



# Teen Talk

youngwomenshealth.org

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

Winter 2007

In this issue

Peer Leaders United!

Make A Difference

Meet the New Peers!

Finders Keepers



## Peer Leaders United!

by Rebecca

On January 2, 2007 four generations of Youth Advisors from the Center for Young Women's Health (CYWH) united for the first annual Youth Advisory Program Reunion held at Bertucci's Restaurant in the Longwood Medical Area. For some of the Youth Advisor's (YA's) this was their first trip back to the CYWH in five years.



CYWH youth advisors come together at a reunion. Clockwise from top left: Taphath, Rebecca, Vieng, Paoli, Caitlin, Asharee, Chantelle

They viewed photos, and shared stories and memories about their time as peer leaders. Many talked about how they assisted in training doctors, about hosting events in the community, the annual retreat, and they asked questions about staff members they had worked

Continued on page 2

## Make a Difference

by Pauline

Have you ever thought about how you could make a difference in your community? Why not start 2007 by thinking about how you can help others who are not as fortunate as you. You could donate clothes you no longer wear, collect canned goods for those in need, donate used books to a local library, or give money to a charity. But perhaps the greatest gift that you can give to others is your time.

Volunteering can be a lot of fun and be rewarding, particularly if your volunteer work is a cause you believe in. Some teens have found that their volunteer experience--such as working with elders in their neighborhood--changed their life. Many teens admit that their experiences have helped them to discover a hidden passion such as working with animals.

There are many opportunities to volunteer. We have researched some worthy organizations that are in need of volunteers. You can check them out for yourself and see if you might want to help out in some way. In most cases you need to be 16 years of age or older.

Volunteering isn't for everyone but if you find a good fit, it will be time well spent, and you will grow from your experience. Below are some volunteering opportunities in the Boston area. You can also do a web search for organizations in your area.

Visit the web site, then click on the "About Us" or "Contact Us" section, to find the volunteering information.

### Animal Shelters

Animal Rescue League  
[www.arlboston.org](http://www.arlboston.org)



MSPCA Care & Adoption Center  
[www.mspca.org](http://www.mspca.org)

Continued on page 2

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Children's Hospital Boston

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## CYWH News Flash!

YoungWomensHealth.org has a new look!

The Center for Young Women's Health is thrilled to announce the official launch of the redesign of our great web site! All our great content is still there, but with a new look, better searching, and other great features. Check it out online!

# Meet our New Youth Advisors!



*Paoli*

I became a peer leader because I believe I can relate to the youth and their situations. I understand that sometimes it is easier to talk to someone who is your own age and has had similar experiences. I want to help teens like myself learn and relieve their concerns but also share and learn together.



*Dennisse*

I became a peer leader because I thought it would be a great opportunity to work with young girls in the community. I believe I can relate well to my peers which will help me spread reliable information to teens.

**Continued from page 1**

within the past. It was the first time that current Youth Advisors got a chance to meet those who came before them. Although some peer leaders were not able to make this reunion, many were present in spirit as the former YA's discussed their experience and their fellow peer leaders.

The group shared what they have been up to since their time at CYWH. They are truly doing amazing things: Vieng (YAP '00-'01) is pursuing a degree in Pharmacy at Massachusetts school of Pharmacy, Chantelle (YAP '01-'03) is currently in her junior year at UMass-Amherst, pursuing a degree in psychology, Taphath (YAP '01-'03), is in her junior year at Boston College pursuing a degree in journalism and advertising. Asharee (YAP '04-'06) is a freshman at Northeastern University, and Caitlin (YAP '04-'06) is a freshman at Johnson & Wales University pursuing a degree in Baking and Pastry. Many YA's also discussed their plans to go to graduate school.

Today former and current YA's are still making an impact on their communities and families. They are a true inspiration to us all at CYWH. I can't wait for the next reunion! ♥

# Finders Keepers

by Freedom

How do you search for useful health information, while avoiding the sketchy stuff? At one time or another, most of us have encountered something that we really didn't want to see while searching on the web. The good news is that there are ways to do a search for quality information while avoiding the stuff that is just plain wrong.

names. If you want to learn about your period, for example, you can search "menstruation".

**3 Some browsers will let you use a minus sign to omit a term from your search.**



For example, in Google, if you type **-creepy** it will show a list of web sites that **do not** contain the word creepy.

**Here are 5 pointers to help you do safe web searches:**

**4 Once the search engine returns your results, take a look at the URLs before you click on them.**

**1 Turn on your search engine's safety feature.** For example, on Google's home page, you can click on "Preferences". This takes you to a page including the SafeSearch feature. There you can set the amount of filtering you want. The more filtering you have, the less chance of finding upsetting web pages.

Look for well-known and respected URLs, like health care facilities or government web sites. Check out the URL closely, even if it's from a college or university, because sometimes students post un-screened material online.

**2 Use more technical terms as your search keywords,** such as the medical names for body parts, rather than the slang

**5 If you have any doubts about a URL, don't click on it.**

There's plenty of good quality information online, so you can always look elsewhere.

**Continued from page 1**

## Homeless Shelters\*

**Boston Rescue Mission**  
www.brm.org

**Pine Street Inn**  
www.pinestreetinn.org

**New England Shelter for Homeless Veterans**  
www.neshv.org

**Horizons for Homeless Children**  
www.horizonsforhomelesschildren.org

\*Homeless shelters require their volunteers to be 18 years old.

## Hospitals

**Children's Hospital Boston**  
Phone: (617) 355-7885  
www.childrenshospital.org

**Beth Israel Deaconess Medical Center**  
Phone: (617) 667-3026  
http://www.bidmc.harvard.edu

## Elderly Homes

**Little Brother-Friends of the Elderly**  
www.boston.littlebrothers.org

**Boston Elder Info**  
www.elderinfo.org

Not interested in any of the ones above? There are so many more places where you can volunteer! Just contact the organization you are interested in, and ask politely if there are volunteer opportunities. ♥