



# Teen Talk

A quarterly newsletter from the Children's Hospital League's Resource Center • [youngwomenshealth.org](http://youngwomenshealth.org)

Winter 2009

10th Anniversary Edition

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Center for Young  
Women's Health



Children's Hospital  
Boston

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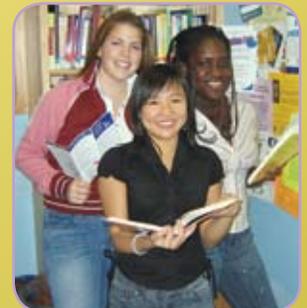
## Celebrating Our 10th!



It doesn't seem possible that ten years have gone by since the center opened its doors! The co-founders, Dr. Jean Emans, Dr. Marc Laufer, and Phaedra Thomas RN, BSN recognized that there was an urgent need for clinical care, research, and education to improve the health of adolescent girls. Their vision became a reality in June of 1998, when the Children's Hospital League generously provided the funding to establish a physical space where girls could come and learn about their health. Books

and health videos soon filled the shelves, and computers were installed to help girls access reliable health information on our brand new website: [youngwomenshealth.org](http://youngwomenshealth.org). Our Web Project Manager, Freedom Baird, MS and Graphic & Web Designer, Amanda Kohn, BFA are committed to providing our visitors with exceptional content, quality resources and state of the art digital media projects. We regularly add new health guides to our website on topics ranging from acne to zinc, as well as special features such as quizzes and curricula. We've watched the number of visitors slowly climb from a few each day in 1998, to more than 600,000 unique visitors to the site each month!

In 1999 we established the Youth Web Advisory Program, and hired five young women from five different local high schools to become peer leaders. These trained peer leaders then offered free presentations to Boston youth on how to access reliable information online. After one year this program expanded to include presentations on many more topics including: Healthy Relationships, Safety in Relationships, Safety on the Street, Safety on the Internet, Nutrition, Fitness, and Self-Esteem and the Media. In the last ten years, the CWYH youth advisors have given hundreds of presentations to more than 60 different youth organizations in Boston and beyond, including; Sociedad Latina, Mattapan Service Center, Hyde Square Task Force, Cambridge Action Project, HOPE, and more! All of the 16 former advisors have attended college, and many have returned to the Center to mentor younger peer leaders. Tynaya Frasier, now a youth advisor for the CYWH, attended the 2004 & 2005 summer Peer Mentoring Program, as a 7th and 8th grader. Be sure to check out her column on page 2 "Tynaya's Health Tips".



Thanks to the many contributions of our talented staff, the CYWH has led the way in providing the highest quality health information and resources for teens, their families, health care providers, and educators. It is our goal to continue to create and implement cutting edge programs that have a lasting impact on adolescent girls' health and empower them to make healthy choices. We promise to continue working hard to offer more health resources

and innovative programs. Be sure to visit our website [youngwomenshealth.org](http://youngwomenshealth.org), check out our videos on YouTube at [youtube.com/CYWHBoston](http://youtube.com/CYWHBoston), and become a fan of the center on Facebook (by typing in: "Center for Young Women's Health" in the search box)! ♥

— Phaedra Thomas, RN BSN, Co-Director, CYWH

# Erica's Corner



## Go Green!

Sometimes we take things for granted and we don't really understand the impact of our actions. For example, many people put their trash out every week, but they don't realize what becomes of it. Some trash will likely end up in a land fill, which can present serious health hazards if chemicals leak into the soil or drinking water.

Many people (*including myself*) have become more aware of what contributes to pollution and what we as consumers can do to protect our environment. Recycling may seem like an insignificant activity, but the truth is that it greatly reduces pollution. Take for example the benefits of disposing unwanted electronics in an environmentally safe way. Electronic waste (*including old cell phones, handhelds, and computers*) is the fastest growing type of waste in our state. With a little extra effort, electronics can be recycled or disposed of properly, keeping landfills free of lead, mercury, and other toxic chemicals that can escape from these products.

The concept of "saving the planet" is probably overwhelming to you, but you can make a huge difference one step at a time. You can start by organizing a recycling campaign in your school or neighborhood. Most people have old ipod's, cell phones, and handheld games that they eventually want to get rid of. Designate a "drop off" day where students can drop off unwanted electronics. Working items can be donated to others, and non-working electronics can be disposed of properly.

Here's how to get started:

- Ask your headmaster or school principal about starting an electronic recycling campaign in your school
- Post information about your city's recycling day—just search for programs by ZIP code, or by the item you want to recycle
- Research websites such as: [mygreenelectronics.org](http://mygreenelectronics.org), and stores such as Office Max that offer in-store electronic drop-off days, and tell others

Remember: Reduce, Reuse, Recycle! ♡

# Tynaya's Health Tips



Have you noticed that your classes at school seem smaller? That's probably because so many of your classmates are out sick with the cold or flu. Germs are everywhere even though you can't see them. College dorms and classrooms can be a breeding ground for bacteria. So, what can you do to lower your risk for avoiding the common cold and flu? Here are my tips for staying healthy so you can enjoy the holiday season.

