

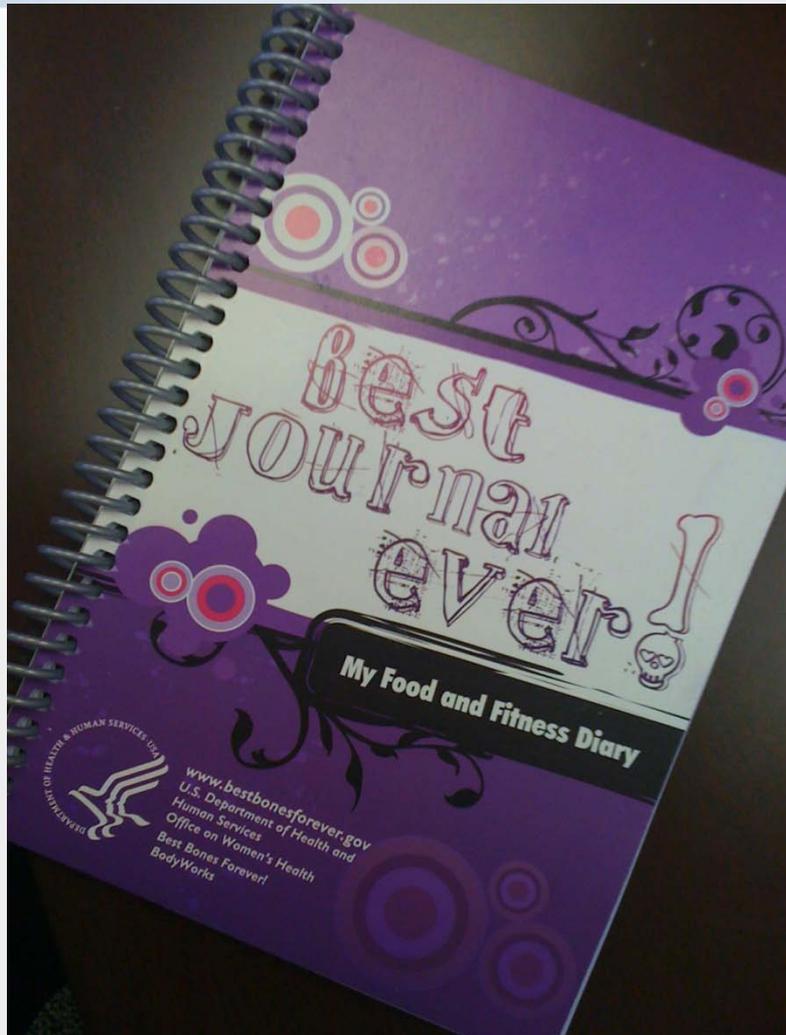


From A(norexia) to Z(its): Providing Health Information to Teens

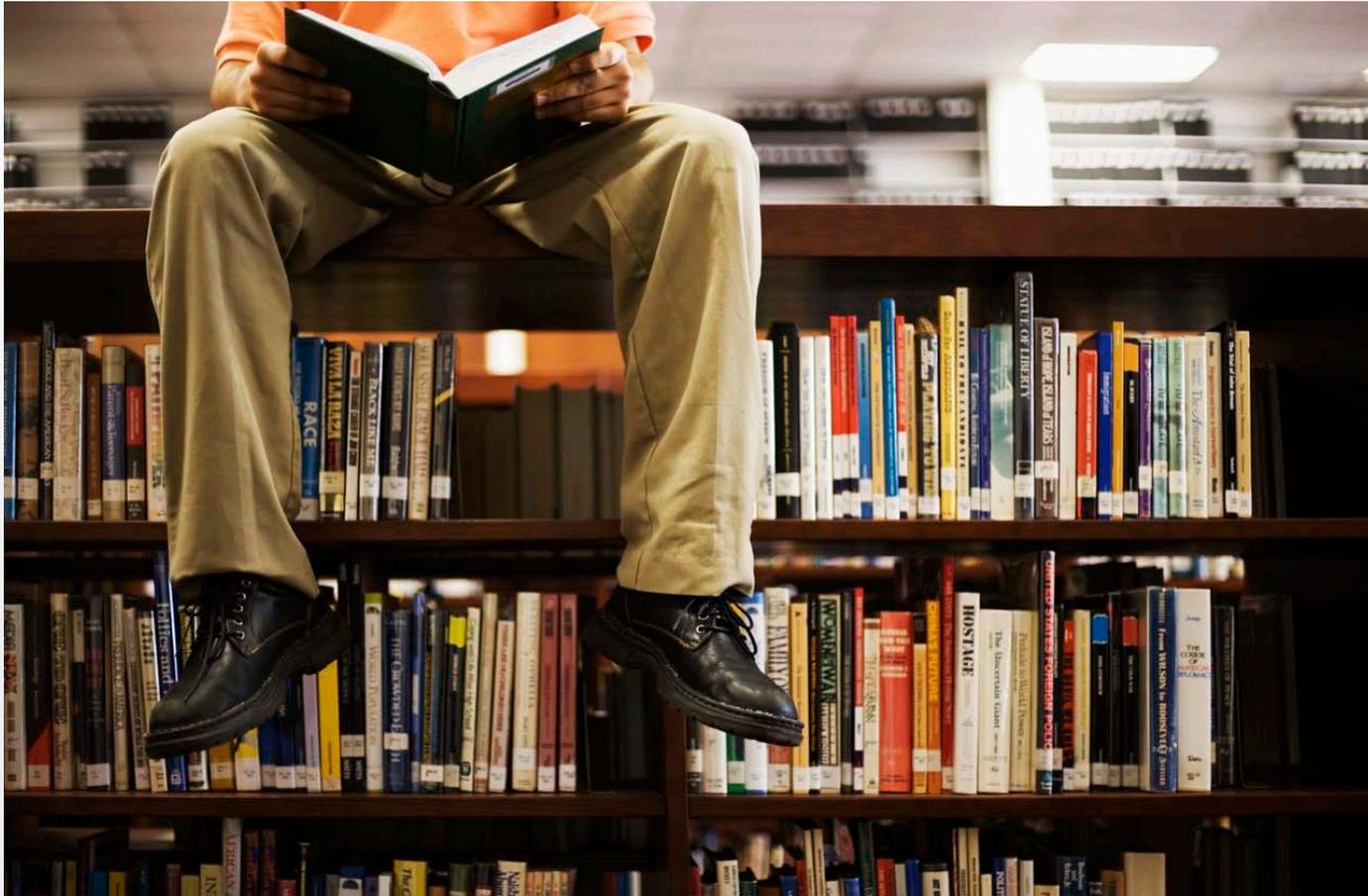
**Karen Vargas, MLIS
National Network of Libraries of Medicine,
South Central Region**

Agenda

- Teen health needs
- Lessons in communication
- Teen health resources

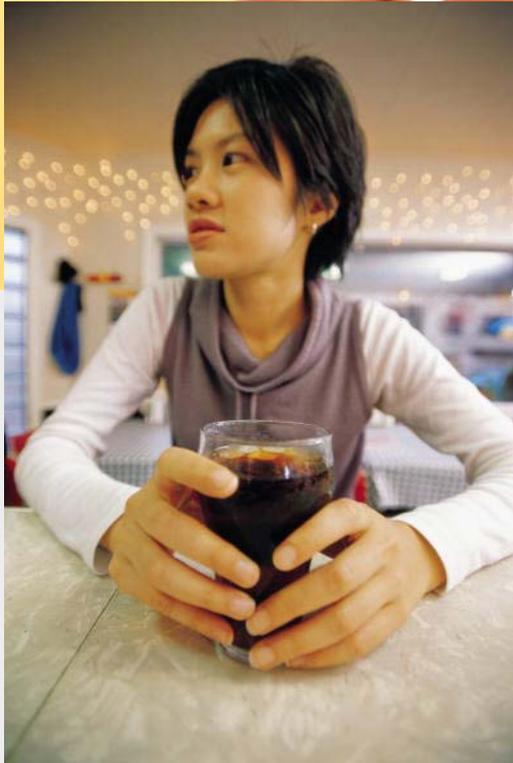
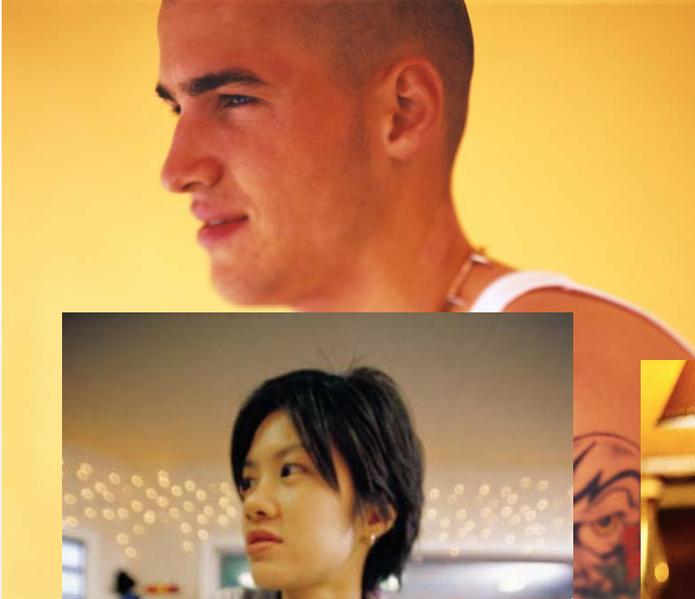


Teens: Can't live with them...



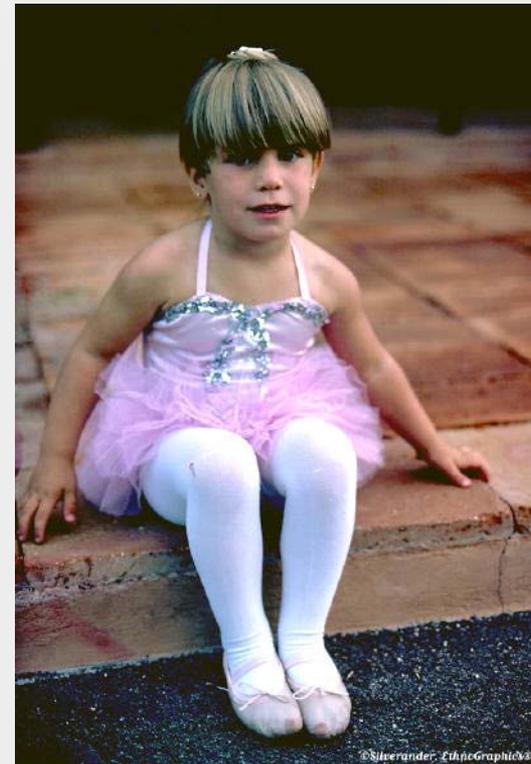
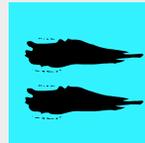
Can't keep them out of the library!

