

TEEN TALK



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

Getting Ready to Vote — By Lamisa

Do you feel like you're missing out because you can't vote during election season? If you're 16 or 17 and live in Massachusetts, you are in luck because you can pre-register to vote so you can cast a ballot when you turn 18! Now you might ask why voting is important, which is a completely valid question, so let me explain why. Our government is run by elected officials who focus on important issues such as health care and education. However, people like you and I need to get involved so we have a voice in how we want our government to function. Once you're registered, there's so much you can vote for, other than a president, such your stance on gun control, political term limits, abortion, welfare drug testing, and other issues that affect our society today. The more people that vote, the more our democracy is represented!



Back in 2014, Governor Deval Patrick signed the election reform law (that became effective in 2016,) designed to make voting more accessible and easier for people to register to vote. While signing the bill, he stated "Whenever we have a law that expands access to the ballot and makes it easier for people to register and to vote, it makes our democracy better." In addition to address early voting, the law also granted 16 and 17 year-olds the opportunity to pre-register to vote. Now, let's get you pre-registered!

To pre-register online you must have a driver's license or a state ID to confirm your age. You can also print a voter registration form and fill it out accordingly. Stick a postage stamp on it then mail it to your local election office. You can even go to our local election office and fill out the form there so you don't have to even worry about a stamp. They'll mail it for you!

Some questions that appear on the voter registration form pertain to your political party (but if you are unsure, you can leave that blank), your social security number (make sure you have that handy), and your current address. It doesn't take a long time to fill out the form and it will save you the trouble when you turn 18. Pre registering to vote is available in the following 14 states: California, Colorado, Delaware, Florida, Hawaii, Louisiana, Maine, Maryland, Massachusetts, New Jersey, North Carolina, Oregon, Rhode Island, and Utah! Please refer to your own state's ruling for more information. This is your world, shape it or someone else will!



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

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Could it be a Concussion? – By Oliver



If you've ever watched a sporting event, chances are you've seen players wipe out, collide, tackle, and impact one another- it is often just the nature of the games. For example you might be watching your school's football team and see a player get tackled. He's not unconscious but you overhear that he is complaining of feeling dizzy and having a bad headache. Could this athlete have a concussion?

loss of consciousness.

What is a concussion?

A concussion results from a blow or jolt to the head, neck, face, or body. Although the brain is protected by the skull and something called cerebrospinal fluid, the sudden force of an impact can affect normal brain function. The most common symptoms include physical (e.g., headache), cognitive (e.g., feeling distracted or forgetful), emotional (e.g., feeling sad or anxious), vestibular (e.g., off balance) or sleep related difficulties.

What should you do if you see someone fall, hit their head, or take a direct blow to the body that jolts their head?

Ask them if they're okay and find out if they remember what happened. If the person is alert, you could say that "the impact may have caused a concussion," that they "may need medical attention," and offer to call their parent or guardian. If the person is unconscious and appears to be alone, you should tell an adult, call an ambulance, and make sure that they get medical attention right away.

Take a Step Towards Meal Prep – By Ayatt



Are you a college student who is sick of eating dining hall food? Are you a parent who stresses about what to cook for dinner every day? Are you a teen who wants to start eating healthier? If you answered yes to any of these questions, meal prepping is for you! Meal prepping is a fun and easy way to plan your meals for the week. It does require a lot of planning ahead of time, but once you get down to it, it's very simple. Here are a couple of questions to ask yourself when meal prepping:

1. What do I want to eat this week? This is an important question to ask yourself when planning for the week, because you don't want to end up cooking for the week only to dislike what you are having.
2. Can I make different variations? Great question to think about, because the more variety you have the less likely you will get tired of your meals throughout the week.
3. What ingredients do I need? Always keep this in mind, especially when grocery shopping, because you don't want to end up buying unnecessary things, or buying

too much packaged food.

4. Will my meal taste good reheated or be delicious cold? This is an important aspect for meals that you prepare ahead of time.
5. How much will I want to eat? You don't want to have too little or too much food.

Once you have bought all your groceries and portable containers, start cooking your meals! Pick a day of the week when you are least busy, so that you can give yourself time to do everything. Start with a couple of times a week in order to not overwhelm yourself! And most importantly, have fun with it! Eating is meant to be enjoyable. Good Luck!