



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

- It's simple. Don't drive buzzed or with anyone who has been drinking. Choose a sober driver or call for a ride.
- B-ball. Hiking. Dancing. 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—one can is equal to drinking 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 3 cups a day for the calcium you need.
- Take a multivitamin with folate and iron. Make it a part of your day.
- 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, condoms and birth control can increase your chances of protection against STDs and pregnancy.
- All Kaiser Permanente offices have doctors, nurse practitioners (NPs), and counselors you can talk with confidentially. Choose a regular doctor or NP to see every 1 to 2 years.
- Using drugs and alcohol can hurt your body, your brain, your relationships, your grades, and your motivation to achieve your goals. Choosing not to use drugs and alcohol is the best way to keep a clear head, and stay safe.
- Yellow teeth, smelly clothes—tobacco stinks! Smoking harms your health and the health of everyone around you. If you smoke and are thinking of quitting, call your doctor or NP for help. You can also call the California Smokers' Helpline. A free service designed for teens, 1-800-NO-BUTTS helps people kick the habit.
- Loud music, especially through earbuds, can lead to hearing loss. Keep your volume low.

### 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 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 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 or call one of the phone numbers listed on the next page.

### 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:*

- headaches
- neckaches
- backaches
- an upset stomach
- crabby feelings
- trouble sleeping
- no time to relax

### Healthy ways to deal with stress:

- get 9 - 10 hours of sleep every night
- eat 3 healthy meals a day
- go for a long walk
- shoot hoops, run, dance, do yoga
- talk with someone you trust
- laugh, cry, sing, write in a journal

### Know that 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 in mind:

- You always have the right to say “no,” even to something you’ve done before.
- Trust your gut feelings. If someone is making you feel uneasy or 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 helps protect against these diseases. The HPV vaccine is given in 3 doses. **It’s important to get all 3 shots.** The vaccine offers the most protection when given to girls before they are sexually active, but even if you have already had sex, you might still benefit from the vaccine. **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, either 3 years after you first have sex or when you turn 18—whichever comes first.

- **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.
- **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](http://teenhealthfx.com)

We’re here to help. Talk to your doctor, NP, or trusted adult if you have any questions.

### More Shots?

**Immunizations aren’t just for little kids.** Teens need to keep up with their shots, also. Your doctor or Nurse Practitioner may recommend that you get shots to protect against Tetanus and Whooping Cough, HPV and Meningococcal disease.

### More resources

#### Web sites

- [kp.org](http://kp.org)
- KidsHealth Teen Page [kidshealth.org/teen/index.html](http://kidshealth.org/teen/index.html)
- Planned Parenthood’s Teen Page [teenwire.com](http://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.