How do librarians view teenagers?



Do-rag youth by caribb

How are teens different from children?



How are they the same?

Teen Issues in the News

Chewing tobacco use surges among boys

Last Updated: 2009-03-05 9:24:08 -0400 (Reuters Health)

Dexter school district assisting students following apparent suicide of eighth-grader

Posted: Nov 8, 2010 at 7:52 PM [Nov 8, 2010]

"Health researchers have identified a surprising new predictor for risky behavior among teenagers and young adults: the energy drink."
New York Times, May 27, 2008

Lack of vitamin D linked to teen health problems

by Jamie Stengle

Proposed Texas Bill Aimed at Teen Tanning

2009-03-19 14:55:19 (GMT) (WiredPRNews.com - Dallas, Health & Fitness, News)

Less Is More: Teens Who Sleep Less Eat More Fatty Foods and Snacks, Study Shows

ScienceDaily (Sep. 7, 2010)

More Teens Abuse ADHD Stimulants

Published: August 24, 2009

Teen dating abuse a silent epidemic

Morning After Pill Permitted for 17-Year Olds

2009-03-25 03:36:38 (GMT) (WiredPRNews.com - Law, News)

'Sexting' cannot be ignored

Tuesday, Mar 24, 2009 - 02:00:48 pm CDT

Alcohol-Branded Apparel Linked to Adolescent Drinking

Kids who wear those hats and T-shirts are likely to drink more or become binge drinkers, researchers say

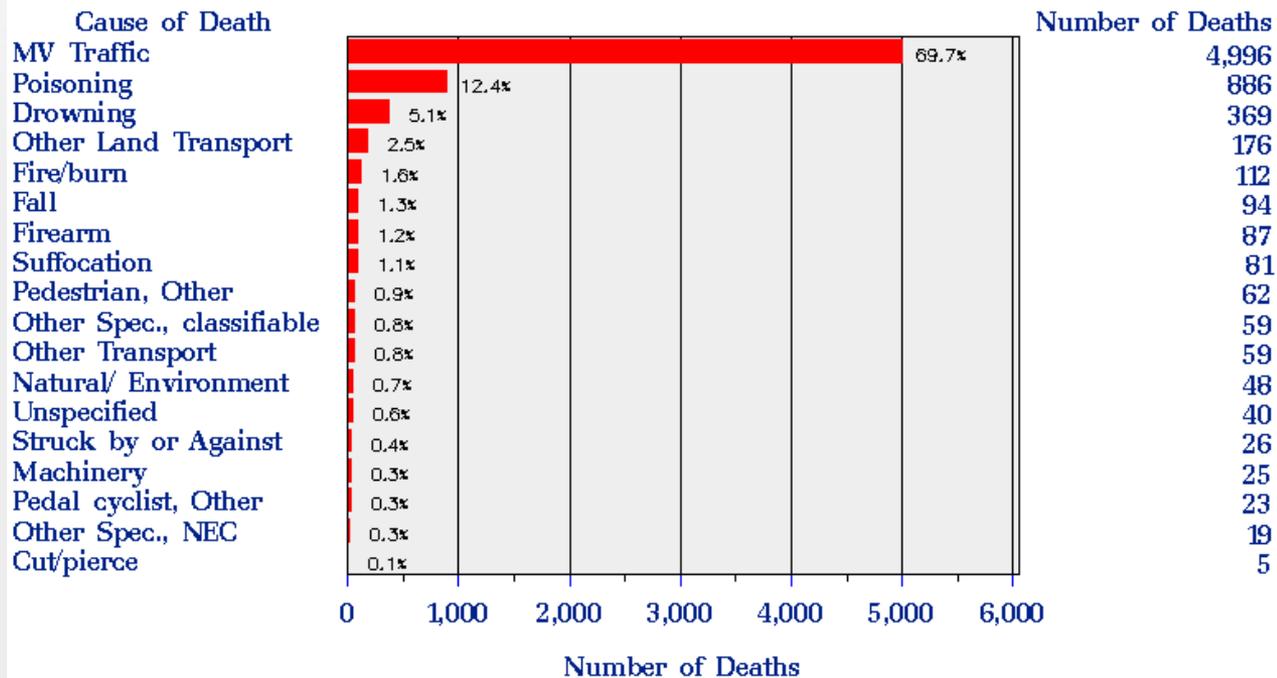
Some statistics about teens



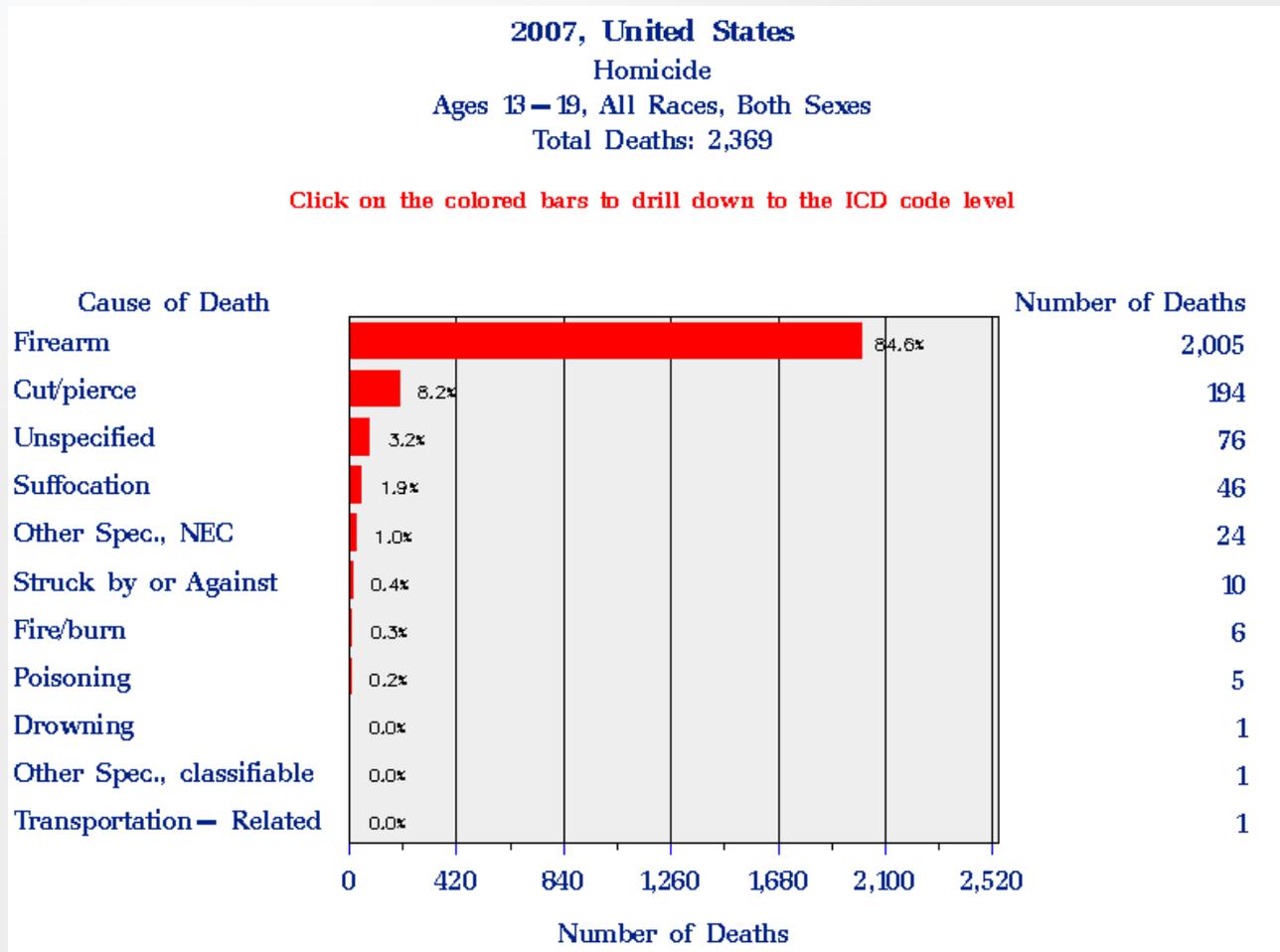
1st Leading Cause of Death: Unintentional injuries

2007, United States
Unintentional Injuries
Ages 13–19, All Races, Both Sexes
Total Deaths: 7,167

