



Teen Talk

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YoungWomensHealth.org

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Youth Advisors Dennisse (second from left) and Paoli (far right) visit with a group of girls from the McCormack Middle School's After School program.

CYWH Youth Advisors in the Community

By Dennisse

We recently had the opportunity to meet a group of young women from the McCormack Middle School (Citizen's After School program) in Dorchester. This enthusiastic group of girls participated in one of our favorite presentations, Healthy Relationships. We talked about the important elements for a healthy relationship and played interactive games. The group made Paoli and I feel extremely welcome. Thank you to the group coordinators from Citizen Schools/City Year for inviting us to work with such a fabulous group of girls. Keep up the good work girls. We hope to see you again soon. ♥

STOP CYBERBULLYING

By Paoli

Have you ever been put down, made fun of, threatened, or verbally attacked online?



If you answered "yes", you have been cyberbullied. Cyberbullying is usually between kids, preteens and teenagers; it can potentially ruin friendships and cause a lot of damage to a person's self-esteem. Cyberbullying can appear in many ways but usually it happens in the form of a threat or statement that is meant to make someone feel bad. The victim can be cyberbullied by a friend or someone they don't know very well. You may or may not be able to figure out who the cyberbully is because their identity is often hidden behind digital or computer technology. Research shows that when someone is cyberbullied, the victim often bullies back. The results are never positive. Although you may feel like it's unfair that this is happening to you, do not bully back!

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ask 
Nisi

I read in a magazine that 1 in 4 girls has an STD, is this true?

Yes, this is true. A research study done by the Center for Disease Control found that 26% of teen girls between 14-19 years old in the United States has at least one sexually transmitted disease. The number was even higher for African-American girls. Almost half (48%) of black female teens in the study were found to have an STD.

The most common STD detected was HPV (Human Papillomavirus) which can cause cervical cancer and genital warts. Other common STD's found while screening girls in this study included chlamydia, herpes, and trichomoniasis.

Given the outcome of this study, STD screening, HPV vaccination, and early treatment are a high public health priority. Of course the safest way to protect yourself is to practice abstinence. Not having sexual contact is the only 100% sure way to protect yourself against pregnancy and from getting an STD.

So what else can you do to avoid being another STD statistic?

- ① Use condoms 100% of the time (if you are sexually active)
- ② Get the HPV vaccine
- ③ If you've had unprotected sex, GET TESTED!

Free condoms are available at most neighborhood clinics.

Learn more about the HPV vaccine and STD prevention at:
www.youngwomenshealth.org ♥

Paoli's Corner



Go Green!

Preserving the planet is a big responsibility! Many products for sale in stores may not be safe for the environment and may even contain chemicals that are unhealthy for consumers. However, you may have the option to buy certain brands of products that are environmentally friendly or have less of an impact on the environment. For example, there are environmentally friendly feminine hygiene products that girls can use during their period; these are called "alternative menstrual products."

For those of you who worry about the chemicals and synthetic materials used to make regular pads and tampons; you should know that there are other types of menstrual protection that you can buy. I've included information about some of these environmentally friendly menstrual products so you can learn more. Please keep in mind that some of these products may take time to adjust to. You might decide that you are happier using alternative products once you have tried them or you might want to stick with regular tampons and pads. There is no right or wrong choice! The best menstrual product for you is the product that you are most comfortable using.

- ✿ Reusable, washable cloth pads: Work like regular disposable pads but you rinse or wash them and use them again.
- ✿ Sea Sponges: Designed specifically for use during your period are a natural product and tampon alternative.
- ✿ Menstrual cups: Are made from either natural gum rubber from trees or silicone and are simply rinsed and reused.
- ✿ Non-chlorine bleached all-cotton pads and tampons: Are not reusable but are made with fewer chemicals and are less irritating to your body.

You can find most of these products at large supermarkets, department stores or health food stores. Be sure to buy products that are specially made for use during menstruation and visit our website for more information about alternative menstrual products at: www.youngwomenshealth.org/alternative_menstrual.html ♥

Have Fun in the Sun, but Wear Sunscreen!

By Dennisse

Recently a female student at Newton High school started a pledge system at her school to discourage students from going to tanning salons before the prom. The young woman who organized this pledge system is very passionate about raising awareness about the dangers of tanning. Skin cancer is a serious disease and is becoming more concerning, especially for teen girls who tan indoors. The Center for Young Women's Health congratulates this young woman who is raising awareness about ways to lower your risk for acquiring skin cancer and why it is so important to protect your skin during your teen years.

Here are some quick tips to prevent skin cancer:

- ★ Cover up and avoid sun burns. Wear a hat, bandana or scarf to protect your face, neck, and scalp from the sun, and sun glasses to protect your eyes. Wear long sleeve shirts or long pants if you are going to be in direct sunlight for a long period of time. This sounds difficult in the hot weather but when your skin is exposed those are the times you are most at risk. The more sunburns you get as a teen, the higher your risk of getting skin cancer as an adult.
- ★ Use Sunscreen and find shade. No matter what color your skin, sunscreen is necessary. Look for sunscreens with an SPF (Sun Protection Factor) of 15 or higher. From 10am to 4pm



are the times when the sun's UV rays are the strongest, so try to find a shady spot.

- ★ Don't believe the cloudy day myth. You can definitely get a sunburn on a cloudy day from UV radiation. Harmful rays can reflect off of water, sand, or the snow and can cause sunburn.
- ★ Check your skin regularly. Make sure to check your skin at least once a month for any new marks or red spots, and keep track of the size and shapes of any moles you have. See your health care provider for regular check-ups and make an appointment with a dermatologist (skin specialist) if you notice any changes with your skin.
- ★ There is no such thing as a healthy tan. Tanning indoors or out increases your risk for developing skin cancer and premature aging. Avoid baking in the sun or frying in a tanning bed. ♥



The 2nd edition of the "Quick and Easy Recipes for Teens" cookbook is finally here!



You can find the order form online at: youngwomenshealth.org/cookbook.html

CYBERBULLYING ...continued from Page 1

Here are some examples of cyberbullying:

- ✿ Emailing a computer virus to someone
- ✿ Emailing X-rated or pornographic pictures to another person via a computer or other handheld devices
- ✿ Verbally abusing another person during an online game
- ✿ Stealing another person's password and pretending to be that person in a chat room.
- ✿ Building fake online profiles on social networking sites such as: MySpace® and Facebook®

If you have ever felt bullied, know someone who is being bullied, or are a bully yourself and want to put an end to this problem you should talk with a trusted adult, contact your internet service provider, and in some cases your local police. Remember to stop, block, and tell!

Resources:

- youngwomenshealth.org/cyberbullying.html
- wiresafety.org/forms/stalking.html
- ncpc.org/cyberbullying
- stopcyberbullying.org ♥

Outside Fun Word Search



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

BASEBALL	DOUBLEDUTCH	POOL	SPORTS
BASKETBALL	HIKING	RAFTING	SURFING
BIKE	HOPSTOCH	RUN	SWIM
CAMPING	JETSKING	SKATE	TENNIS
CANOEING	JUMP	SKATEBOARDING	VOLLEYBALL
CATCH	KAYAKING	SKIP	WALK
COOKOUT	PLAYGROUND	SOCCER	WATER