



Teen Talk

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Dealing with a Learning Disability

By Dennisse Rorie



High school years are difficult. You're slowly becoming a young adult, and emotions and hormones are running high. You're also trying to fit in with friends and find your niche. It can also be hard to pay attention to school work with so much going on. Staying focused and on

track can be even more difficult for students with learning disabilities. But having a learning disability doesn't mean you can't learn; it just means that you learn differently from most other kids, and you might need help to figure out the best strategies for learning.

Here are some tips to help you deal with your disability:

- Educate yourself about what your body is going through. Research your disability and what it means.
- Don't be afraid to advocate for yourself and ask for accommodations if you need them. Even though you don't want to feel different from your peers, it's in your best interest to make sure your teachers and coaches know about your learning challenges.
- Try to find others with the same learning disability so you can have someone to talk to who has similar concerns.
- Put yourself out there—Be proud of who you are and take advantage of any opportunity to get involved at school or in your community. Step out of your comfort zone and meet and interact with your peers.
- Having a learning disability doesn't mean that you are a failure or incapable. People with learning challenges become doctors, lawyers, actors and can do anything they put their minds to.

What should I do if I think I have a learning disability?

According to kidshealth.org, just because you have trouble studying or focusing doesn't mean you have a learning disability. A learning disability is something someone struggles with for many years; sometimes it's not until the teen years when someone might realize they actually have a learning problem. Perhaps a teacher or another adult will approach you about being tested. If you are diagnosed with a learning disability, you should think about meeting with a learning disabilities specialist to help you deal with many of the issues you will face. But, if you are having difficulties during class regardless of whether or not you think you have a disability, make sure you reach out and talk to your teacher, parent, or another trusted adult.

...continued on reverse

Tynaya's Health Tips



Spotting "Fad" Diets

Summer is here! Do you want to lose weight and look your best? You are not alone! Many people want diets with fast results. But how do you choose a diet that will deliver? Advertisements for popular diets make them sound enticing, but as the old saying goes "if it looks too good to be true then it probably is".

Fad diets are aimed towards people who want to lose a lot of weight in a small amount of time. These fad diets sound so appealing but in reality they can be harmful to your health and body, and many people gain back the weight they lose.

Here are some questions to ask yourself to help you spot fad diets:

- Does it have catchy slogans or phrases such as "Lose 30 pounds in 30 days!"?
- Does this diet promote only certain foods, or focus on a certain food group?
- Does the diet require you to skip meals?
- Do you have to buy certain foods?
- Are the results likely to be temporary?

If you've answered yes to at least one of these questions, you are most likely dealing with a fad diet, and you should find a healthy alternative to losing weight. Any diet that has unrealistic restrictions is most likely one you want to stay away from. Instead, make lifestyle changes. Pay attention to portion size, and add exercise to your daily routine. Remember, healthy eating does work! You just have to make sure you're following directions and you maintain a healthy and active lifestyle. For healthy weight management tips, visit our guide online at: www.youngwomenshealth.org/fad_diets.html. ♡



Erica's Corner

Many high school students believe that the college admissions process starts during senior year, but you really should get started as soon as possible! A great time to begin would be during your junior year, or the summer before senior year. This will enable you to get a lot of the paperwork and essays out of the way. In return, this will reduce your stress during the first couple of months of senior year, since most colleges want everything turned in as early as Nov. - Jan. The college process can be complicated and tedious, but staying organized and on track can really make a difference.

Here is a list of resources that can help you with the college process:

- This web page will help you choose a college that is right for you:
www.npr.org/templates/story/story.php?storyId=7506102
- College Board: www.collegeboard.com
This website that gives resources and lots of information about different schools, including size, religious preferences, costs, and other useful facts.
- Common app: www.commonapp.org
This is an application that only needs to be filled out once and is accepted by many colleges and universities.