Click on the colored bars to drill down to the ICD code level



2nd Leading Cause of Death: Homicide



3rd Leading Cause of Death: Suicide

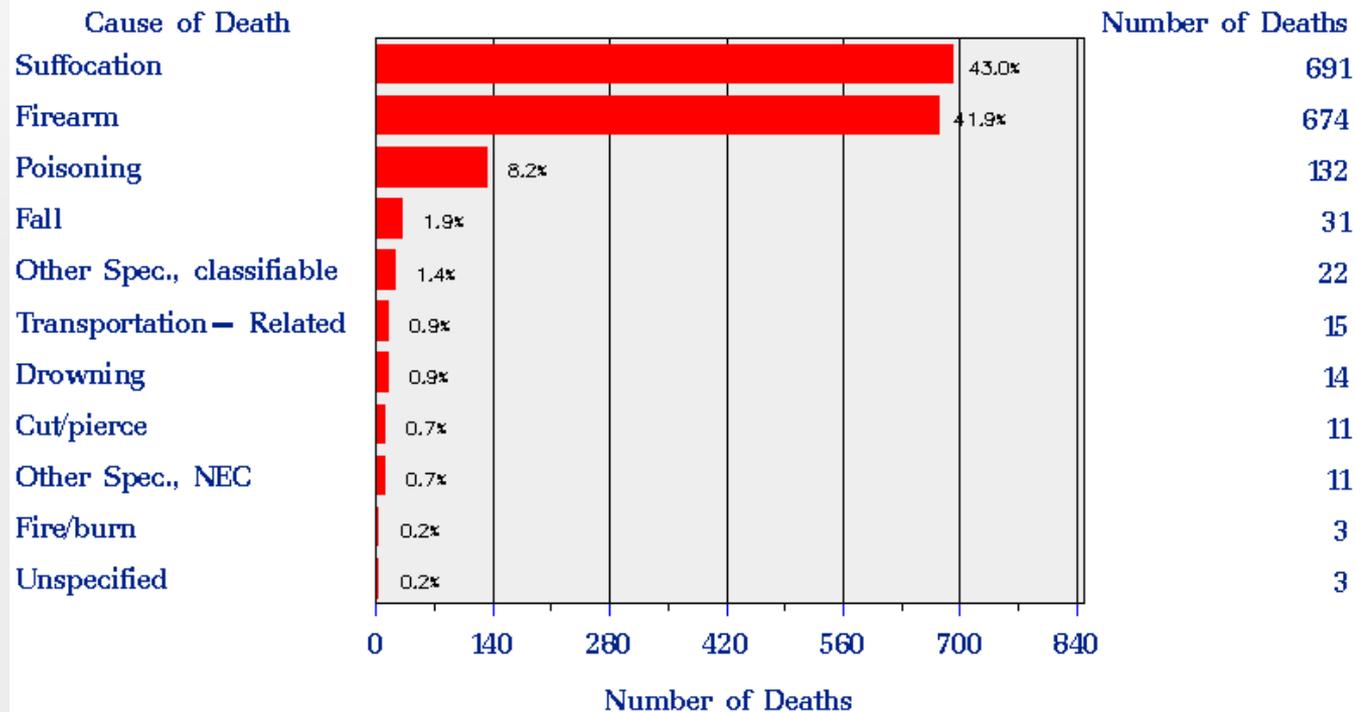
2007, United States

Suicide

Ages 13–19, All Races, Both Sexes

Total Deaths: 1,607

Click on the colored bars to drill down to the ICD code level



Risky Business



Let's take a look at the
Youth Risk Behavior
Surveillance System

from the Centers for
Disease Control and
Prevention

10 Troublesome Teen Health Trends

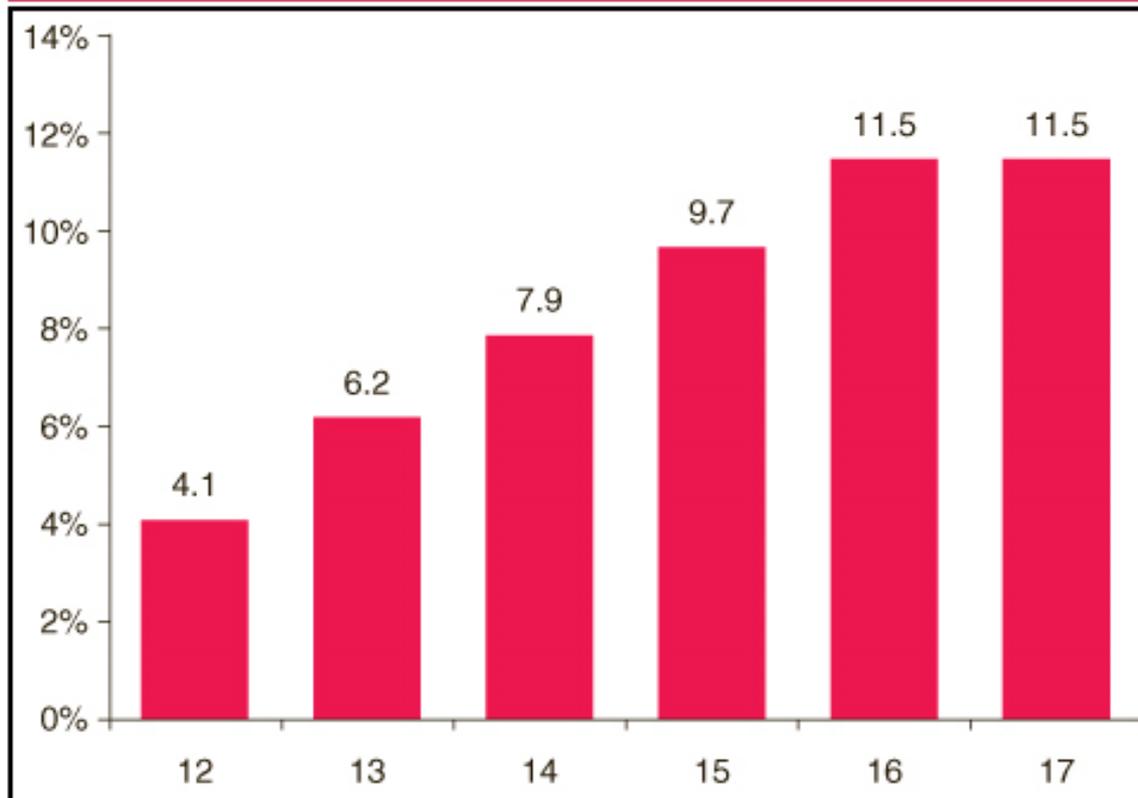
1. Biting and sucking blood
2. Decorative contact lenses
3. ADHD prescription drug abuse
4. Tobacco escalation products
5. Tanorexia
6. Tattoos
7. Piercings
8. Tech use at night
9. Texting while driving
10. Noise exposure

Teen mental health?



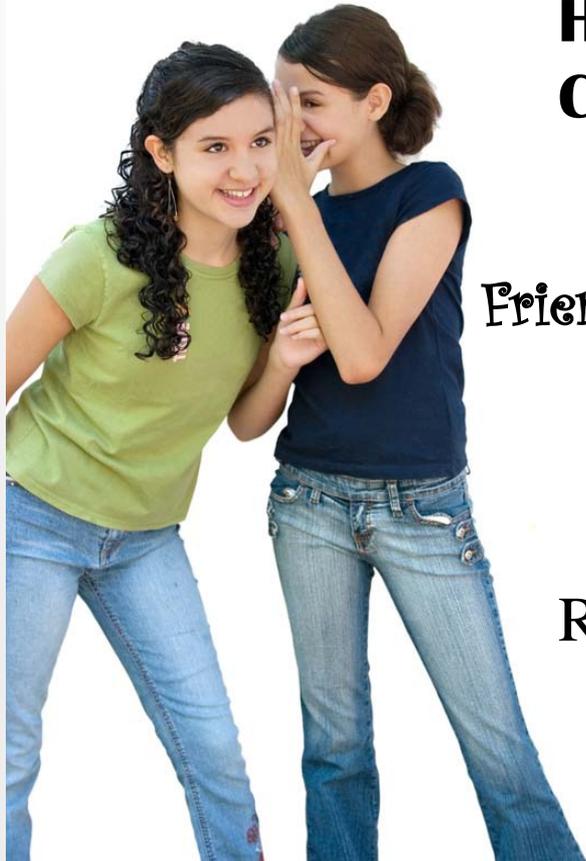
Major Depression

Figure 1. Percentages of Youths Aged 12 to 17 Who Experienced a Past Year Major Depressive Episode (MDE), by Age: 2004-2006



The Substance Abuse and Mental Health Services Administration (SAMHSA)

When making health decisions, where do they get credible information?



**Health
Class?**

Friends?



Reliable journals?

Mom?



Internet?

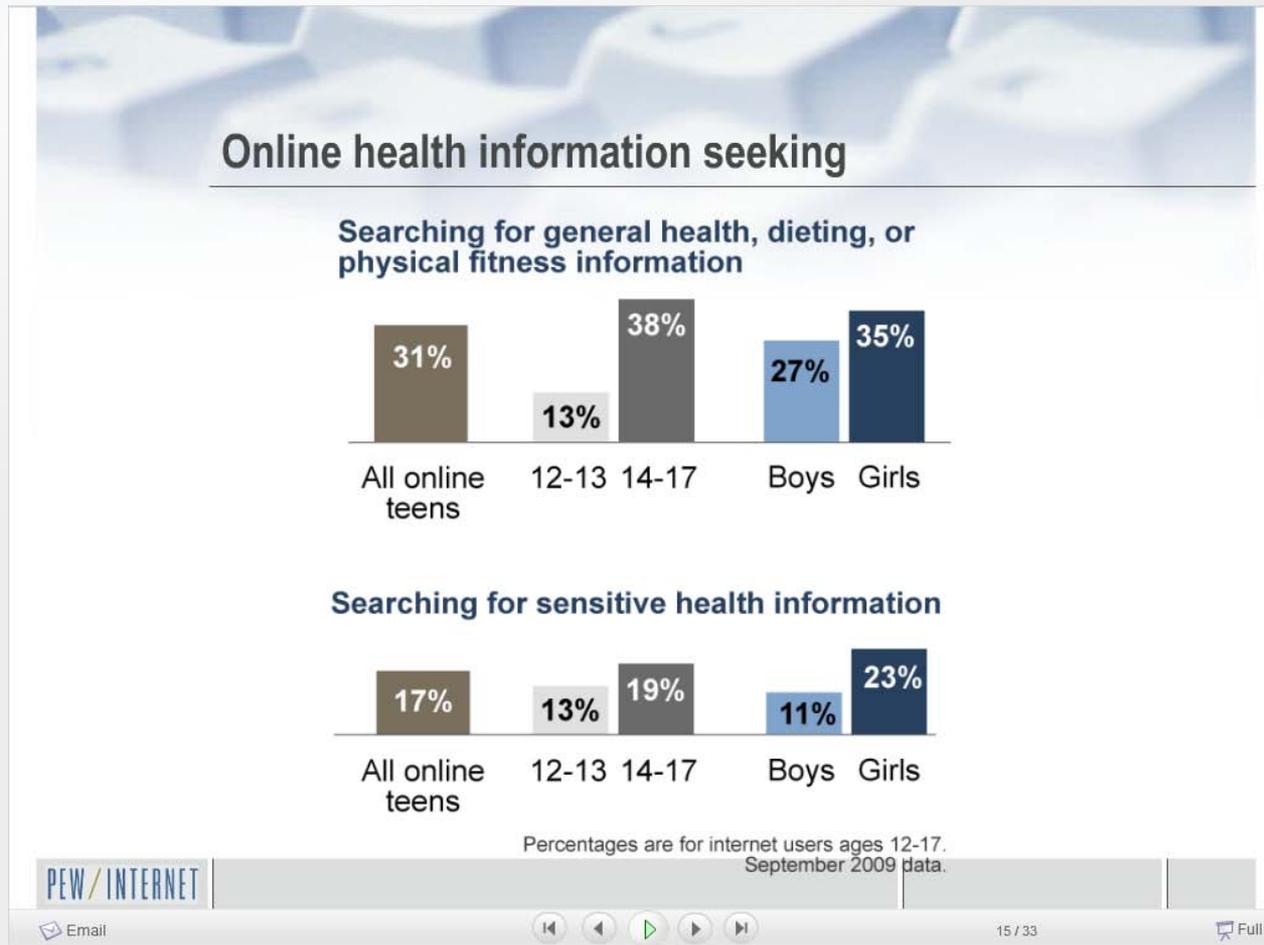
Don't they learn that stuff in their health class?



