



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

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.

- Basketball. Dancing. Soccer. Exercising 60 minutes every day will help you relax, handle stress, and have a healthy weight.
- Limit screen time (TV, phone, computers, and video games) to 1 to 2 hours a day.
- Cut way back on soda, sports drinks, juice, and sweetened drinks. (One can of soda 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, and milk have the calcium and Vitamin D you need.
- Eat breakfast everyday.
- Young women should take a daily multivitamin with folic acid and iron.

### Be smart. Be safe.

- 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.
- Loud music, especially through ear buds, can cause hearing loss. Keep your volume below the halfway mark.
- 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 eats your cash. If you smoke or vape and are thinking of quitting, we have tools to help you quit on your doctor's home page at [kp.org/mydoctor](http://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.

### 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 immunizations.

- For urgent questions or to schedule a private appointment, please call your doctor's office.
- If you are 13 or older, you can sign up for your own [kp.org](http://kp.org) account. Just go to [kp.org/register](http://kp.org/register). Once you receive your password, you can refill prescriptions, view immunization and allergy information, and e-mail your doctor.

### Got the blues?

*Break-ups, fights with friends, problems at home—it's normal to feel sad. Exercising, being with friends, talking it out, or even getting 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?
- eat differently than usual?
- 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 an adult 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.
- Dating violence 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 can prevent some types of cancer.** It's important for teens 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 STD.** 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, sometimes called the morning after pill) 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 ECPs *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 website: [teenhealthfx.com](http://teenhealthfx.com)

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

## More resources

### Websites

- [kp.org/mydoctor](http://kp.org/mydoctor)
- [kp.org/youngadulthealth](http://kp.org/youngadulthealth)
- KidsHealth Teen Page  
[kidshealth.org/teen/index.html](http://kidshealth.org/teen/index.html)

### Phone numbers

- California Youth Crisis Hotline  
1-800-843-5200
- Child Abuse Hotline  
1-800-4 A CHILD
- National STD Hotline  
1-800-232-4636
- National Alcohol/Drugs Helpline  
1-800-662 HELP

If you are being hit, hurt, or threatened by a partner or being pressured to have sex, it can seriously affect your health. There is help. Call the National Teen Dating Abuse Helpline at 1-866-331-9474 or connect to [loveisrespect.org](http://loveisrespect.org)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.