



Did you know ...
most teens only get 7 hours of sleep when they really need 9?

We know that you already know this stuff. It can't hurt to hear it again ... Right? Here are some tips to keep you healthy.

- B-ball. Dancing. Soccer. Exercising 60 minutes every day will help you relax, handle stress, and have a healthy weight.
- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day.
- Limit soda, sports drinks, juice, and sweetened drinks to no more than one a day. (One can has as much sugar and calories as a candy bar!)
- Aim for 5 to 9 servings of fruits and vegetables a day. Most teens don't get enough.
- Cheese, yogurt, milk ... get 4 cups a day for the calcium and Vitamin D you need.
- Young women should take a daily multivitamin with folic acid and iron.

Be smart

- It's simple. Don't drive buzzed or with anyone who has been drinking or is high. Choose a sober driver or call for a ride.
- Using drugs and alcohol can hurt your body, your brain, your relationships, your grades, and your motivation to achieve your goals. Choosing not to drink or get high is the best way to keep a clear head and stay safe.
- Yellow teeth, smelly clothes—tobacco stinks! Smoking harms your health and costs a bundle. If you smoke and are thinking of quitting, we have tools to help you quit on your doctor's home page at kp.org/mydoctor. You can also call the California Smokers' Helpline at 1-800-NO-BUTTS.
- The decision to have sex is a serious one that only you can make. Not having sex is the best way to prevent HIV, STDs, and pregnancy.
- If you do choose to have sex, using condoms and birth control can increase your chances of protection against STDs and unwanted pregnancy.
- Loud music, especially through ear buds, can cause hearing loss. Keep your volume below the halfway mark.

Stay on top of your health

- All Kaiser Permanente offices have doctors, nurse practitioners (NPs), and counselors you can talk with privately. It is important to choose a regular doctor or NP to see every one to two years for well visits (check-ups) and immunization.
- If you are 13 or older, you can sign up for your own kp.org account. Just go to kp.org/register and once you receive your password, you can

make appointments, refill prescriptions, view immunization and allergy information, and e-mail your doctor. (For urgent or confidential questions or concerns, please call your doctor's office instead.)

Got the blues?

Break-ups, fights with friends, problems at home—it's normal to feel sad. Exercising, being with friends, or a good night's sleep can help lift your mood. When sad feelings last for a long time, it may be more serious.

Am I depressed?

If you have any of the following feelings every day for more than two weeks, talk to a counselor or your doctor. Do you ...

- feel sad a lot or cry easily?
- have trouble sleeping or sleep too much?
- find it hard to concentrate, make decisions, or remember things?
- change how you normally eat?
- feel guilty or irritable for no reason?
- feel life is meaningless?
- think about killing yourself (suicide)?

Even if you feel as if no one can understand, help is available. Start by talking to someone you trust.

Keep it cool

Stress is your body's natural reaction to strong feelings and changes. School, parents, friends, work—you may have a lot on your mind.

You may be stressed out if you have

- head, neck, or back aches
- an upset stomach
- crabby feelings
- trouble sleeping
- no time to relax

Try these healthy ways to deal with stress

- Get 9 - 10 hours of sleep every night.
- Eat 3 healthy meals a day.
- Get some exercise, even if you don't feel like it.
- Talk with someone you trust.
- Laugh, cry, sing, write in a journal.

You deserve to feel safe in your relationships

A good relationship does not include hitting, threatening, put-downs or trying to control the other person. If you fear that you are in danger, get help now.

Keep the following in mind:

- You always have the right to say “no,” even to something you’ve done before.
- Trust your gut feelings. If you feel uncomfortable, get out of the situation.
- Date rape is not about love or passion. It’s about power and control.
- Don’t pressure your partners. If someone says “no,” respect his or her decision.
- Date rape can happen to anyone. If it happens to you, it’s not your fault. Talk to a friend or relative and get medical help right away.

Are you in the know?

You probably know that not having sex is the best way to protect yourself from STDs, HIV, and unwanted pregnancy, and that condoms can reduce your risk. But you might not know...

- **Oral sex confuses a lot of teens.** Although you can’t get pregnant from having oral sex, you can catch some STDs. Using an unlubricated latex condom to cover the penis or a dental dam (flat, square piece of latex)

to cover the vagina or anus can make oral sex safer. Stopping before ejaculation isn’t safe sex. Pre-ejaculation fluid can still carry STDs.

- **Human Papillomavirus (HPV) is a common virus that is transmitted by any type of sexual contact, not just intercourse.** Some kinds of HPV cause no problems, and the virus clears up on its own, but other kinds can cause genital warts and precancerous abnormalities. The HPV vaccine is given to females in 3 doses. It’s important to get all 3 shots. If you didn’t get the shots when you were younger, **talk to your doctor or NP to see if the HPV vaccine is right for you.** The HPV vaccine does not protect you from other STDs or HIV. Protect yourself by using condoms or not having sex. Get tested for HIV and STDs. *Remember:* It’s still important to get a Pap test starting at age 21.
- **Chlamydia is a very common sexually transmitted disease.** Most young women and some young men have no symptoms, so you can have it and not know. All sexually active young women should be tested for chlamydia every year. The test can be done with a urine sample and does not require an exam.
- **Emergency Contraceptive Pills (ECPs) can prevent pregnancy if you’ve had sex without birth control.** Since ECPs work best within 72 hours, call your doctor or NP as soon as possible after having unprotected sex. ECPs are for emergencies only. Talk to your doctor or NP about your choices for regular birth control and to get a prescription for ECP’s *before* you need them.

- **Gay, lesbian, bisexual, or unsure ...** you are not alone if you are questioning your sexuality. Talking with someone you trust can help you feel safe and accepted. For more information, visit the Teen Health FX Web site: teenhealthfx.com

Talk to your doctor, NP, or another trusted adult if you have any questions.

More resources

Web sites

- kp.org/mydoctor
- kp.org/youngadulthealth
- KidsHealth Teen Page kidshealth.org/teen/index.html
- Planned Parenthood’s Teen Page teenwire.com

Phone numbers

- California Youth Crisis Hotline 1-800-843-5200
- Child Abuse Hotline 1-800-4 A CHILD
- National STD Hotline 1-800-342-2437
- National Alcohol/Drugs Helpline 1-800-662 HELP
- Emergency Contraception Hotline 1-888-NOT2LATE

Contact your local Health Education Department or Center for health information, classes and other resources.

If you are hit, hurt or threatened by a partner, this can seriously affect your health. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to ndvh.org.