

Teen Talk



Fall 2012 | Center for Young Women's Health

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

Becoming Fit — By Kata

It's hard to think and plan for the future; I know all too well that I can hardly plan for tomorrow! However, when it comes to your physical health, the sooner you start exercising (and eating healthy), the better you'll feel now, and the healthier you'll be when you're an adult.

The CDC (Centers for Disease Control and Prevention), an organization dedicated to the health and safety of people living in the U.S., recommends that children and teens (6–17 yr. olds) should get a minimum of 60 minutes of exercise 7 days a week.

Think of ways you can add exercise into your daily routine. Take the stairs instead of the elevator, walk to the store whenever possible, find a fun activity to do with your friends after school, or have a friend teach you a new sport or another activity that you'd like to try. Many people have trouble getting motivated.

Here are some tips to help get you moving:

- Block off time in your calendar a couple days a week to exercise. This visual aid will help you with time management. Check off the days you actually exercise. This can give you a sense of accomplishment.
- Work your way up. Start with exercising one day a week then slowly increase the number of days you plan to exercise.
- Tell a friend about your exercise plan. It might sound strange, but the fact that someone knows that you intend on working out helps you stick to your schedule.
- Challenge yourself. See how many push-ups, sit-ups, lunges, and squats you can do in a minute and/or how long it takes you to run a mile. Write this down and promise yourself that each week you will improve.

Aside from increasing strength and endurance, exercise lowers your risk for heart disease, and physical activity releases hormones (endorphins) in your brain that relieve pain. Getting in shape now will make it easier to stay in shape later.



New Health Guides:

Girls' guides: Small Cuts and Scrapes/Cortes pequeños y rasguños, Poison Ivy, How to Prepare for a Job Interview, Strains and Sprains/Tensiones y torceduras, La cafeína, Le syndrome des ovaires polykystiques (SOPK)

Guys' guides: Ringworm, Dehydration, Conjunctivitis, Testicular Torsion, HPV, HPV Vaccine: Info for Teens, HPV Vaccine: Info for Parents, Bad Breath, Eczema, A Guys' Guide to Puberty in Girls



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

In this Issue:

- ★ Becoming Fit
- ★ New Health Guides
- ★ Abusive Relationships
- ★ Recipe: Smothered Greens

Abusive Relationships

— By Erica



When people think about abuse in relationships, they often assume the abuse is *physical*. Although physical abuse is a form of abuse, it's not the only type. There are other kinds of abuse as well: *emotional/verbal*, *financial*, and *sexual* abuse. *Emotional* abuse is when someone constantly tells you negative things to try and bring you down; *verbal* abuse is when someone calls you mean names, humiliates you and threatens you. *Financial* abuse is when a person is denied access to money whether or not it's theirs, when someone monitors and puts restrictions on what a person can or can't buy, or when they're not allowed to work, etc. *Physical* abuse is when someone is physically hurt: beaten, choked, shoved, etc. *Sexual* abuse is when someone is forced to perform sexual behaviors against their will. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.

In an emotionally/verbally abusive relationship, people may insult or humiliate each other and not view it as abuse because they can't see the damage right away. Nevertheless, it is abuse and unhealthy; you just can't see the harm the way you can with physical abuse. If someone you love and care about says negative things to you, you may start believing them yourself, which can ultimately affect your self-esteem. It may make you feel inferior not only in the relationship, but in general, which can interfere with accomplishing your goals. You may start to blame yourself for all of the emotional abuse and you may even become depressed because you start believing all the negative things your partner says. It's also possible that you start believing that you're incapable of finding a better partner, so you stay in the relationship, which causes you more harm.

If you're in any kind of abusive relationship, you should:

- Reach out to your parent/guardian or a trusted adult
- Talk to your health care provider
- Call a hotline or organization (i.e. Safe Horizon at 1-800-621-4673, National Dating Abuse Helpline: 1-866-331-9474, The Youth Crisis Hotline: 1-800-HIT-HOME (448-4663), The National Sexual Assault Hotline: 1-800-656-HOPE (4673), or The National Domestic Violence Hotline: 1-800-799-SAFE (7233))

Most couples in healthy relationships have arguments once in a while, and in the heat of the moment they may say things they wish they didn't. However, it shouldn't happen with each argument. If it does, get help!

Smothered Greens

— from our cookbook "Quick & Easy Recipes for Teens"

Ingredients:

- 3 cups water
- 1/4 pound skinless smoked turkey breast
- 1 tablespoon hot pepper, chopped
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cloves, ground
- 2 gloves garlic, crushed
- 1/2 teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ground ginger
- 1/4 cup chopped onion
- 2 pounds mustard greens

Preparation:

- Place all ingredients except mustard greens into a large saucepan and bring to a boil
 - Prepare mustard greens by rinsing thoroughly with cold water and removing stems
 - Tear or slice leaves into bite-size pieces
 - Add mustard greens to saucepan
 - Cook 20-30 minutes until tender
- Tip:* If you don't have mustard greens on hand, try turnip greens, collard greens, or kale.
- Trade-Off:* If you don't like spicy foods, use a bell pepper instead of a hot one.

— Makes 5 servings

Newsletter Coordination & Layout: Amanda Kohn, BFA
Editors: Phaedra Thomas, RN, BSN, S. Jean Emans, MD
Written by: The Youth Advisors

Center for Young Women's Health | Boston Children's Hospital
333 Longwood Ave., 5th Fl. | Boston, MA 02115 | 617.355.2994

Special thanks to The Children's Hospital League for their generous support of the Center for Young Women's Health and the Youth Advisory Program.