



Teen Talk

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

Winter 2006

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Memorable moments at the CYWH in 2005. Clockwise from top left: Asharee and Chantelle; Shiva, Tamar & Rana working on a crossword; Karen, Maria, & Maria; a nutrition workshop at Mattapan Service Center; a Gab & Go outing in the Rose Garden; Tamar & Jasmine mentored by Patricia Hoover.



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10 Ways to Make Your Holiday Memorable

By Pauline

The days are shorter, and colder! Some days it even feels like it's going to snow. That means it's almost time for winter break—a time to kick back and enjoy the holidays with family and friends. Doing things together can make holidays memorable. So before your holidays slip by, let the CYWH peer leaders show you 10 ways to make the holidays worth remembering.

1 - Surprise Party

Have fun throwing a party for visiting relatives! Everybody loves a great party and you know what's even better? Planning a party! First, pick a theme like "Holidays in the Tropics". Make invitations from tropical printed wrapping paper. Encourage your guests to come in shorts and Hawaiian shirts. Serve delicious tropical treats—it's party time!

2 - Winter's Cool

New England winters can be bone chilling but that shouldn't stop you from having fun outside. There are always fun outdoor activities you can do with

friends and family like skating, sledding and ice hockey. If it's snowing, you can make snowmen and snow angels, or have a friendly snowball fight!

3 - Bake Together

Get your family together to bake holiday cookies. Sugar cookies are easy to make, and for those of you looking for a challenge, build and decorate a gingerbread house! Helping with holiday meals can be fun and it makes life easier for the cook. Lasting memories are waiting for you in the kitchen!

4 - Lights, Camera, Action

Have you ever wished you could see your relatives more often? Make a holiday video of family and friends so you can keep them close all year long. It doesn't have to be a huge production. Tape random activities you do with your family, or interview family and friends about their New Year's resolutions. No doubt you'll have lots of laughs watching homemade videos each year. Don't forget the popcorn!



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As an alternative to typical gift-giving this season, you can donate to a group of your choice, in honor of a loved one. We at the Center for Young Women's Health would be grateful for your support! You can send a donation to: Center for Young Women's Health, 333 Longwood Ave, 5th Floor, Boston, MA 02115. Our web site is www.youngwomenshealth.org

How to Get More out of 2006

By Caitlin

"RESOLUTIONS!" — the one word synonymous with the New Year. As 2006 quickly approaches, don't let yourself get stuck in a resolution rut. It's great to plan ways you might want to improve yourself in the next year, but the key to achieving those goals is to keep them realistic. Setting unrealistic goals can be very discouraging. As psychologist Harriet Braiker once said, "Striving for excellence motivates you; striving for perfection is demoralizing."

One thing that always bothers me as the holidays approach is diet advertising. Don't be sucked into the New Year's weight loss resolution craze. If you are really looking to lose weight for all the right reasons, it doesn't matter whether it's January or July, you can do it. Sure, you might get a free T-shirt if you sign up for a gym in January, but should you sign up for a gym just for the free T-shirt? Consider your options then plan out your goals. Remember, you don't have to figure everything out by January 1st.

Not all resolutions have to be about weight loss or self-improvement. For example you could resolve to be kinder to your siblings and

parents, help out more in your community, or even go to bed a little earlier! All of these positive changes will improve your year! You could also take an active role in school, run for student government or coordinate a benefit for a charity.

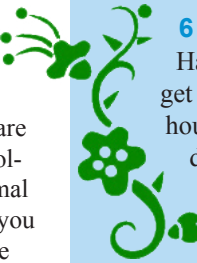
If you've always wanted to volunteer, the New Year is a great time to start. If you are at least 16 years old, you might be able to volunteer at a hospital, homeless shelter or animal shelter. If you score high in some subjects, you could tutor children in your community. The possibilities are endless! If you do decide to volunteer, it's a good idea to sign up for just a few hours a week in the beginning. If you like what you are doing, and you find that you have extra time, you can always increase your volunteer hours later.

So before you commit yourself to a New Year's resolution, think about it. Make sure that it's something that you want to do. It's better to set realistic goals so you won't get discouraged or feel overwhelmed. Most importantly have a safe 2006, and a great year for realistic self-improvement. ♥

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5 - Play a Board Game

Playing board games with family and friends can be a lot of fun. When you play trivia games you can learn more about your parents, relatives and friends. Healthy competition is always good! If you're looking for a strategic game, try testing your skills with Jenga, a tower-building game with 54 rectangular blocks. Beat your parents or your big brother by building the tallest tower without knocking it down!



6 - Decorate Your House

Have a decorating night where you get your entire family to decorate the house with homemade or store-bought decorations. You can make and hang paper snowflakes, ornaments and paper chain garlands. Take pictures—they will be scrapbook favorites!

The whole family will be able to enjoy the beautiful decorations all season long. Don't forget to play your favorite holiday CD while you are decorating together.

7 - Dress Up

Halloween isn't the only time you can dress up in silly costumes. You can dress up anytime! Winter school vacation allows for the whole family to be home at the same time. Take advantage of this and be creative together. Pick your favorite costume and take pictures with the whole family, wearing their costumes at a special place. You will definitely remember that day when you see those fun pictures.

8 - Make Gifts

Even if you don't celebrate Christmas or Hanukkah, you will most likely trade gifts with family and friends. Make your own gifts to trade. Gift giving will be more meaningful and you don't have to spend a lot of money. You can bake holiday cookies and brownies for your friends and family and then put them in a gift box that you decorated yourself.

9 - Shop 'Til You Drop

After the holidays, many department stores have huge sales. So you might be able to afford the cute clothes you had your eye on before the holidays. Bring a family member or a friend along because you'll have to fight for those bargains!

10 - Retreat from the Frenzy

Have fun planning a retreat for family and friends. A retreat can be anything from a road trip to a sleepover. Get to know everyone better by playing the "Getting to know you" game. Make up sentences and have your guests fill in the blanks. E.g. "What is your favorite movie and why?" or "What was your most embarrassing moment?" ♥

Get Crafty: Make a Snow Globe! — by Asharee

Roll up our sleeves, and get ready to create your very own personalized snow globe! These are fun and easy to make, and are good decorations and gifts for the holidays.

What you will need:

- One glass jar with a tight fitting lid (baby food, jam, or pickle jars work great)
- Silver or white glitter, or fake snow crystals
- Silicon sealant (aquarium sealant works great, get some at a pet supply store)
- Small plastic toys or figurines
- Scissors

What to do:

- 1) The first step is to pick a theme for your snow globe, then gather small toys or figurines that will make your scene complete. If needed, trim them with scissors, so they'll fit in the jar.
- 2) Next, use the silicon sealant to glue the figures to the inside of the jar lid and set it aside to dry. Make sure the sealant is completely dry before the next step.
- 3) Fill the jar with water and then pour in a little glitter or fake snow crystals, for a snowy effect. Add a little at a time, until you have the amount you like.
- 4) Finally, take the lid with the figures attached and screw it onto the jar tightly. Add a line of sealant around the lid edge, to make it watertight.

Voila! Turn the jar upside down and you have made a fabulous, homemade snow globe. Make sure to show it off to your friends and family! ♥

