

I'm now 15-17 yrs old

My health is my responsibility, with some help from my parents and my doctor.

I need to make good decisions about school, work, things I like doing and my relationships.

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

My parents and doctor still want to help me but my health is really up to me.

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 sex from your family and doctor.
- Check out the websites in this packet for good health information.

How Do I Stay Safe?



1. Drive carefully. Don't text or talk on your phone while driving.
2. Make good decisions about sex and your relationships.
3. Don't smoke. It causes bad breath, lung cancer and costs a lot.
4. Wear your seatbelt and protective equipment for sports.
5. 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 Concerns: Acne, exercise, injuries, being overweight and also period issues for girls are common concerns. 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, oral sex 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. Make sure to balance your schoolwork with work/sports. Don't let sports interfere with education. Eat right and get enough sleep so you can focus and do well.

Immunizations to stay healthy:

You will need:

- 1) Tdap (tetanus shot) You will need a Tdap at age 16-19 if you have an injury.
- 2) Gardasil - 3 shot series (HPV vaccine)
- 3) Meningitis B vaccine - 2 shot series
- 4) Meningitis Vaccine - 2 shot series
- 5) Hepatitis A - 2 shot series
- 6) 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!**

The Relationship Spectrum

Healthy	Unhealthy	Abusive
Healthy Relationship	Unhealthy Relationship	Abusive Relationship
<i>A healthy relationship means that both you and your partner are....</i>	<i>You may be in an unhealthy relationship if one of you is....</i>	<i>An abusive relationship starts when one of you....</i>
Communicating – You talk openly about problems and listen to one another. You respect each other’s opinions.	Not communicating – When you talk about problems you fight, or you don’t talk about them at all.	Communicates in a way that is hurtful or insulting.
Respectful – You value each other as you are.	Disrespectful – One or both of you is not considerate of each other.	Mistreats the other – One or both partners do not respect the feelings and physical safety of the other.
Trusting – You believe what your partner says.	Not trusting – You don’t believe what your partner says.	Accuses the other of flirting or cheating when it’s not true – The partner that accuses may hurt the other in a physical or verbal way as a result.
Honest – You are honest with each other but can still choose to keep certain things private.	Dishonest – One or both partners are telling lies.	Denies that the abusive actions are abuse – They may try to blame the other for the harm they’re doing.
Equal – You make decisions together and hold each other to the same standard.	Trying to take control – One or both partners feel their desires and choices are more important.	Controls the other – There is no equality in the relationship. What one partner says goes.
Enjoying personal time – You both enjoy spending time apart and respect when one of you needs time apart.	Feeling crowded or not spending time with others – Only spending time with your partner.	Isolates the other partner – One partner controls where the other one goes, and who the other partner sees and talks to.
Making mutual sexual choices – You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is ok and what isn’t. You discuss using condoms or other birth control methods.	Pressured by the other into sexual activity – One partner tries to convince the other that they should have sex, or more sex.	Forces sexual activity – One partner forces the other to have sex.
	Ignoring the consequences of sex – The partners are having consensual sex with each other but are not talking about possible consequences.	



**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>