Remember, starting the process early will reduce stress during your senior year, and staying organized will make everything a lot easier! ♥

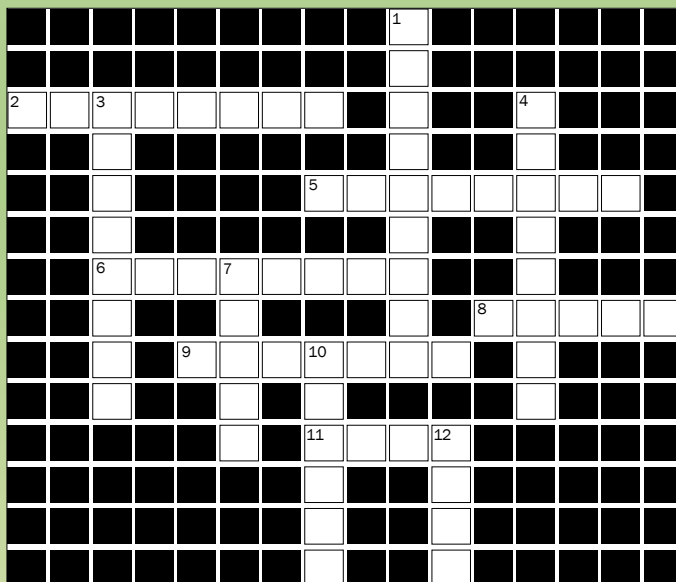
Across

- 2) A parasol that protects you from the sun and the rain
- 5) Going on a trip usually with your family or friends
- 6) Grilling food, family and fun
- 8) Long walks usually up mountains or in the forest
- 9) Tents, s'mores and fires
- 11) Most kids go to this instead of school in the summer time

Down

- 1) Cream or lotion that protects your skin from sun damage
- 3) Boston Red Sox
- 4) Most people spend most of the summer doing this in pools or at the beach
- 7) The sandiest, sunniest place in the summer time
- 10) Lunch outside at the park or in a field
- 12) Backyard swimming spot

Summer Fun Crossword Puzzle



★ A Quick & Easy Recipe ★

Ants on a Log

Ingredients:

1 tablespoon of peanut butter or soy nut butter

1 stalk celery

Raisins

For more recipes from our cookbook "Quick and Easy Reciped for Teens", visit our website!

Preparation:

Wash and cut off ends of celery. Cut into 3 pieces.

Spread peanut butter or soy nut butter on each piece.

Top with a few raisins.

— Makes 1 serving

Dealing with Learning Disabilities continued...

For more information:

- www.Idanatl.org
Learning Disabilities Association of America is a great website with upcoming events to connect with others with disabilities, such as; conferences, journal articles and much more!
- www.Idonline.org
LD online is a website that focuses on learning disabilities, learning disorders and differences in learning. This website offers informational guidance for parents and educators on attention deficit disorder, ADD/ADHD, dyslexia, dysgraphia, dyscalculia, dysnomia, reading difficulties, speech and related disorders. ♥



ask Nisi

Hey Nisi, How do I know if I'm ready to have sex?

That's a great question! But it's really not something I can give a straight answer to. Having sex is a big choice. Your body is a sacred place, and you should respect it. Many teens experience the dilemma of not knowing when the time is right. In some ways you might feel ready for sex, and in other ways you might feel like it's not the right time. Talk to your doctor, your parents, and your friends about your choices. Only you can decide when you're ready for sex, but here are some tips to keep in mind when making your final decision.

- ♥ You should also be in a committed relationship with this person. Young love doesn't always last forever, but you and your partner should be faithful to one another.
- ♥ You should feel 100% comfortable being around and talking to your partner.
- ♥ Don't feel forced into having sex, and don't have sex with your partner just because he or she wants to. Anyone who tries to convince you or force you to do something you don't want to do does NOT respect you.
- ♥ If you decide that you do want to have sex, make sure that your partner cares about you and your safety.
- ♥ Make sure you know about your partner's sexual history.
- ♥ Use protection everytime!
- ♥ Be sure to make an appointment with your doctor, discuss your choices, condoms, and birth control, and get an STI screening.
- ♥ Remember that there is nothing wrong with remaining abstinent! ♥