- **WASH YOUR HANDS OFTEN!** This is the #1 way to avoid getting sick.
- **Get 9 hours of sleep every night**—If you're not well rested, your body is less likely to be able to fight off infection.
- **Don't share cups, water bottles, Chapstick® or other items that might carry germs.**
- **Use a clean tissue when you sneeze or cough, then throw it away and wash your hands!**
- **Don't hang out with friends who are sick**—make plans when they are healthy!
- **Eat nutritious foods**—healthy foods, including lots of fruits and veggies (*5-7 servings each day*) will boost your own body's immune system and help to fight off illness.
- **Take a multivitamin.**
- **Don't smoke.**
- **Get the flu shot!** Talk to your health care provider about getting vaccinated.

Colds usually last a couple of days and eventually get better. If your symptoms get worse, last longer than a few days, if you have a fever of over 101 degrees, chills, headache, earache, neck pain and/or vomiting, you should call your health care provider! For more information on how to stay healthy, check out our health guides at: [www.youngwomenshealth.org](http://www.youngwomenshealth.org). ♡

## Did You Know?

More than 600,000 people visit our website each month (*that's about 7,000,000 unique visitors per year!*) • We have over 250 health guides in English and Spanish • Our readers come from 209 countries around the world • Our youth advisors help train pediatric residents • We recorded our first health podcast for the government this year • We've developed curricula on teen safety, nutrition, & fitness • We launched a brother site in 2008: check it out at [youngmenshealthsite.org](http://youngmenshealthsite.org) • We've published 2 editions of our cookbook "Quick and Easy Recipes for Teens" ♡

## 10th Anniversary Word Search

PEERS  
ANNIVERSARY  
HEALTH  
FITNESS  
CENTER  
RELIABLE  
RESOURCES  
INTERNET  
FUN  
MEDIA

T	Z	R	O	S	E	C	R	U	O	S	E	R	O	I
X	V	L	D	W	V	K	H	X	P	X	B	G	E	B
W	H	T	A	C	R	T	E	N	R	E	T	N	I	W
Z	T	O	N	H	A	X	A	X	L	K	N	F	Q	A
I	V	Q	N	K	M	S	L	L	C	J	P	U	T	R
G	T	F	I	X	E	K	T	T	Q	H	G	E	Z	D
X	P	I	V	R	D	M	H	S	F	U	H	H	X	D
O	H	S	E	X	I	N	S	U	W	G	Y	S	N	D
A	O	C	R	U	A	Z	I	D	K	G	F	S	K	V
B	O	D	S	B	X	Q	H	M	K	A	P	R	F	V
Q	U	H	A	I	R	E	T	N	E	C	S	F	J	S
U	Y	R	R	L	A	O	N	K	I	F	V	U	G	O
R	L	P	Y	I	B	S	R	E	E	P	D	N	O	Z
K	N	Y	O	G	X	Z	X	F	I	T	N	E	S	S
H	O	R	E	L	I	A	B	L	E	F	F	V	S	S



# Conversations

With former CYWH Youth Advisors • by Dennisse Rorie



Chaseedaw Gilies (*aka Taphath*) was among our third generation of youth advisors at the CYWH. She started her college career at George Washington

University, and then transferred to Boston College, where she received her bachelor's degree in Communications. She is currently working at a publishing company as well as being a part-time actress.



Chantelle Ransome was also one of our third generation youth advisors. She graduated cum laude from the University of Massachusetts

Amherst, where she received her bachelors degree in Psychology. She is currently enrolled in the MSA (*Master of Science in Accounting*) and MBA (*Master of Business and Administration*) program at Northeastern University.



Jennifer Ward was one of the CYWH's 5 original peer leaders hired in 1999! She graduated from Curry College with a degree in Sociology, a concentration in

Service and Community, and minors in Psychology and Women's Studies. Jennifer also recieved her Master's of Social Work degree from Boston College in 1997. She is currently on staff at Pine Manor College as the Assistant Coordinator of Career Services, and the Assistant Director of Youth Outreach and Leadership Programs.

## Has your experience as a peer leader influenced your academic path or career choice? If yes, why?

**T:** Yes. I work at a publishing company as the sales manager for the west coast. I do a lot of editing, and I got my first editing experience by working on Teen Talk, the Centers' newsletter. I am a part-time actress, and I remember always having to do skits for the center, so I'm not shy!

**C:** My experience as a peer leader did initially influence by academic path by encouraging me to major in psychology. Although I am currently studying accounting, I will always have a desire to work with youth. I hope that when I am through with my graduate studies, I will have some time to give back to the adolescents in my community.

**J:** I knew that I wanted to mentor young women, and that I wanted to get involved with community education and health outreach. I didn't realize how much working at the CYWH had an effect on my career choice until I was older and became a social worker.

