

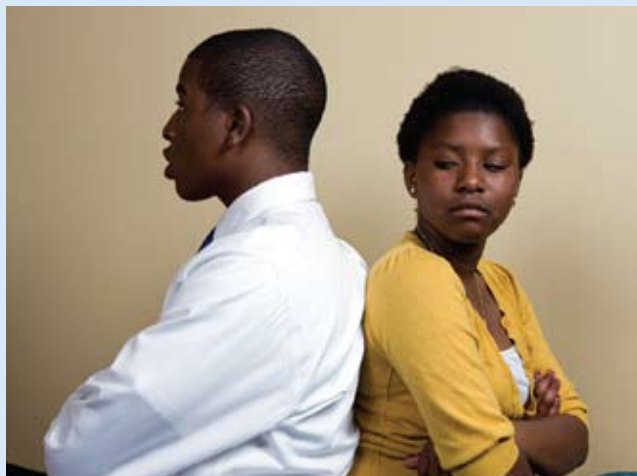
# Teen Talk



Summer 2012 | Center for Young Women's Health

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

## How to Deal with a Breakup — By Erica



Relationships between couples are complex because they involve two people, and two sets of feelings, interests, beliefs, family values, and ideals. Couples don't always share the same interests or the same ideals, even if they do share the same feelings. As relationships progress, differences may begin to surface and things can become complicated, especially if you don't share much common ground. In a relationship, sometimes love itself isn't enough.

There comes a time when you realize that you can no longer be in a relationship. Deciding to break up

may feel like the hardest decision you'll ever have to make. People break up for different reasons; feelings change, people cheat, and others realize that although they love each other, they can't compromise. People deal with breakups in different ways, and there's no best way to do it.

It's important to really understand why the relationship is over and decide if that's what you really want. You have to look out for yourself even if the other person wants to stay in the relationship. You have to remain strong and do what's best for you. This is especially hard if you still have feelings for the person. There will be times when you want to run back to your ex, but you shouldn't, because then you'll just get right back into a situation where you're not happy, but can't move on either. You can try to be friends. This works for some couples but may not work for others. I personally think that if it's possible, it's better in the long run to stop all contact with your ex. No talking, texting, or emailing.

Breaking up is a long process. It starts before the break up and goes on after you decide not be involved anymore. Believe it or not, people don't just wake up one day wanting to break up; problems build up over time and usually one or both people in the relationship feel like they've reached their limit. Part of the process is to figure out how to deal with the breakup and learn how to let go and move on. This takes time. In the meantime, do things you enjoy; hang out with good friends, and talk about or write your feelings down in a journal. It takes time, but it will get better.

## Help Your Community

— By Christina



1. Make your community more attractive – organize a trash pickup day or plant flowers
2. Write to your local council rep with a suggestion to improve your neighborhood
3. Volunteer at a homeless shelter or soup kitchen
4. Donate food, old clothes, toys, or books
5. Volunteer to help coach a youth sports team
6. Read to the elderly
7. Become a tutor
8. Vote and encourage others, too
9. Send cards to soldiers from your community
10. Organize a fundraiser for a charity of your choice



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

## In this Issue:

- ★ How to Deal with a Breakup
- ★ Help Your Community
- ★ Quiz Your Brain: Sun Safety
- ★ Unlocking the Secret Code to Success

# Quiz Your Brain: Sun Safety

— By Kayla

After a long winter it can be very exciting to finally feel the temperatures rise and see the sun. However, as nice as the sun may feel on your body, and even though it helps to provide Vitamin D, it can also be harmful. Too much exposure to the sun can cause severe sunburn and skin cancer. Without proper sunscreen, exposure to UV light can damage your skin. How much do you really know about sun safety? Take this short quiz by filling in the blanks with the words from the word bank. The answers are upside down below.



## Word Bank

two  
tanning beds/booths  
light  
fair  
cancer  
sunscreen  
red  
sun exposure  
third

## Fill In the Blanks

1. I should use a \_\_\_\_\_ with an SPF of 30 or more even on cloudy days.
2. I should reapply sunscreen every \_\_\_\_\_ hours.
3. I should limit \_\_\_\_\_ between 10am–4pm.
4. \_\_\_\_\_ can damage my skin just as much as the sun's rays.
5. \_\_\_\_\_ degree sunburn is the most severe.
6. People with \_\_\_\_\_ skin, \_\_\_\_\_ colored eyes and blonde or \_\_\_\_\_ hair are at a higher risk of getting skin \_\_\_\_\_.

Answers: 1: Sunscreen, 2: Two, 3: Sun exposure, 4: Tanning beds/booths, 5: Third, 6: Fair, Light, Red, Cancer

# Unlocking the Secret Code to Success

— By Alexa



My fellow peers, we've made it! Graduations never really felt like a big thing until this moment. We've completed high school and now we are about to take the next big step. It's the beginning of responsibility, freedom, choices, and bliss. As a graduating class this day makes us individuals – important people that will play a part in writing tomorrow's history. Although tomorrow may seem like just another day, it really isn't. In fact, tomorrow when we wake up and start our daily morning routine, we won't see the same familiar faces or sit in the same classrooms that we've shared for the past four years. We will each be going our own way, writing our own futures.

As each of us goes our own way, I leave you with three simple words: Timing, Happiness, Determination. These words alone mean so many different things, but together I believe they're the secret code to success.

- **Timing is everything.** Plan accordingly. Don't rush into things and live each day with positivity.
- **Happiness.** Surround yourself with things that interest you. Meet new people and stay in touch with old friends. Laugh, learn, love; these are some of the things that bring us happiness.
- **Determination.** Have a passion for your life. Work hard, and play hard. Take all of life's challenges and turn them into your success stories.

Tomorrow, when today is a memory, remember your own personal code to success and realize that there are no boundaries. You have the power within you to make your dreams a reality.

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.*