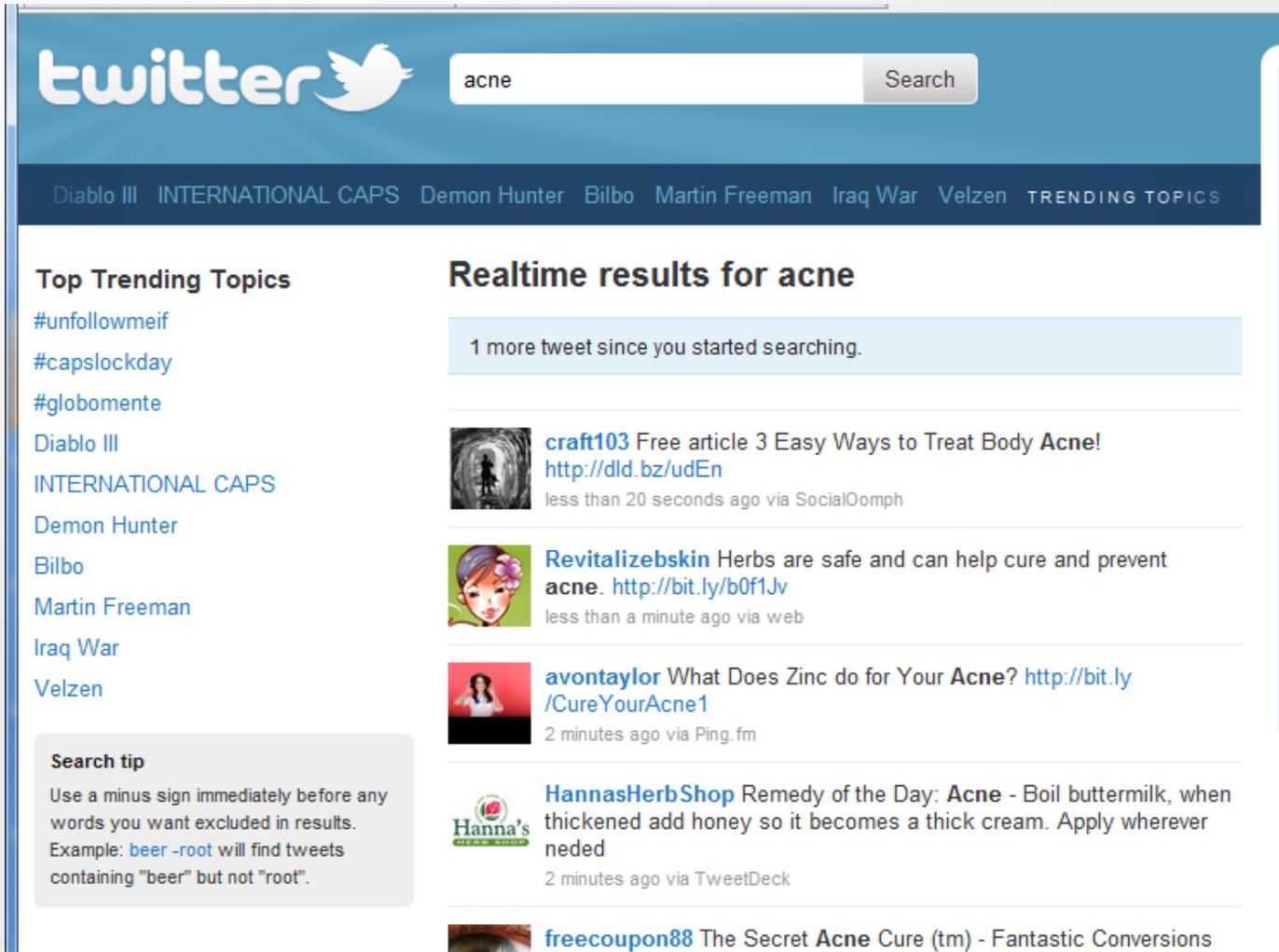
What about school nurses and counselors?



These are the our digital natives



They can find it, but is it good?



The image shows a screenshot of the Twitter search interface. At the top, the Twitter logo is on the left, and a search bar contains the text 'acne' with a 'Search' button to its right. Below the search bar, a navigation bar lists trending topics: Diablo III, INTERNATIONAL CAPS, Demon Hunter, Bilbo, Martin Freeman, Iraq War, Velzen, and TRENDING TOPICS. The main content area is divided into two columns. The left column, titled 'Top Trending Topics', lists several hashtags and terms: #unfollowmeif, #capslockday, #globomente, Diablo III, INTERNATIONAL CAPS, Demon Hunter, Bilbo, Martin Freeman, Iraq War, and Velzen. The right column, titled 'Realtime results for acne', shows a message: '1 more tweet since you started searching.' Below this, there are four tweet results, each with a profile picture, a name, a text snippet, a link, and a timestamp. The first tweet is from 'craft103' with the text 'Free article 3 Easy Ways to Treat Body Acne!' and a link 'http://dld.bz/udEn', posted 'less than 20 seconds ago via SocialOomph'. The second is from 'Revitalizebskin' with the text 'Herbs are safe and can help cure and prevent acne.' and a link 'http://bit.ly/b0f1Jv', posted 'less than a minute ago via web'. The third is from 'avontaylor' with the text 'What Does Zinc do for Your Acne?' and a link 'http://bit.ly/CureYourAcne1', posted '2 minutes ago via Ping.fm'. The fourth is from 'HannasHerbShop' with the text 'Remedy of the Day: Acne - Boil buttermilk, when thickened add honey so it becomes a thick cream. Apply wherever needed' and a link, posted '2 minutes ago via TweetDeck'. The fifth result is partially visible at the bottom, from 'freecoupon88' with the text 'The Secret Acne Cure (tm) - Fantastic Conversions'.

twitter Search

Diablo III INTERNATIONAL CAPS Demon Hunter Bilbo Martin Freeman Iraq War Velzen TRENDING TOPICS

Top Trending Topics

- #unfollowmeif
- #capslockday
- #globomente
- Diablo III
- INTERNATIONAL CAPS
- Demon Hunter
- Bilbo
- Martin Freeman
- Iraq War
- Velzen

Realtime results for acne

1 more tweet since you started searching.

 **craft103** Free article 3 Easy Ways to Treat Body Acne! <http://dld.bz/udEn>
less than 20 seconds ago via SocialOomph

 **Revitalizebskin** Herbs are safe and can help cure and prevent acne. <http://bit.ly/b0f1Jv>
less than a minute ago via web

 **avontaylor** What Does Zinc do for Your Acne? <http://bit.ly/CureYourAcne1>
2 minutes ago via Ping.fm

 **HannasHerbShop** Remedy of the Day: Acne - Boil buttermilk, when thickened add honey so it becomes a thick cream. Apply wherever needed
2 minutes ago via TweetDeck

 **freecoupon88** The Secret Acne Cure (tm) - Fantastic Conversions

Search tip
Use a minus sign immediately before any words you want excluded in results.
Example: beer -root will find tweets containing "beer" but not "root".

Health and censorship?

[1-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y-Z](#)

- [45,X](#) *see* Turner syndrome
- [X-ALD](#) *see* X-linked adrenoleukodystrophy
- [X chromosome-linked sideroblastic anemia](#) *see* X-linked sideroblastic anemia
- [X-linked adrenal hypoplasia congenita](#)
- [X-linked adrenoleukodystrophy](#)
- [X-linked agammaglobulinemia](#)
- [X-linked alpha-thalassemia/mental retardation syndrome](#) *see* alpha thalassemia X-linked mental retardation syndrome
- [X-linked complicated hereditary spastic paraplegia type 1](#) *see* L1 syndrome
- [X-linked congenital stationary night blindness](#)
- [X-linked copper deficiency](#) *see* Menkes syndrome
- [X-linked corpus callosum agenesis](#) *see* L1 syndrome
- [X-linked dystonia-parkinsonism](#)
- [X-linked hydrocephalus with stenosis of the aqueduct of Sylvius \(HSAS\)](#) *see* L1 syndrome
- [X-linked hyper IgM syndrome](#)
- [X-linked hyperuricemia](#) *see* Lesch-Nyhan syndrome
- [X-linked infantile nystagmus](#)
- [X-linked juvenile retinoschisis](#)
- [X-linked lissencephaly](#)
- [X-linked lymphoproliferative disease](#)

The Reference Interview



Reference Librarian in Training, by the Seattle University Law Library

How do teens see librarians?



Librarians in Smocks – Shush 2.0 by CCL Staff

Talking to teens

What they say

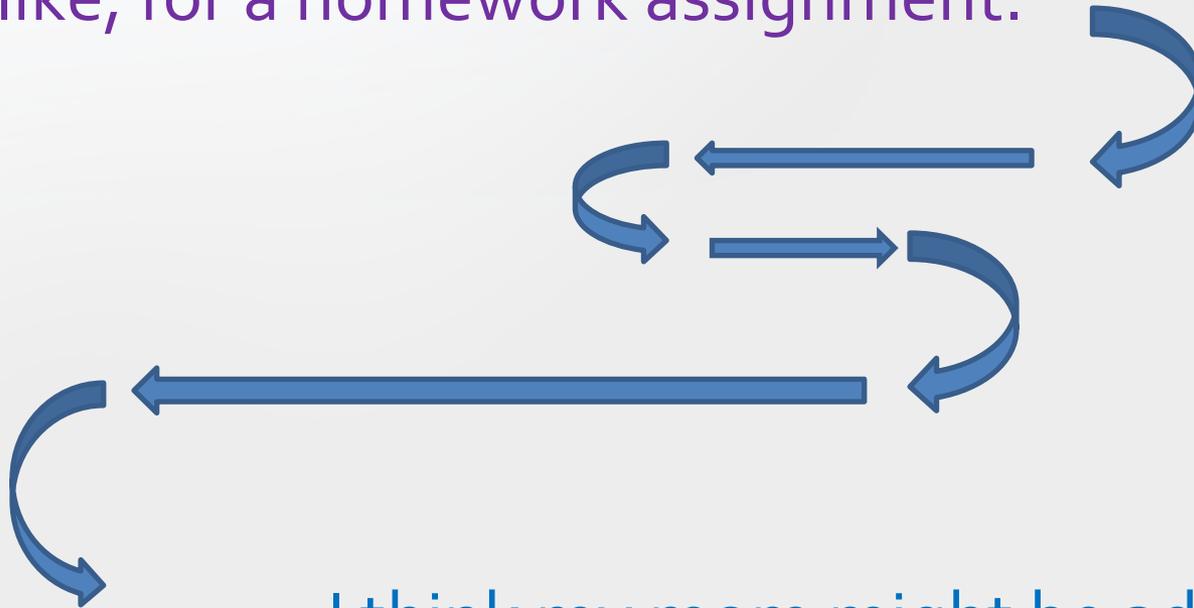


What they mean



What could they really mean?

I need some information on, like, alcohol... you know, like, for a homework assignment.



I think my mom might be addicted to pain killers and I don't know what to do

What could they really mean?

Where are your books on dating?



I think my friend is gay and I don't know how to ask him if he is.

