



## I am a Teenager! 12-14 years

I should begin to take responsibility for my own wellness.

I am learning to make decisions about relationships, things I enjoy and my health.

I can trust my doctor to keep private things private, unless there is an emergency.

I sometimes want my parents' support but I am also learning to do things on my own.

### How Can I Stay Well?

1. Eat Well – Eat mostly fruits and veggies, some lean protein – like chicken and peanut butter, whole grains and 3 servings of calcium.
2. Skip the juice, Gatorade, Vitamin Water – they have lots of calories and ruin your teeth.
3. Exercise – try to get at least a half hour every day.
4. Get Enough Sleep – most teens need 8-10 hours of sleep at night.
5. Take Care of your Mental Health – ask for help when you need it for things like depression, family stress, alcohol or drug use.
6. Get Right Information about relationships and your body from your family and doctor. Check out the websites in this packet for good health information.



### How Do I Stay Safe?

1. Wear your bike helmet and protective equipment for sports.
2. Wear your seatbelt.
3. Be careful who you talk to or text or meet on the internet.
4. Don't ride in a car with anyone who has been drinking.

### Today I want to talk about: (check all that apply)

- Exercise/keeping in shape    Nutrition and eating right    Contraceptives or birth control  
 Sexual activity    Sexual abuse    My sexuality    Acne    Fear    Feelings of sadness  
 My period (girls)    Drinking or drugs    Smoking    Lack of confidence    STD's  
 Male/Female body changes    Schoolwork    Conflicts with parents    Other: \_\_\_\_\_

*We want you to be healthy and happy. We care about you!*

## What I need to know about being a teen:

Talk to us if you have questions or concerns about any of these things.

**Body Changes:** Acne, pubic hair and body odors as well as periods for girls. Take a shower every day. Try Benzoyl Peroxide wash twice daily for acne.

**Drugs:** You may have tried e-cigs, Juul, smoking, alcohol, drugs or prescription drugs. They might make you feel like your problems are better but very soon they become a big problem by themselves.

**Family:** A healthy family can be a foundation for healthy growth and development. Families can also have stress from physical abuse, fighting, divorce and death.

**Sexual Activity:** Can be holding hands, kissing, touching, or sexual intercourse. Approach these activities with good judgment. There are both physical (pregnancy - which can happen anytime after you get your period for the first time, sexually transmitted diseases like herpes and AIDS) and emotional risks with sexual activity.

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**Stress:** Some stress can be good but sometimes not. It can hurt your mood, sleeping and eating.

**School:** School should be challenging but not so much that it hurts your health. Bullying and stress from schoolwork can be common concerns. Make sure to balance your schoolwork and sports. Don't let sports interfere with education.

### Immunizations to stay healthy:

You will need:

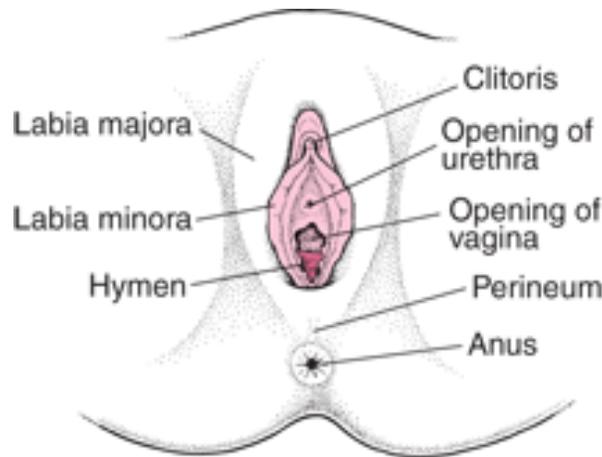
- 1) Tdap (tetanus shot)  
before going into 6th grade.
- 2) Gardasil - 2 shot series (HPV vaccine)
- 3) Meningitis vaccine - 2 shot series
- 4) Hepatitis A - 2 shot series
- 5) Yearly Flu-shot or mist



*We want you to be healthy and happy.  
We care about you!*

**Get the facts,  
make healthy choices,  
practice healthy habits!**

## Am I Normal? A Tour of the Female Genitals



### Key Terms:

**Labia Majora** – Also called the outer lip. Pubic hair grows here.

**Labia Minora** – Also called the inner lip. It may vary in texture, size and color. It covers the urethra and vaginal opening.

**Clitoris** – The pleasure center of the vulva. It is a tissue that fills with blood and becomes erect when sexually aroused.

**Urethra** – A tube that carries your urine, or pee, to your urethral opening. It is a tiny hole under the clitoris.

**Hymen** – The thin layer of tissue that covers the vaginal opening. They hymen can break at any time in many different ways.

**Vaginal Opening** – The passage from the uterus to the outside of the body. Contains the pleasure center called the g-spot.

**Perineum** – The space between the vaginal opening and the anus.

**Anus** – The opening of the rectum where waste leaves the body.

### Fact Check: Female Genitals



- ✓ Female genitals come in different sizes, colors, and shapes.
- ✓ The vagina releases discharge to keep itself clean and healthy. Everyone has a natural smell that is different.
- ✓ Some families decide to circumcise (remove parts of the female sex organs). Some people think this is OK for cultural reasons. Others think it's violent and should be stopped. This practice can cause problems with sex, hygiene, and childbirth.

### How to keep your genitals healthy:

- ✓ Wear cotton underwear and change them every day.
- ✓ Wipe from front to back.
- ✓ Wash with warm water and mild soap.
- ✓ Avoid douching.
- ✓ Try to learn what your genitals look like. If you notice anything that's not normal (lumps, bumps, changes in discharge) let your healthcare provider know.



**I WANT MY BODY TO BE HEALTHY!  
I WANT MY MIND TO BE HEALTHY!**

**Q:** What should I drink?

**A:** Water and milk are better than soda, sports drinks or juice.

**Q:** What about snacks?

**A:** Think before you eat:

Am I hungry?

Am I tired?

Am I thirsty?

Am I bored?

Stay stocked up on good snacks to avoid eating the bad ones.

Good snacks: fresh, frozen or dried fruits, fresh veggies, almonds, peanuts, peanut butter, cottage cheese, low-fat milk, and hummus.

**Q:** What is the best way to eat?

**A:** Eat a small snack or meal every 3-4 hours vs. 2 or 3 big meals per day. Don't skip breakfast. Eat protein with every meal vs. all carbohydrates like bread and pasta. Eat half-sized portions.

**Q:** How should I think about myself?

**A:** I love my body and I want to be healthy. I see myself as I truly am. I know that my body is just one part of who I am, and I am not ashamed of my body.

**Q:** How do I keep moving?

**A:** Walk, play outside, run, walk to school or work, exercise videos, do something active with friends or family.

**Q:** How do I eat while exercising?

**A:** Before Exercise: Eat healthy whole grains, low-fat proteins, and calcium.

During Exercise: Water, fruit, and energy bars.

After Exercise: Yogurt, fruit, cereal, and milk.

Sports Drinks: Are only good for you if you have been sweating a lot for at least 1 hour. Otherwise they make you dehydrated. Drink lots of water.

**Great Sources of Health Information for Teens:**

Adolescent Health Working Group: <http://www.ahwg.net/>



Boston Children's Hospital: Center for Young Women's Health: <http://www.youngwomenshealth.org/>

The Nemours Foundation: <http://kidshealth.org/teen/>

Eat To Be Fit: Montana Office of Public Instruction: <http://opi.mt.gov/programs/healthtopics/fit.html>