## Did you learn any valuable skills while you were a youth advisor?

**T:** Being a youth advisor at the Center was my first job, and it gave me a foundation in professionalism that I can now take with me to any job. Phaedra taught us everything from the importance of timeliness, to how we present ourselves as young ladies. Even though we were the same age as many of the teens we presented to, they always thought we were older because of our demeanor. I also learned to take constructive criticism and apply it to future work for good results.

**C:** I learned a lot of great skills working at the CYWH. Phaedra is a world of knowledge, and she is a great person to learn from. I am pretty sure that I am not just speaking for myself when I say that Phaedra has taught me a lot about professionalism, how to facilitate presentations, and how to be an effective leader. I also learned a lot about adapting to different situations.

**J:** The most important things I learned were  
1) Know your audience. Understand who they are and how to capture their attention and keep them interested. Be able to relate and talk to various people, including professionals, teens, doctors, and community agencies/liasons. Put your best foot forward and take yourself seriously!

2) Presentation Skills. Be able to present yourself (*i.e. be punctual, dress to impress, be prepared, plan ahead, etc*).

## What are some things you would like the CYWH to accomplish?

**T:** I would like to see the Center continue as an establishment that a) helps young woman grow into confident and competent leaders in the workforce, and b) teaches teens how to educate their peers about health related issues.

**C:** The summer leadership program (*Peer Mentoring Program*) that we had was great—I would like to see that become something permanent.

**J:** The CYWH has already accomplished so much since I helped to pilot the program! The website looks great, the information is easy to access, and it's very youth-friendly!

## Do you continue to be committed to empowering young women with health information?

**T:** Yes, I consider myself to be everyone's big sister. Whenever I have an opportunity to help my younger sister or her friends on issues that they are dealing with (*boys, sex, self-image, body image*), I am more than willing to be there for them. I also volunteer at Horizon's for Homeless Children, and spent last summer as a camp counselor to teen girls.

**C:** The most recent activity I have participated in was being a camp counselor where I worked with girls from the inner city. I also always try to encourage my little cousins to broaden their horizons, and try to participate in organizations such as the CYWH, because it truly played a major role in creating the strong work ethic I have today.

**J:** Yes. I am currently the Assistant Director of Youth Outreach and Leadership Programs within the Center for Inclusive Leadership and Social Responsibility at a private college. Some of my workshops topics include how to increase self-confidence, conflict resolution management, and teaching young women to speak up for themselves.

# Meet our new Peers!



My name is Tynaya, and I'm a highly motivated high school junior at Fenway high school, originally from South Carolina. In the future, I hope to attend Spelman University and become a neonatal intensive care nurse. Ever since I was young, I knew I wanted to be a positive role model for girls my age. This is the main reason why I knew I had to become a peer leader at the Center for Young Women's Health. I get good grades in school and I love to dance and step! With me, there's never a dull moment because I'm full of energy and very funny!



Hello everyone! I'm Hieu, and I am a full time student at Boston Latin School, also working as a male Peer Leader here at Children's Hospital. I've spent a lot of time in my community helping out. For example, I helped run an anti-bullying program at my school for incoming first year students. The positive feedback was phenomenal! One of the students even wrote an article about it, and it was published in the school paper! I love helping others and I have decided that there is no better way to be involved than working here with other teens. Feel free to contact me anytime to find out about health resources.



My name is Erica, and I am a hard working high school senior at Boston Latin Academy with high hopes of going to college. Currently, I am a youth advisor at the Center for Young Women's Health at Children's Hospital Boston. I enjoy helping others, and this is the perfect place to do that. At the Center I help teens find reliable information about health issues. I also attend health fairs and will learn to give presentations on a variety of health topics such as nutrition, fitness, safety and self-esteem.



ask ★  
Nisi

is it true that you can get Mono from kissing Someone?

Yes. "Mono", short for mono-nu-cle-osis is a virus that can be passed from one person to the next through kissing. Since the virus is actually passed through saliva from someone who has mono, you can also get "mono" from sharing water bottles, a toothbrush, cup, silverware, etc. The virus that is responsible for making you sick is called the Epstein-Barr Virus (EBV). If you get mono once, you probably won't get it again because your body will make antibodies.

Symptoms start out like the common cold or flu, for example, a sore throat, fever, body aches/sore muscles, headache, fatigue, and poor appetite. Other symptoms may include; skin rash, stomach pain, swollen glands in your neck, and in other areas where you have lymph nodes. The general rule is: if you have a temperature of 101 degrees or higher, or if your symptoms don't go away within a week, call your health care provider (HCP). Your HCP will likely do a simple blood test called a "mono spot" to figure out if you have it.

If you do have mono, the only thing you can do is rest, eat healthy foods and drink lots of fluids and let it pass. You may need to be out of school and/or work for a while to give your body time to rest and get better. Your HCP may also tell you not to participate in contact sports for about 4 weeks. The best advice I can give you is to avoid getting "mono" is keep your body healthy so you can fight off germs and don't share drinks, food utensils, and other items that could carry germs.

CUT HERE

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Center for Young Women's Health



Children's Hospital Boston

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Street Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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