

# TEEN TALK



Summer 2019 | CYWH/YMH

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

## Making the Most of your Summer

by JD



As the school year winds down, one thing is on everybody's mind: SUMMER. While summer is a time for relaxation, it's also a great opportunity to do something valuable for yourself. There's a perfect balance to strike here—let's explore some options.

This first idea is one of the most practical: to get a summer job. Besides the obvious benefits of a paycheck, other advantages to a summer job are learning how to be responsible with money and the importance of being punctual, meeting new people, and gaining insight into career paths you might wish to pursue one day. In addition to your typical summer job (in food service or retail), be on the lookout for opportunities to explore potential career interests through internships and shadowing people in positions you'd one day like to be in. Thinking about being a doctor or a lawyer? Check out hospital or law firm websites to see if they have opportunities for students. Opportunities abound!

Traveling is another incredible way to spend your summer. Exploring places both near or far opens up doors to new people, cultures, and passions you may have never even

thought of! By pushing yourself to explore places out of your comfort zone, you can learn a lot about yourself, what truly inspires you and more.

College. I know it is probably the absolute last thing you want to be thinking about with school having just ended. However, do not underestimate the benefits of getting a head start on this process by even just visiting a school or two nearby. Summer, with its less packed schedule, is the perfect time to do this. For rising seniors especially, it is crucial to go into the application process knowing what kind of schools you like, even if you don't have the means to travel to all of them.

I don't want to give off the impression that summer should be a 24/7 grind, because it absolutely should not. It is so important to rest, relax, and have fun. The summer is yours, make it something memorable. So now with these tips, get out of the house and get moving! Opportunity is out there, go and chase it!

*PS. Don't forget your sunscreen.*



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

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# How to Swap out Not-So-Healthy Summer Treats

by Judy

The summer is not complete without popsicles or ice cream melting down our arms and sipping on soda. While these treats are tasty, they are loaded with sugar and not very healthy if eaten every day. The good news is there are healthier options available that are both yummy and packed with nutrients. Here are some healthier alternatives to these summer favorites:

## ICE CREAM:

Switch out your ice cream for a smoothie bowl!

Blend ice with your favorite frozen fruits and top with granola, fresh whole fruit such as blueberries, or another topping of your choice. You can also sneak in some vegetables by blending them with plain yogurt.



## POPSICLES

Swap out your store-bought popsicles with homemade ones to control the amount of sugar added. You can blend up some fruit and vegetables or create your own yogurt concoction to freeze. Experiment with toppings such as pineapple chunks, granola, or bananas to create your own frozen treats.



## SODA:

Replace your favorite soda with healthier alternatives such as sparkling water with a splash of juice or fruit to get that fizzy fix with a light fruity sweetness. Homemade ice tea with lemon and honey is also another healthy option.



# Enjoying the Beach and Pool this Summer also means Staying Safe!

by Georgina

When the temperatures rise, you and your friends may find yourselves headed for a pool or beach to cool off. Here are some tips to stay safe so you can soak up the sun, swim and enjoy outdoor activities near water.

- Don't forget the sunscreen. Use a sunscreen with an SPF (sun protection factor) of at least 30 or more even on cloudy days. Choose a sunscreen that protects against both UVA and UVB rays. Apply to any part of your skin that might be exposed to the sun, including your scalp. Remember to reapply sunscreen every 2 hours, after swimming, sweating, and toweling off. Limit sun exposure between the hours of 10 am and 2 pm when the sun's UV rays are the strongest.
- Remember that not everyone knows how to swim! Pushing someone into the pool can be extremely dangerous, especially if there are no lifeguards around. Even to someone who can swim, an unexpected push into the water can lead to a serious injury.
- Always make sure to walk carefully and look out for slippery spots near a pool. Slipping and falling on the pool deck can cause serious injuries.
- Pay attention to pool and beach rules, and follow the lifeguard's instructions. This includes all warnings about marine life and other potential hazards. Remember that a lifeguard's job is to keep people safe!

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