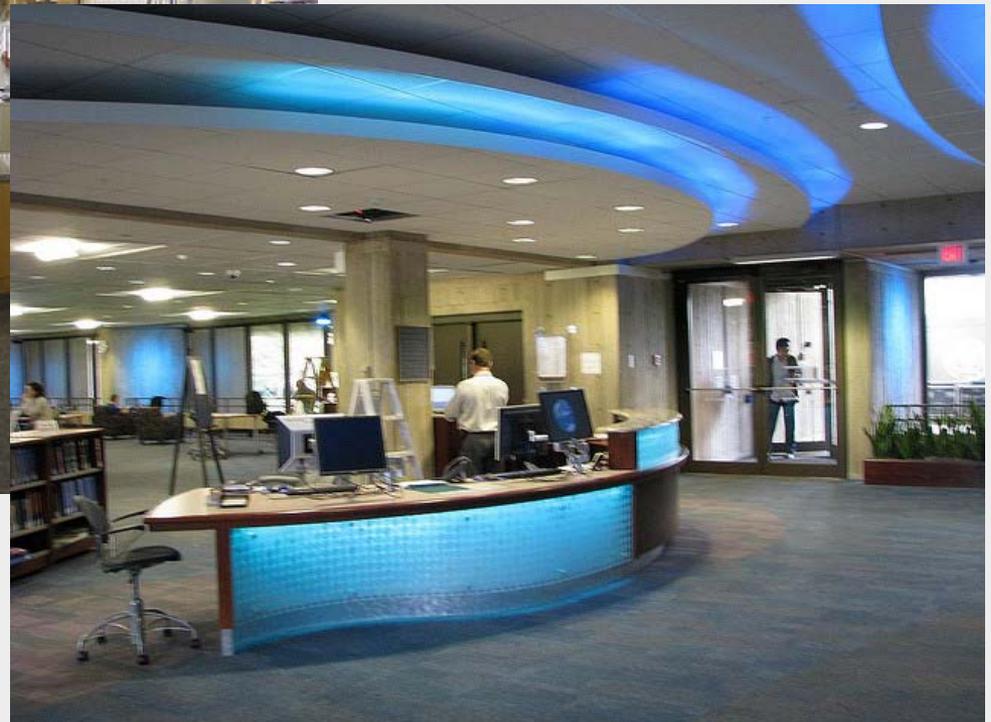
What if it's not all life and death?



How is teen reference different from adult reference?

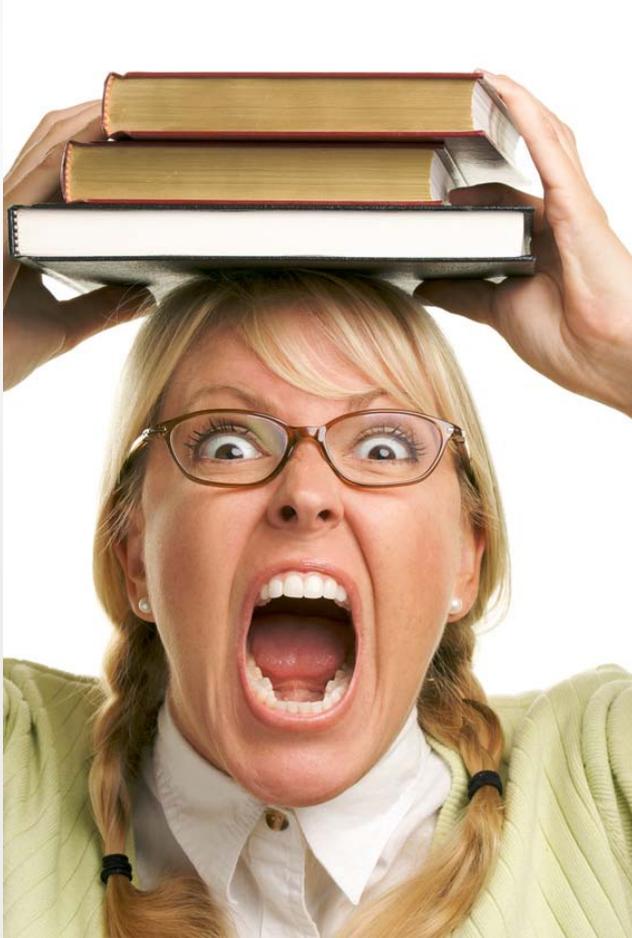


Reference Desk by chelmsburgpubliclibrary



Reference Desk by Pollyalida

Exercise: The Bad Reference Interview



I need some information on, like, alcohol... you know, like, for a homework assignment.



Exercise: The Good Reference Interview

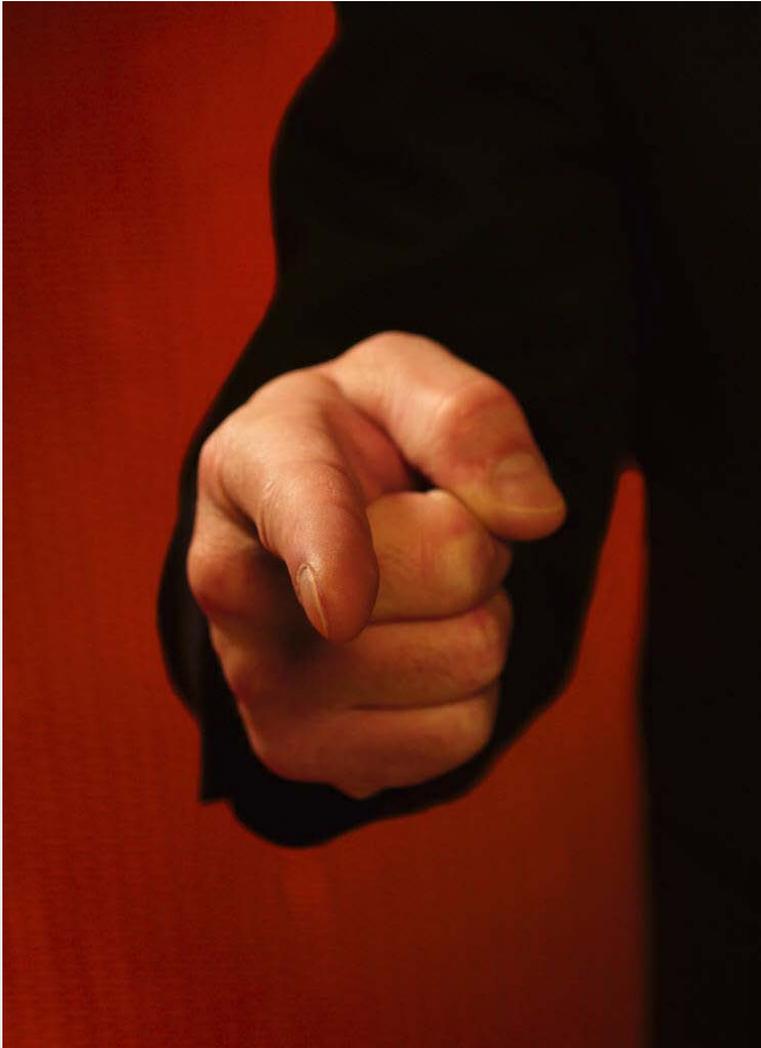


Hipster Librarian with glasses
by HaikugirlOz

I need some information on, like, alcohol... you know, like, for a homework assignment.



You could be The One!



What are some additional communication tools you could use?

Empathetic Listening

- Is an active process
- Is a powerful tool for building relationships
- Communicates the message that they are people of value & worth
- Strengthens trust and rapport

Key elements in empathic listening:

- Be non-judgmental
- Give undivided attention
- Listen carefully to what the person is really saying
- Allow silence for reflection
- Use restatement to clarify messages

NN/LM SCR Health Information for the Public - Teens

<http://nnlm.gov/scr/outreach/publichealth.html#teens>

For Teens

[MedlinePlus Teen Health](#) - Lots of great information for Teens

[TeensHealth](#) - Health, jobs, recipes and more!

[Go Ask Alice!](#) - Columbia University 's Health Question and Answer Service

[Teen Talk](#) - Sexuality and Relationship information from Planned Parenthood

[GirlsHealth](#) - Great government website for girls!

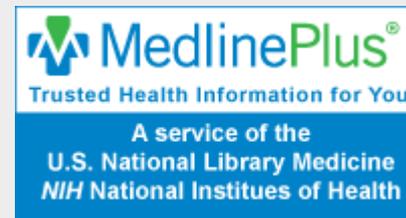
[We Are Talking](#) - Teen Health Info from Palo Alto Medical Foundation

[SAVE: Suicide Awareness Voices of Education](#) - If you're even thinking about it, go here.

MedlinePlus Teen Topics

- Alcohol and Youth
- Menstruation
- Smoking and Youth
- Teen Health
- Teen Mental Health
- Teen Pregnancy
- Teen Sexual Health
- Teen Violence
- Teen Development
- Gay, Lesbian and Transgender Health
- Birth Control or Contraception

<http://medlineplus.gov>



Teen Health

Also called: Adolescent health

As a teenager, you go through many changes. For one thing, your body is on its way to becoming its adult size. Have you noticed that you can't fit into your old shoes or that your jeans are now 3 inches too short? Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Why? Because healthy habits, including eating nutritiously and being physically active, can help you feel good, look good and do your best in school, work or sports. They might also prevent diabetes, high blood pressure, heart disease, osteoporosis, stroke and some cancers when you are older.

Now is the time to take charge of your health. Making even small changes for the better will help you look and feel your best!

Get Teen Health updates by email

GO [What's this?](#)

Start Here

- [Medical Care and Your 13- to 18-Year-Old](#) (Nemours Foundation)
- [Teenagers: How to Stay Healthy](#) (American Academy of Family Physicians)



Print



Email



Share



MEDICAL ENCYCLOPEDIA

[College students and H1N1 \(swine\) flu](#)

Related Topics

[Puberty](#)

[Teen Development](#)

[Teen Mental Health](#)

[Teen Sexual Health](#)

TeensHealth

- <http://www.teenshealth.org>
- Nemours Foundation's Center for Children's Health Media
- Some Spanish language material
- Categories include
 - Body
 - Mind
 - Sexual Health
 - Diseases and Conditions



Search here...

Your Body

Your Mind

Sexual Health

Food & Fitness

Recipes

Drugs & Alcohol

Q & A

Diseases & Conditions

Infections

School & Jobs

Staying Safe

En Español

Making

Why Do I Sweat So Much?

featured articles



Hot Topics

- How Much Food Should I Eat?
- Strength Training
- Helping a Friend Who Cuts
- Stress
- Healthy Weight: Your Personal Plan

Expert Answers on...

Although I exercise and eat healthy, I have a lot of trouble losing weight. Is there anything I can do to speed up my metabolism?

[Find Out More >>](#)

TAKE 5 Tips for Life

Sports help girls do better off the field as well as on.

[Find Out More >>](#)

Quiz

After a person has been infected with mono, how long does it take for symptoms to show up?

