

# TEEN TALK



Summer 2017 | CYWH/YMH

A QUARTERLY NEWSLETTER FROM THE BOSTON CHILDREN'S HOSPITAL LEAGUE'S RESOURCE CENTER

## The "Glocal" Challenge – By Lamisa



Every year at Cambridge Rindge and Latin High School, the City of Cambridge along with Education First partners up to present a problem to CRLS students, the Glocal Challenge. The students are put into teams of four to come up with ideas with the purpose of transforming Cambridge into a more innovative city.

This year, the question was "How can we reduce food waste dramatically by 2018?"

My team's idea was to implement an anaerobic digester into the grounds behind our school! Once students threw their leftover food away, those food scraps would be put into an anaerobic digester. Bacteria inside the machine would eat away at the scraps, creating biogas that would be later used to heat up stoves to create the next meal, cycling through the process again.

On the day of the finals, many city officials, school committee members, and Education First executives and local business people showed up to ask students questions about their projects. Based on public popular vote and

the top teams selected by judges, three teams were chosen to attend the annual Global Leadership Summit, which this year is a 10 day trip held in Italy. Drum roll please...My team was one of the winners!

All of the winners will be attending the conference this summer and I am very excited to tour Italy. Upon coming back, we have a paid summer internship with the City of Cambridge as well as \$2500 in seed money to get our project implemented and off the ground- or should I say, into the ground?

## New Health Guides:

- Overweight and Obesity
- Cystic Fibrosis
- Showering
- Vulvar and Vaginal Care and Cleaning
- Problematic Interactive Media Use (PIMU)
- Sexual Health and Solid Organ Transplant (SOT) Recipients
- Sexual Consent
- Alopecia Areata
- Dental Dams

# 100 Deadliest Days – By Oliver

Memorial Day kicked off the beginning of summer; however, with it came what the AAA (American Automobile Association) calls the 100 deadliest days for teen drivers. The days between Memorial Day and Labor Day are some of the most dangerous times to be on the road. According to a study by AAA, over 5,000 people died in crashes involving teen drivers in the years between 2010 and 2014 during these 100 days. This is thought to be the result of numerous factors. More people are on the road, and for longer as the days are longer. Gas prices are usually lower. Teens are out of school and have time to drive around both before and after school hours. More than anything, however, this is a result of driving under the influence of alcohol and distracted driving. The summer months account for more underage drinking than any other time of year. Approximately six thousand more teenagers experiment with substances during the summer than during the rest of the year. It is no surprise that the instance of teen substance abuse and teen car accidents coincide.



- About 31% of accidents in the US are alcohol-related
- 40% of alcohol-related fatal car crashes involve teens
- 1 in 5 of all teen deaths in car accidents are alcohol-related.

Another large factor in automobile related deaths is distraction. When the weather is nicer and more activities are recreational rather than academic, more teens drive while distracted. Distracted driving includes texting; however, it also includes eating and drinking, talking to passengers, grooming, reading, using a navigation system, watching a video, or adjusting a radio, CD player, or the music on your phone. Summertime brings a much needed break for most teens; however, if you plan on being on the road this summer either driving or as a passenger, take the proper precautions and avoid distraction in order to stay safe.

Safe driving resources:

<http://www.aaa.com>

<http://www.learn-about-alcoholism.com/statistics-teenage-drunk-driving.html>

[https://www.cdc.gov/motorvehiclesafety/teen\\_drivers/teendrivers\\_factsheet.html](https://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html)

<https://www.nhtsa.gov/risky-driving/drunk-driving#5056>

<https://www.cdc.gov/vitalsigns/teendrinkinganddriving/index.html>

<https://www.distraction.gov/stats-research-laws/facts-and-statistics.html>

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## Saving Our Planet One Bottle at a Time – By Ayatt

Recycling (turning trash into reusable materials) is a superpower that is frequently underestimated. I personally was one to undervalue the impact recycling can make on the Earth, until I began to research the topic. One organization that is making great strides is Recycle Across America. RAA is a nonprofit dedicated to creating standardized labels for recycling bins to make it easier for people to recycle correctly. They issued the following statement, "Without exception, recycling is the top action society can do to simultaneously improve: the environment, the economy, sustainable manufacturing and to prevent waste from going into oceans." They also promote the specific benefits of recycling, such as how it has the potential to create 1.5 million jobs.

I believe that recycling is something we all need to get used to doing until it becomes a habit. Recycling is super easy especially now that recycling bins are almost always available in public areas. There are many items you can recycle such as:

- Aluminum Cans
- Paper and Cardboard
- Glass and Plastic bottles
- Hangers
- Batteries
- Even your old cell phone can be recycled!

Next time you're out, look for recycling bins to dispose of your trash. Don't you want to have an immediate influence on saving your planet?



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