



Teen Talk

youngwomenshealth.org

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Center for Young Women's Health



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School Stress Busters

You've probably seen the dreaded "Back to School" ads and commercials. If you're anything like us, going back to school is the last thing you want to think about. How can you make going back to school stress-free? Try our School Stress-Busters!

1 ~ Take the mystery out of "when" you start school. Check the calendar on your school website-you can look forward to upcoming school events.

2 ~ If you play a sport, contact your coach and find out when practices start.

3 ~ Buy an agenda or calendar to keep track of your assignments and upcoming tests. You can start by highlighting school holidays!

4 ~ Drain your Brain- Make a "To Do" list. By writing a list of all the things you need to get done, you won't have the stress of trying to remember everything. You'll enjoy crossing off the things you complete, and you'll end up with a "Did Do" list instead.

5 ~ Plan ahead to fit in exercise. Even if you don't play a sport you can plan on walking places. Did you know that when you exercise your brain releases a biochemical that makes

you feel happy and relaxed?

6 ~ Yoga and meditation is not just for adults. People who do yoga actually feel less stressed and sleep better. Find out about a class at school or in your neighborhood.

7 ~ Go to bed earlier than usual the week before school so you'll adjust to getting up when school starts. Remember, teens need 9 hours of sleep a night to perform their best at school and in sports.

8 ~ Get in touch with your close friends that you haven't been in touch with over the summer. Having social connections boosts your mood and lowers stress. Chances are you'll look forward to school as an opportunity to see old friends.

9 ~ Organize your bedroom and your study area and get the school supplies you need. Organizing the space around you will help you feel calm.

10 ~ Before you go to sleep, think of at least 3 things that you did during the day that made you feel good about yourself. For example: You helped a friend solve a problem, you did a chore at home, you joined a yoga class! This will boost your self-esteem and you'll worry less about things you didn't get to finish. ♡



ART UP! ACT UP! Winners!

On August 23rd the first Art Up! Act Up! Awards Celebration Day and Resource Fair was held in the Patient Entertainment Center at Children's Hospital Boston. The event was sponsored by the Division of Gynecology, Division of Adolescent Medicine and the Center for Young Women's Health to raise awareness about community and family violence in the lives of Boston youth.

Four winners from two age categories were selected. Prizes included a family membership to the Institute of Contemporary Art, gift certificates to Arts and Craftsmen supplies store and a private workshop with noted writer Ethan Gilsdorf. Following the

awards celebration, guests were able to view all of the poetry and art submissions. The event was coordinated by Emily Wolfe-Roubatis, a Smith College summer intern.

The Four Winners are :

Nicole Beatty, age 10
(10-13 yr. old category)

Corina McCarthy-Fadel, age 18
(14-22 yr. old category)

Te Jay Bernardo, age 11
(10-13 yr. old category)

Alex Ferreira, age 18
(14-22 yr. old category)

See section of entry to the right.





Ask Nisi

Can you give me the 411 about the HPV vaccine for girls?

There is a new vaccine that helps prevent cervical cancer and other conditions caused by certain types of Human Papillomavirus (HPV), a virus that you can get through sexual contact. The vaccine works to prevent two types of HPV-16 and 18, which have been linked to cervical cancer—and two other types—6 and 11, which cause genital warts. The vaccine works best in girls/young women who have not yet come in contact with these viruses. That is why the vaccine is recommended for all 11 and 12 year old girls as a routine vaccination and for all young women 13-26 years of age who have not yet had the vaccine. The HPV vaccine is given in a series of 3 shots over 6 months. The first shot is given at a time of your choice. The second shot should be given two months after the first shot, and the third shot is given about six months after the first one.



Ask your health care provider if it's a good idea for you to get it. For more information check out our HPV teen vaccine guide at:

www.youngwomenshealth.org

COMING

SOON!

The 2nd edition of Quick and Easy Recipes for Teens Cookbook will be available in time for the holidays- filled with lots of new yummy recipes for the beginner cook! Stay tuned and check our website for availability.

www.youngwomenshealth.org



Pauline Chin is one of our amazing youth advisors who has worked 8+ hours each week for the past 3 years giving presentations on topics such as nutrition and fitness, safety in relationships, safety on the internet and self-esteem and the media. This fall she will be heading to the University of Hartford on a full tuition scholarship where she will major in multi-media graphic design. We would like to think this may be a result of her experience working at the CYWH on many media projects with her mentor, and CYWH Internet Resource Coordinator, Freedom Baird. The entire CYWH, Adolescent Medicine and Gynecology staff wishes Pauline all the best at college. We will remember all of her contributions to the CYWH, her cheery disposition and excellent work ethic!



Without Violence



- ☉ **Have a positive attitude.** Approach conflicts with a good attitude and it may be enough to keep it from turning violent.
- ☉ **Talk it out.** Listen to what the other person has to say about the problem to understand his or her point of view.
- ☉ **Make a compromise with the other person.** Agree to disagree.
- ☉ **Walk away!** If a conflict turns violent, walk away. Try to solve the problem when both of you have cooled off.
- ☉ **Control your anger.** It's easy to get angry when there's a conflict but realize that anger is not going to solve any problems. Find a peaceful solution.
- ☉ **Ask for help!** If you can't solve the problem alone ask a trusted adult, a family member, or a teacher for help. ♡



Creative Action Project Girls

Train the Trainers ~ Part II by Paoli

In our last newsletter we told you about the first group of teens from Sociedad Latina who completed our Project Healthy Lifestyle, a nutrition and fitness training by teens for teens. Since then we have trained two more groups of peer leaders from the Cambridge Action Project and HOPE- the Hispanic Office of Planning and Development. Both groups attended workshops on topics such as: "How to Read Food Labels", "The Truth about Fad Diets", "Healthy Weight Management" and "How to Start a Walking Club". They will

Jumpstart your College Planning

Not sure how to begin preparing for college? Check out these cool tips to jumpstart the process.

- ✓ **Make an appointment with your guidance counselor** as soon as possible.
- ✓ **Sign up for Collegeboard.com** and research different colleges and university. *Ask yourself: Where can I learn and grow as a person?*
- ✓ **Ask three people if they would be willing to write a letter of recommendation** for you. Choose people who have a positive opinion of you.
- ✓ **Think about what you want to write for your college essay** and jot down your thoughts. When it's time to write it you'll have plenty of ideas. *Hint- The best college essays are simple, but focused.*
- ✓ **Talk to people who are working in jobs that you find interesting.** Ask them what courses they took in college and what type of education/degree is required for that field.
- ✓ **Don't Stress, take it one day at a time.** ♡

use the information to promote healthy living with youth in their agencies. Peers from the Cambridge Action Project have already used their skills to teach teens about nutrition on a local cable program and the peer leaders at HOPE are planning to give a presentation to the male peer leaders at their agency. We wish all of our new friends at CAP and HOPE the best of luck on all of the future presentations! Project Healthy Lifestyle is funded by a grant from the Cabot Family Charitable Trust. ♡

Take a Quiz to see how healthy you are at:

www.youngwomenshealth.org