- A 1 to 2 weeks
- B 2 to 4 weeks
- C 4 to 6 weeks

TeensHealth Sample Topics

I'm a Guy ...

So How Come I'm
Developing Breasts?



How Can I
Help a Friend Who
Cuts?



**Healthy
Weight**

Your Personal Plan



**Can I Prevent
Acne?**



HELP!

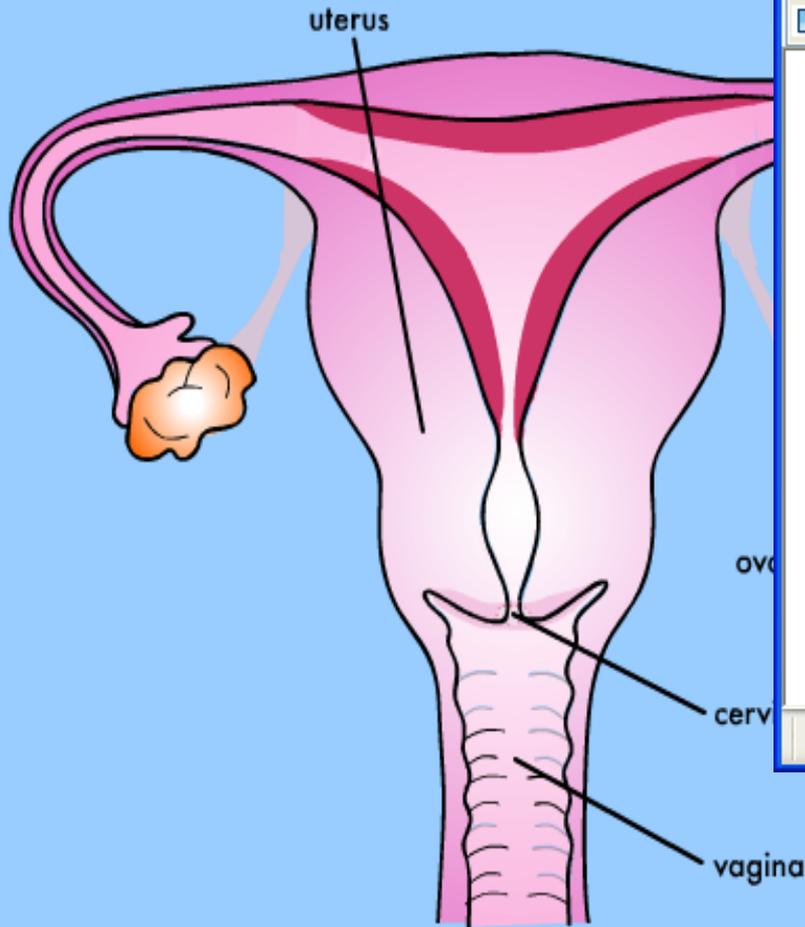
Is This My Body?



TeensHealth tools

The Female Reproductive System

★ roll over diagram to find out more! ★ GO TO MENSTRUAL CYCLE ★



Teenwire

<http://www.teenwire.com>

This site from the Planned Parenthood Federation of America has

What's My Bra Size? - Windows Internet Ex...

http://kidshealth.org/misc/movie/teen/bra_size.html

STEP 1:



- Run a tape measure snugly around your rib cage, just under your breasts.
- Add 5" to your rib cage measurement, then round UP to the nearest even number.

The result is your band size or chest measurement.

STEP 2 >

Internet

100%

Subscription Form

View Sample eNewsletter

ARTICLE

MORE ARTICLES LIKE THIS

RESOURCES

TeensHealth Parent and Educator Sites

Welcome, Parents

find what you're looking for...

SEARCH ▶

- General Health
- Infections
- Emotions & Behavior
- Growth & Development
- Nutrition & Fitness
- Pregnancy & Newborns

10 Kids' Health Issues to Watch in 2008

READ ARTICLE ▶

Information for Parents about general health, safety

Lesson Plans for Educators from preschool to high school

KidsHealth In the Classroom

TEACHERS & SCHOOL NURSES CLICK HERE...

KidsHealth for KIDS KidsHealth for TEENS

SEARCH

Welcome Sesame Street BMI Experiments Goal Setting

Categories

- Child Care Guides: *Preschool* ▶
- Teacher's Guides: *PreK to Grade 2* ▶
- Teacher's Guides: *Grades 3 to 5* ▶
- Teacher's Guides: *Grades 6 to 8* ▶
- Teacher's Guides: *Grades 9 to 12* ▶

Get on board with KidsHealth's new online resource for educators! KidsHealth in the Classroom offers free health curriculum materials for all grades and subject areas. Each teacher's guide includes discussion questions, activities, and reproducible handouts and quizzes - all aligned to recently updated national health education standards.

Read More ▶

Featured Teacher's Guide:

Sports Safety (Grades 9 to 12)

Sports participation can help young people stay healthy, set a level of physical activity that lasts for years, learn about teamwork and competition, and build social

Send Us a Tip

Tell us how you use KidsHealth in your classroom.

Send a Tip ▶

Go Ask Alice!

- <http://www.goaskalice.columbia.edu>
- Produced by the Alice!, Health Promotion Program at Columbia University
- Controversial - library bans on linking to the site
- Health question and answer Internet resource
- Questions are answered by a team, whose members have advanced degrees in public health, health education, medicine, and counseling.





- browse our archive
- search go ask alice!
- alcohol & other drugs
- fitness & nutrition
- emotional health
- general health
- sexuality
- sexual health
- relationships
- new to Go Ask Alice!?
- about Go Ask Alice!
- content use and links
- press
- ask Alice!
- get Alice! in your box
- updated 03/13/09

new Q&As

- Baths – OK for the vagina?
- What is E. coli?
- Anti-depressant causes depressing constipation
- Am I bisexual or bicurious?
- Sibutramine (Meridia) weight loss drug
- Recently posted Q&As
- Recently updated Q&As

theme of the week

- Awkward!**
- I feel like I have lost the ability to communicate with people
 - In love with my best friend, but he's gay
 - Parents find porn in the boys' room
 - Calling out ex's name in bed
 - Please hold while I masturbate
 - Roommate with B.O.?
 - Recently posted themes

Share on Facebook

reader responses

- Orgasming while exercising
- Deciding to devirginize
- Alcohol withdrawal symptoms?
- Readers Rave

this week's poll

- Friendly crush – what do you do?**
- Full disclosure
 - Subtle hints
 - Maintain those boundaries, keep it inside
 - Hope my friend makes a move
 - Not again!?!?

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Go Ask Alice! Sample Questions

- Why do I choose not to eat?
- Alcohol vs. Marijuana: Which is safer?
- Zoloft: Will it show up on drug tests?
- Roommate seriously depressed — Is it contagious?
- How long does mourning last?
- What is the number one cause of death?



browse our archive

search go ask alice! 

alcohol & other drugs

fitness & nutrition

emotional health

general health

sexuality

sexual health

relationships

new to Go Ask Alice!?

about Go Ask Alice!

content use and links

press

ask Alice! get Alice! in your box 

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Mac users: please note that our site is optimized for the Safari browser

Emotional Health

[View all Q&As in this category]

 **stress and anxiety**

-  Number one cause of stress
-  Anxiety ruining family and intimate relationships
-  More...

 **blues and depression**

-  No purpose in life
-  Roommate seriously depressed ¶ Is it contagious?
-  More...

 **suicide**

-  Feeling suicidal... Help!
-  Thinks about killing others and self
-  More...

 **communication concerns**

-  Shyness?
-  Excuses, excuses
-  More...

 **obsessive and compulsive behavior**

-  Self-mutilation
-  I think I have obsessive-compulsive disorder (OCD)

 **child abuse**

-  Full of hate – About childhood sexual abuse
-  Support for survivors of child sexual abuse
-  More...

 **grief and loss**

-  Grieving a parent's death
-  Friend's mother has cancer
-  More...

 **counseling**

-  Sick about going to counseling
-  Finding low-cost counseling
-  More...

 **medications**

-  Prozac side effects
-  Will anti-anxiety meds make me a zombie?
-  More...

 **miscellaneous**

-  What is mental illness?
-  Bored with doing the same things day after day

Planned Parenthood Info for Teens

- <http://www.plannedparenthood.org/info-for-teens/>
- From Planned Parenthood Federation of America
- Some Spanish language material
- Topics include:
 - Pregnancy, Parenting, and Adoption
 - Lesbian, Gay, Bisexual, Transgendered

A purple banner with the text "INFO FOR TEENS" in white. The banner features decorative elements including a white spiral and several white circles of varying sizes. Below the text, there are horizontal white lines that resemble a stylized landscape or a series of reflections.

INFO FOR TEENS

INFO FOR TEENS

[Our Bodies](#)

[Sex and
Masturbation](#)

[Relationships](#)

[Pregnancy](#)

[LGBTQ](#)

[Ask the Experts](#)



LGBTQ

Lesbian. Gay. Bisexual. Transgender. Questioning . . . straight. There are lots of words that describe sexual orientation, but what do they mean?

[LEARN MORE ↗](#)



Planned Parenthood on



[MYSPACE](#)



[FACEBOOK](#)



[TWITTER](#)

FIND A HEALTH CENTER

Zip Code

OR

State



GO

SEARCH

Site Search

GO

[INFO FOR TEENS ↗](#)

[TOOLS FOR PARENTS ↗](#)

[TOOLS FOR EDUCATORS ↗](#)

Zip Code

OR

State

GO

SEARCH

Site Search

GO

[Dating, Family & Friends](#)[Body & Mind](#)[Sex & Masturbation](#)**Birth Control**

- [Teens & Abstinence](#)
- [Teens & the Implant](#)
- [Teens & the Patch](#)
- [Teens & the Pill](#)
- [Teens & the Ring](#)
- [Teens & the Shot](#)
- [Teens & the Sponge](#)
- [Teens & the Cervical Cap](#)
- [Condoms & Female Condoms](#)
- [Emergency Contraception \(EC\)](#)
- [Teens & the Pull-Out Method](#)

Know how to prevent pregnancy

You're having vaginal intercourse — or you're thinking about having it. Don't forget your birth control. We've got reliable, up-to-date info on each method of birth control for teens, including the pros and cons, how much it costs, how you can get it, and more.

SHARE +



- » [Curbing Condom Complaints](#)
- » [He Said, She Said](#)
- » [What's with Withdrawal?](#)



HOW TO USE A CONDOM

Do you know the right way to put on a condom? Follow the steps in the

TEEN TALK

[TOOLS FOR PARENTS ↗](#)[TOOLS FOR EDUCATORS ↗](#)

girlshealth.gov

- <http://girlshealth.gov>
- From the U.S. Department of Health and Human Services (DHHS)
- Information on a wide variety of topics
 - Body
 - Nutrition
 - Drugs
 - Your emotions



HHS.gov

Improving the health, safety, and well-being of America



girlshealth.gov

Be Healthy. Be Happy. Be You. Beautiful.

