: Joannie, Ana, Maria, Tynaya, Maria, Kayleigh, Rana, Jasmyne, Thamar, Karen, Sarah, Caitlin, and Shiva.



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The Peer Mentoring Program Middle School Girls Become Leaders

By Caitlin

This summer, the Center for Young Women's Health hosted the second Peer Mentoring Program. Girls entering 7th and 8th grade applied, and nine were selected to become CYWH "mentees". The program was held from 9am-2:30pm, Tuesday-Friday for two weeks during July 12-24th.

Throughout the Peer Mentoring Program the girls were taught valuable leadership skills to help them become leaders in their own communities and schools. One of the girls' favorite days was the Health Careers Day. They had the opportunity to talk to a panel of health professionals from different departments at Children's Hospital, and then were assigned to shadow health professionals in the afternoon. The girls were able to see places usually off limits to visitors: the OR (Operating Room), the blood bank, and the laboratories were just some of these exciting places.

One of the expectations by the end of the program was for each mentee to create and give a presentation. A fellow mentor and I gave the girls a workshop on Presentation Skills. The mentees were then free to choose any topic they wanted to present on. The topics ranged from "The Cultures of Haiti and Jordan" to "Sleepover 101". The mentors worked long and hard with the mentees so that their presentations were phenomenal. They gave their presentations in front of their parents at the graduation ceremony; their parents were so proud!

Our program was a lot of fun as well as educational! Each participant got to decorate her own tote bag and learned how to do origami. We had yoga and aerobics classes and even watched a movie on the last day! We went for a walk around the Fens and discovered the beautiful Rose Garden during our "Gab and Go" walking activity. The girls learned that walking can be a great way to fit in exercise and see places that you usually don't see when riding in a car or taking a bus.

I had a lot of fun during the two weeks I spent with the girls. They learned so much and had so much fun. Each of the nine girls are now ready to make a difference in their community. I can't wait for next year's Peer Mentoring Program! ♥



Mentees Rebecca and Tynaya



It's so sad to see the devastation from hurricane Katrina, but there are things we can do to help the survivors. Log onto <http://www.youngwomenshealth.org/help.html> for ideas on how teens can help teens in this time of need.

10 Great Ways to Lower Stress!

Adapted by Asharee

STRESS . . . the six letter word that makes your heart beat faster, your muscles tighten, and lowers your mood. I'm sure you would agree that going back to school is definitely one of the most stressful times of the year! No need to fear...the CYWH has 10 great tips to help you deal with school stress and get you organized, too!

1 - Get Organized

Do not overbook yourself, or cram everything in at the last minute. An agenda or calendar should be your "close friend" this school year, so you can keep track of due dates for your projects and assignments.

2 - Get Some Zzzzs

Make sure you get 9 hours of sleep per night, and you will feel a whole lot better all day. Take a "power" nap for 20 minutes when you come home from school. When you wake up you will feel refreshed and have energy to get your homework done!

3 - Talk it Out

It's always good to talk to a trusted friend or maybe a close relative about what is stressing you out. Don't be afraid to talk to a teacher, school counselor or your health care provider because they are there to help!

4 - Relax

Cuddle up with a good book or magazine, listen to some soothing music, take a long bubble bath or rent a movie. Spend some quality time with yourself.

5 - Take a Deep Breath

Go outside and take about 10 slow deep breaths. It will definitely make you feel more relaxed, clear-headed and energized!

6 - Have Fun! Chill Out

We all deserve a break from all the school-work and stress in our lives. During the weekend, hang out with friends, play a sport, dance or go shopping.

7 - Eat Right

Eating when you're hungry and stopping when you're full is a good rule to follow. Choose healthy foods for meals and snacks to keep your body energized.

8 - Exercise

Make sure you exercise regularly. Activities such as stretching, dancing, volleyball, basketball or swimming are great ways to stay fit. Check out your local community center to see what is going on in your neighborhood!

9 - Have a Good Cry

Crying every once in a while can actually help relieve built up tension and stress. Go on, let it out. You'll feel better.

10 - Think Positive

Try to avoid negativity about yourself. Understand and remember that no one is perfect, and that you have good days and bad days. It's all a part of growing up!

It's important to realize when you are under extreme stress. If your stress ever reaches that point, immediately speak to a parent, trusted adult or your local health care provider for guidance during the tough times. They're there for you!

Adapted from our CYWH article "Stress and How to Lower It" www.youngwomenshealth.org/stress.html



PCOS Resources & Chats

http://www.youngwomenshealth.org/pcos_resources.html

If you are a teen girl with Polycystic Ovary Syndrome (PCOS) you may have many questions. We've created a collection of resources for you about how to stay healthy with PCOS! Go to the link above to find general information about PCOS, as well as information about support chats, nutrition and fitness, a PCOS guide for parents, and a list of links and resources for teens with PCOS.

Join us at one of our Internet Chats for teens with PCOS

7-8pm on Thursday 9/29, Tuesday 10/18, and Tuesday 11/22

login at <http://www.youngwomenshealth.org/chat.html>

Back-to-School Back Pain

By Pauline



Summer's gone and you're back in school.

You know all those books and homework assignments you have to carry? Watch out! Heavy backpacks can weigh you down and may cause back pain. But there are ways to deal with those backpacks!

Here are some pointers:

Choose a good pack. Your backpack should have two padded straps to carry the weight evenly across your shoulders. One strap may look nice, but it can hurt your back!

Pack light. Think about each thing you're putting in the pack. Only bring what you will really use. Paper is especially heavy. To cut down, bring loose-leaf paper; divide a binder into different subjects and organize handouts and other papers from your teachers.

Pack for your size. Your backpack shouldn't be more than 15% of your weight. So, for example, if you weigh 120, then your pack should be 18 pounds or less.

Be paper-free. Digital technology can lighten your load. Ask your teacher if your course materials can be found online. If they're not available, you can buy a used copy of one of your textbooks on Ebay or Amazon.com and keep it at home. One copy at school and one at home will save your back a lot of wear and tear.



If you are still weighed down by your backpack after using these tips, talk to your teachers or counselors at school. They may have an alternative that you could try. Stay safe and good luck in the new school year! ♥