Search!

- Body
- Fitness
- Nutrition
- Illness & disability
- Drugs, alcohol & smoking
- Your emotions
- Relationships
- Bullying
- Safety
- Your future



What's New

- » Download the **NEW** Teen Survival Guide and other **FREE STUFF** from girlshealth.gov!
- » Check out two new interactive tools:

Your Health from A-Z go!

SPOTLIGHT ON go!

Graziella Baratta

Free Stuff! go!

Take a Quiz! go!

Powerful girls

stories from go!

Speak Up! go!

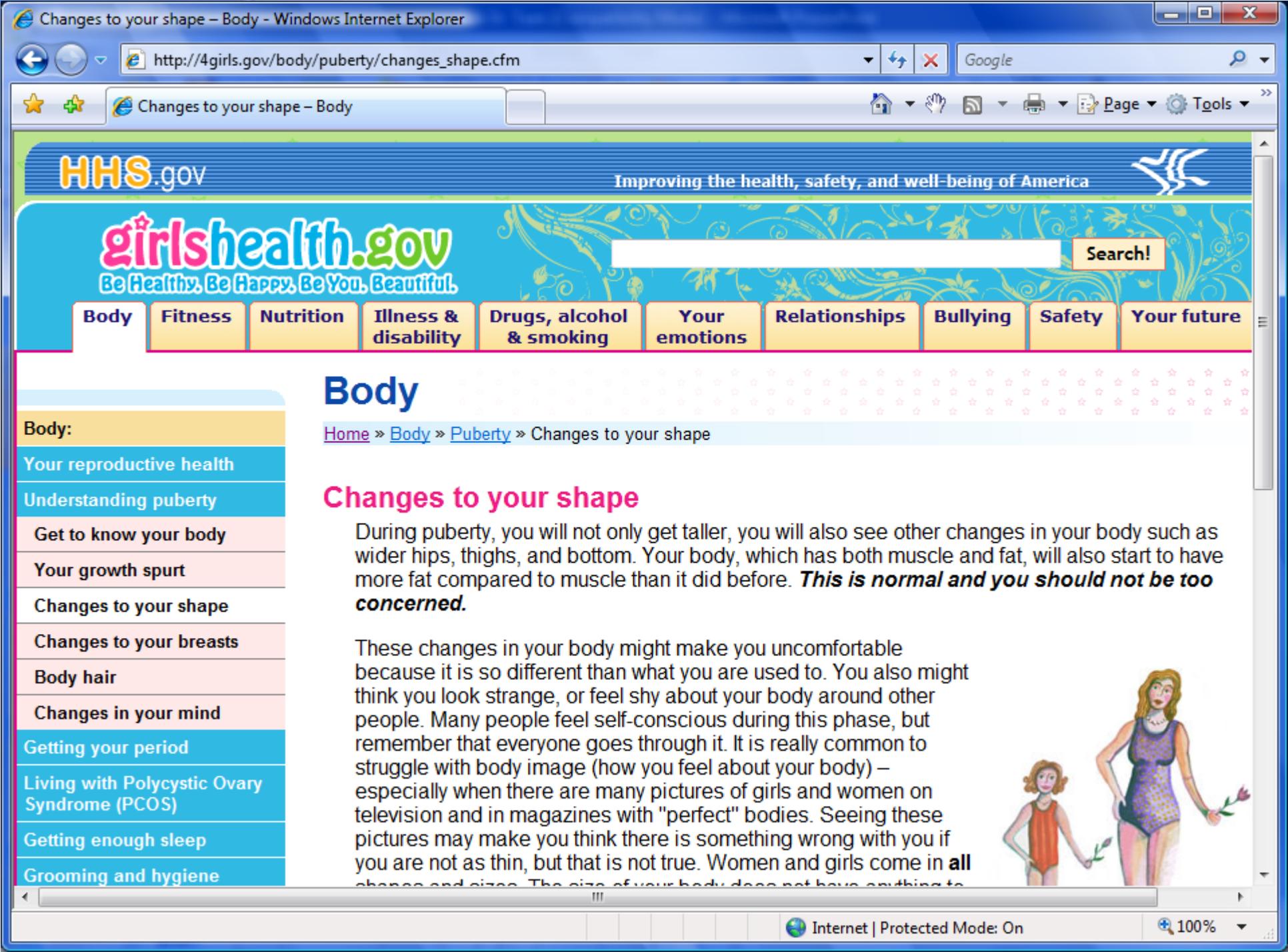
What do you think will be your most challenging subject in school and why?

- » **Stephanie** says: I think that math is the most challenging subject because there are so many things to learn I... [\[more\]](#)

Speak Up!

Vote! go!

If you're having a problem, who...



HHS.gov

Improving the health, safety, and well-being of America

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.

Search!

Body

Fitness

Nutrition

Illness & disability

Drugs, alcohol & smoking

Your emotions

Relationships

Bullying

Safety

Your future

Body

[Home](#) > [Body](#) > [Puberty](#) > Changes to your shape

Changes to your shape

During puberty, you will not only get taller, you will also see other changes in your body such as wider hips, thighs, and bottom. Your body, which has both muscle and fat, will also start to have more fat compared to muscle than it did before. ***This is normal and you should not be too concerned.***

These changes in your body might make you uncomfortable because it is so different than what you are used to. You also might think you look strange, or feel shy about your body around other people. Many people feel self-conscious during this phase, but remember that everyone goes through it. It is really common to struggle with body image (how you feel about your body) – especially when there are many pictures of girls and women on television and in magazines with "perfect" bodies. Seeing these pictures may make you think there is something wrong with you if you are not as thin, but that is not true. Women and girls come in **all** shapes and sizes. The size of your body does not have anything to do with your worth.



Body:

Your reproductive health

Understanding puberty

Get to know your body

Your growth spurt

Changes to your shape

Changes to your breasts

Body hair

Changes in your mind

Getting your period

Living with Polycystic Ovary Syndrome (PCOS)

Getting enough sleep

Grooming and hygiene

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Improving the health, safety, and well-being of America

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.

Search!

Body

Fitness

Nutrition

Illness &
disabilityDrugs, alcohol
& smokingYour
emotions

Relationships

Bullying

Safety

Your future

Relationships

[Home](#) » [Relationships](#)

Relationships:

If you need help now...

Healthy relationships

Friendships

Dating

Dealing with conflict

Parents, grandparents, and
guardians

Sisters and brothers

Your community

Links to more information

girlshealth.gov glossary

girlshealth.gov home

The relationships you have as a teen are a very special and important part of your life. That's why a falling-out with a close friend can hurt so much. Or it can be so frustrating when the people who know you best—like your family—don't seem to “get” you. This section of girlshealth.gov can give you skills for building strong and healthy relationships of all types. You can find out:

- [Where to go for help if you are in a crisis or danger](#)
- [Healthy ways to communicate](#)
- [Dealing with peer pressure](#)
- [How to spot harmful dating relationships](#)
- [Helpful tips for working out conflict](#)
- [Ideas for getting along with your parents](#)
- [Ways to cope if you take care of a sibling or family member](#)
- [How to do more for your community](#)



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Search!

- Body
- Fitness
- Nutrition
- Illness & disability
- Drugs, alcohol & smoking
- Your emotions
- Relationships**
- Bullying
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- Your future

Relationships

[Home](#) » [Relationships](#) » Sisters and brothers

Sisters and brothers

- Relationships:**
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Jenny and her sister Sarah fight all the time. Jenny is mad at Sarah because she comes into her room and takes her things without asking. Sarah says that Jenny yells too much and spends all her time on the phone.

Other girlshealth.gov Tools

Quizzes

Safety

[Home](#) » [Safety](#) » [In relationships](#) » Quiz: Test your relationship

Staying Safe: Test your relationship

1. Does your friend or person you are dating tell you the truth about things?
 Yes
 No
2. Does your friend or person you are dating make all the choices in your relationship?
 Yes
 No

Speak Up!



Is it wrong for a girl to get back together with someone who has hit her?

- » **Courtney from South Carolina** says: It depends because if he is just doing it now and again then get over it and talk to him about... [\[more\]](#)
- » **Breanna from Michigan** says: No. Statistics show that a person who will hit their partner, even though they may have voic... [\[more\]](#)

Feedback from other teens

Above the Influence

- <http://www.abovetheinfluence.com/>
- From the National Youth Anti-Drug Media Campaign
- Information on drugs, includes:
 - Ecstasy
 - Steroids
 - Inhalants
- Teens can share their stories



Featured in Speak



Your Words

Our visitors submit their poetry, stories, and favorite quotes. Read others' and submit your own.

➔ LAUNCH

The Ads



1 2 3 4 5 6 7 [play] [stop]

Now Playing: Doodles

➔ MORE

Get Help

Ask the Doc now!



Facts

- Impaired memory



- Alcohol
- Cocaine
- Ecstasy
- GHB
- Hallucinogens
- Heroin
- Inhalants
- Ketamine
- Marijuana
- Meth**
- Prescription Drugs
- OTC Drugs
- Rohypnol
- Steroids
- Tobacco

Methamphetamine Facts (Meth, Crystal Meth)

What is It?

Methamphetamine, or meth, is a highly addictive synthetic chemical that acts as a stimulant. It is snorted, injected, smoked, or swallowed. Most of the methamphetamine abused in this country comes from foreign or domestic superlabs, although it can also be made in small, illegal laboratories, where its production endangers the people in the labs, their neighbors, and the environment.⁵⁴

[read more +](#)

Street Terms^{56,57}

Speed, meth, crystal meth, chalk, ice, crystal, chalk, crank, tweak, uppers, black beauties, glass, biker's coffee, methlies

[read more +](#)

Risks^{52,53}

Increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia (when the body overheats) / Unhealthy weight loss / Severe dental problems / Anxiety, confusion, insomnia, mood disturbances, and violent behavior / Psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects "Meth Bugs" creeping under the skin)

[read more +](#)

Reality Check View All | View Sources

Meth can be made from readily available ingredients like battery acid, drain cleaner, lantern fuel, and antifreeze.

We are Talking

- <http://www.pamf.org/teen/>
- From the Palo Alto Medical Foundation
- Contains information not easily found elsewhere
 - Body art
 - Life skills
 - Teens and media
- “Ask an expert”



Ask the Expert

General Health

Tobacco, Drugs & Alcohol

Emotions & Life

Sexual Health & Experience

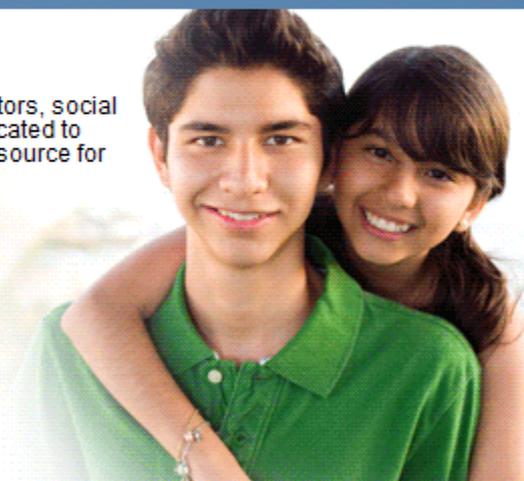
Welcome to Teen Health

We are Talking | Teen Health

"We Are Talking" website was developed by a team of doctors, social workers, educators and volunteer teenagers. We are dedicated to providing an honest, medically accurate and up-to-date resource for teens [More about us](#)

Ask an Expert
or search our [Frequently Asked Questions](#)

Hotlines



Highlights

New! Dental Health

[CDC Now Recommends HPV Vaccine for Both Males and Females](#)

[Coping with life's challenges.](#)

[True or False: Squelch misinformation about teen health.](#)

[Read our writers' takes on Finding Normal?](#)

General Health

- [For Females](#)
- [For Males](#)
- [Puberty](#)
- [Body Art](#)

Emotional Health

- [Body Image](#)
- [Depression](#)
- [Family Life Skills](#)
- [Relationships](#)

Sexual Health

- [Your Right to Know: Privacy Information](#)
- [Attitudes Toward Sex](#)
- [Masturbation](#)
- [Virionity and First-Time Sex](#)

[Ask the Expert](#)[General Health](#)[Tobacco, Drugs & Alcohol](#)[Emotions & Life](#)[Sexual Health & Experience](#)[General Health](#)[Body Art](#)[Tattoos](#)[Piercing](#)[Getting It Done, Safely!](#)[References](#)

Body Art



Facts and Fiction

Expressing yourself through your body can be fun, but some of that fun is permanent. It is important to think about your motivation, options, choices, and the consequences of body art. Talk to people, seek out information. Never make decisions quickly!

It is exciting to exert control over what people see when they look at you, but you cannot always control how people will respond. Some people will have negative responses, and you have to decide if the risks are worth the fun. Try to imagine yourself 10 or 20 years from now. What will you be doing at that time? You might be a free-spirited student now, and a web of vines on your wrist might look lovely. However, what might you do for a living 20 years from now? Could you work in a conservative field in which you are required to cover up your tattoo with long sleeves every day?

The palette of possibilities for how we express ourselves with our bodies is huge: clothes, make-up, piercing, tattooing, and most extreme, surgery. Some of these



Take our survey on body art!

See how others have answered this survey...





- Ask the Expert
- General Health
- Tobacco, Drugs & Alcohol
- Emotions & Life
- Sexual Health & Experience

- Ask the Expert
- Ask a Question
- True or False: Dispelling Myths

Ask the Expert

-A A+ [Email] [RSS] [Print]

Read before you ask!

Steps to asking a question:

1

"Ask the Expert" is for **teens 13 to 20**.

This Web site is meant for **educational purposes** and should not replace appointments with your personal health care provider. **NOTE: Due the number of questions we receive, we cannot answer every question.**

2

What will we answer?

We answer:

- **New questions** that have not been asked by someone else
- **General questions** about physical or mental health

We don't answer:

- **Suicide questions** (We do not have the resources to respond to suicide questions. Call **1-800-SUICIDE** for immediate assistance. Help is available 24 hours a day.)

Tablet PC Input

SAVE: Suicide Awareness Voices of Education

- <http://www.save.org/>
- Started by a woman whose daughter committed suicide
- Information on:
 - Depression
 - Coping with the suicide of others
 - Suicide Prevention





The SAVE mission is to prevent suicide through public awareness and education, reduce stigma, and serve as a resource for those touched by suicide.



Are you depressed?
There is hope! Click here.

Between 1952 and 1995, suicide in young adults nearly tripled.

[Print Page](#) [E-Mail Page](#)

Prevent suicide. Treat depression.

If you are in a suicide crisis, call the National Suicide Prevention Lifeline 1-800-273-TALK

If you feel suicidal, see a doctor. There is help.

SAVE was one of the nation's first organizations dedicated to the prevention of suicide and was a co-founding member of the National Council for Suicide Prevention. Our history and growth from an all-volunteer, small grassroots group of passionate survivors led us to what is one of today's leading national not-for-profit organizations with staff dedicated to prevent suicide. This site, along with our work, is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic, and that through raising awareness and educating the public, we can SAVE lives.

Quick Links:

[Home](#)

[Depression and Suicide Information](#)

[Information, Resources and Products](#)

[Coping with Loss](#)

[News and Events](#)

[About SAVE](#)

[Support SAVE](#)

[Contact](#)

Site Search

SAVE. | SUICIDE AWARENESS VOICES OF EDUCATION™

Donate to SAVE

SHARE

Newsletter Sign-Up

- Home
- Suicide Prevention and Depression Information
- Resources and Products
- Coping with Loss
- News and Events
- About SAVE
- Support SAVE
- Contact

In a crisis, call 1-800-273-8255

Site Search Search



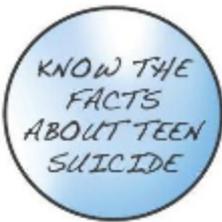
Be That Friend



Sometimes, being a friend is not enough to prevent someone from taking their own life. If someone you know may be thinking about suicide, be the friend who helps. Talk to someone you trust, a parent, teacher, school counselor or coach and get help.

What to look for

Knowing what to look for and the warning signs of suicide and depression are crucial in being able to save a life. There are many signs that a friend may show if they are feeling that life is too much, so if a friend is talking about suicide and/or withdrawing from family, friends, or activities these may be some signs that they need help. To look at a full list of warning signs of suicide [click here](#).



In addition to learning the warning signs of suicide, it is also important to learn how to identify the symptoms of depression and other mental illnesses. 90% of people who die by suicide have an existing mental illness and these illnesses have their own warning signs. To learn more about the warning signs of depression in teens [click here](#).

How to Help

If you think that a friend might be in danger you need to act immediately! Being

- Home
- Depression and Suicide Information
- Information, Resources and Products
- Coping with Loss
 - When the Worst Has Happened
 - What to Tell Children
 - Grief After Suicide
 - People Grieve Differently
 - Responding to Survivors
 - Support Groups
 - Personal Stories
- News and Events
- About SAVE

Grief After Suicide

Know that you can survive, even if you feel you can't.

Intense feelings of grief can be overwhelming and frightening. This is normal. **You are not going crazy; you're grieving.**

Feelings of guilt, confusion, anger, and fear are **common responses** to grief.

You may experience **thoughts of suicide**. This is common. It doesn't mean you'll act on those thoughts. However, if you begin to feel like you may, ask for help or call 911.

Forgetfulness is a common, but temporary side effect. Grieving takes so much energy that other things may fade in importance.

Keep asking "why" until you no longer need to ask.

Healing takes time. Allow yourself the time you need to grieve.

Grief has no predictable pattern or timetable. Though there are elements of commonality in grief, each person and each situation is **unique**.

Delay making major decisions if possible. Selling a home, car, cashing in on policies, moving, quitting a job, etc. are all things that should be avoided if possible.

The path of grief is one of twists and turns and you may often feel you are getting nowhere. Remember **even setbacks are a kind of progress**.

This is the hardest thing you will ever do. **Be patient with yourself.** Seek out people who are willing to listen when you need to talk and who understand your need to be silent.

For Adults:

CDC – Adolescent Health

- <http://www.cdc.gov/HealthyYouth/az/index.htm>
- Statistical information about health issues for teens
- Links to
 - Youth Risk Behavior Surveillance System
 - School Health Profiles
 - School Health Index
- Reports about student health
- Links to adolescent health topics

Adolescent Health

View by Topic

- > [Adolescent Alcohol and Drug Use](#)
- > [Adolescent Injuries](#)
- > [Adolescent Sexual Behaviors](#)
- > [Adolescent Tobacco Use](#)
- > [Adolescents and Skin Cancer](#)
- > [Asthma among Adolescents](#)
- > [Crisis Preparedness & Response](#)
- > [Family Health Tips](#)
- > [Food Safety and Adolescents](#)
- > [Nutrition and Adolescents](#)
- > [Physical Activity and Adolescents](#)
- > [Youth Suicide](#)
- > [Young Worker Safety and Health](#)
- > [Youth Violence](#)

Contact Info

Centers for Disease
Control and Prevention
Division of Adolescent &
School Health

During the transition from childhood to adulthood, adolescents establish patterns of behavior and make lifestyle choices that affect both their current and future health. Adolescents and young adults are adversely affected by serious health and safety issues such as motor vehicle crashes, violence, substance use, and sexual behavior. They also struggle to adapt behaviors that could decrease their risk of developing chronic diseases in adulthood—behaviors such as eating nutritiously, engaging in physical activity, and choosing not to use tobacco. Environmental factors such as family, peer group, school, and community characteristics also contribute to the challenges that adolescents face.

To have the most positive impact on adolescent health, government agencies, community organizations, schools, and other community members must work together in a comprehensive approach. Providing safe and nurturing environments for our nation's youth can ensure that adolescents will be healthy and productive members of society.

Featured Items:



[School Connectedness: Strategies for Increasing Protective Factors Among Youth](#)

When students feel connected to school, they are less likely to engage in a variety of risk behaviors... [more](#)



[Student Health and Academic Achievement](#)

There is a strong association between the academic success of America's youth and their health... [more](#)



[School Health Policies and Practices Study](#)

SHPPS 2006 is the largest, most comprehensive

[E-mail this page](#)

[Printer-friendly version](#)

Quick Links

- [National Initiative to Improve Adolescent Health by the Year 2010](#)
- [CDC's Division of Adolescent and School Health \(DASH\)](#)
- [Publications and Links](#)

Key Resources

- [YRBSS—Youth Risk Behavior Surveillance System](#)
- [SHPPS—School Health Policies and Programs Study](#)
- [WISQARS—Web-based Injury Statistics Query and Reporting System](#)
- [School Health Profiles](#)
- [GSHS—Global School-based Student Health Survey](#)
- [SHI—School Health Index](#)

Programs and Campaigns

- [BAM \(Body and Mind\)](#)
- [Choose Respect](#)
- [Fruits and Veggies Matter](#)
- [Germstopper](#)

How do you get them in the library?



Questions?

Karen Vargas

Consumer Health Outreach Coordinator
National Network of Libraries of Medicine,
South Central Region

800-338-7657

Developed by NN/LM SCR Staff. This project funded by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services under contract N01-LM-6-3505 with the Houston Academy of Medicine-Texas Medical Center Library.