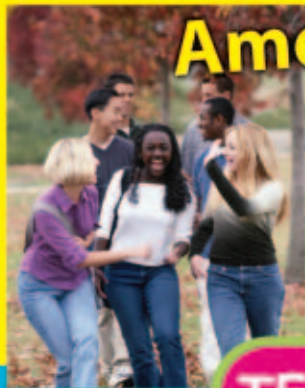


Health Guide

for

America's



TEENS™



Your health begins with you.

Your Health - Take It On

Have you been hearing about “making choices” about your life? You may be relying more on yourself and your friends when making these decisions. Some of the biggest choices that you face are those about your **health**.

Why should you care about your health? Well, there are lots of reasons - like feeling good, looking good, and getting stronger. Doing well in school, at work, in sports and other activities, are others. Believe it or not, these can all be affected by your health!

Your best resource for health information, advice, and - if you need it - treatment, is your healthcare provider. That is the person who knows you, your medical history, and has accurate information to help answer your questions.

So use this **Teen Health Guide** as your personal tool to keep up and keep track!

- Friends & Relationships
- Health Habits
- Food & Fitness
- Smoking
- Sex & Safety
- Drinking & Drugs
- Reference List



Friends & Relationships

Life's not always easy. There will always be stresses like exams, work, love stuff, family issues, neighborhood violence, and friends. What can you do to make life more manageable and more enjoyable?

- ▶ **Let out your emotions** - Don't be embarrassed. Let people know how you feel and ask for their support. It's a good way of relieving tension, and connecting with others may make you feel better.
- ▶ **Be creative** - Sketch, paint, journal, even scribble!
- ▶ **Get active** - Make time for your favorite sport or activity or try something new.
- ▶ **Take time for you** - Try to relax. Listen to your favorite music. Read. Take a walk. Do something you like to do by yourself.
- ▶ **See friends** - Talk to your friends, or simply be around to share a good time, or others' worries. If you don't have many friends, try talking to people you might want to get to know.



- ▶ **Talk about it** - Find someone you can talk to about your worries. Maybe a teacher, parent, relative, older brother or sister, coach, friend, someone you can trust. Don't struggle alone - let it out. If you need confidential help - try calling a help line or visiting your school counselor or healthcare provider.

Being a teen isn't fun all the time. Most teens feel sad or upset sometimes - especially when the pressure of relationships, school, family and friends becomes too much to handle.

Feeling sad sometimes and having mood swings is normal, but being depressed for a long time is not. These are signs of depression, especially if they last for more than 2 weeks:

- Changes in eating or sleeping habits
- Poor performance in school
- Sadness that won't go away
- Losing interest in what used to be fun or interesting
- No longer hanging out with friends
- Loss of energy or motivation
- Thoughts of harming or killing yourself
- Anger and rage
- Using drugs or alcohol to "forget" about problems
- Overreaction to criticism
- Lack of concentration or forgetfulness
- Aches and pains that don't get better with treatment

If you are experiencing more than one of these symptoms talk to someone you can trust, such as a parent, teacher, healthcare provider or a religious leader. These adults can help decide if you need to meet with a professional who can help you find solutions to feeling good again.

Talking about your feelings is often the first step in getting help and feeling better. Hurting or killing yourself is never the answer. If you feel you need extra help, treatment may be for you, which typically includes counseling and/or medication.

Have you heard someone say that people who talk about suicide won't actually go through with it? That's a myth - people who talk about it may be likely to try it. If you have a friend who is talking about suicide, don't wait to see if he/she will feel better.

Warning signs of suicide include:

- ▶ Suicide threats
- ▶ Talking about death and/or feeling helpless/hopeless
- ▶ Overwhelming sense of guilt, shame or reflection
- ▶ Giving away things you valued
- ▶ Thinking about suicide plots and planning how to do it
- ▶ Poems, essays and drawings that refer to death
- ▶ Dramatic change in personality or appearance
- ▶ Changed eating or sleeping patterns
- ▶ Severe drop in school performance

How about if your friend says “don’t tell anyone.” You need to let your friend know you can’t do that. Listen openly, and then help your friend find someone who is trained to help. If your friend either has a detailed plan or appears suicidal and will not talk, do not leave your friend alone. Get help right away.

If you are thinking of hurting yourself or someone else, get help now. If you feel there is no one you can talk to call the National Crisis Hotline, 1-800-SUICIDE. There will be somebody who wants to listen to and talk with you.



Making Peace - Managing Conflict

Frustrated? Angry? Ready to explode? You're bound to get angry sometimes. What matters is how you handle yourself when you're angry. One healthy way to deal with your anger is the cool-down approach. When something gets you really mad, try to stop, calm down, and think before you do or say anything you may regret. Express what is bothering you and why it makes you angry.

- Listen carefully to what the other person is saying
- Come up with options (other than fighting and avoiding) for resolving the conflict
- If you can't work it out, get help.
- If someone is confronting you, and you are worried it will become violent - leave. Take your sail out of his/her wind.

Keys to a Good Friendship

When you have stress and pressures to deal with, it helps to know that a friend (or group of friends) is there for you. Friends can feel like the glue that holds everything together in your life.

Pick people who have similar interests, but don't rule out people who aren't exactly like you; it's good to keep an open mind.

If you respect others, others will respect you.

Accept that everybody has quirks and flaws.

Even the best of friends can't be together 24/7. Develop other interests and don't be jealous when your friend has other interests too.

Your friend can't read your mind. If something is affecting your friendship, tell him/her.

A good friend will let you vent to them, but don't only use them to vent...you should be ready to listen in return.

Support your friends. It's ok to disagree with them. Don't talk behind your friend's back.

Choose your words wisely, because you can never take them back.

Talking to Parents, Adults, and Caregivers

Often adults do not know what to expect from teens. Try these tips to improve your communication:

- Be honest with your feelings. Your parents/guardians may be a source of support and knowledge, but they don't know what's going on in your life if you don't tell them.
- If you're upset, (don't like your curfew, got grounded), don't immediately take the defensive side. If you start yelling or crying, you won't be able to express your important feelings.



Every family has tough times, disagreements and anger. It is a problem, though, when the punishment includes hitting, name-calling, using a weapon. That's called abuse. If this is happening, talk to your school counselor. You can also call the National Child Abuse Hot Line at 1-800-422-4453.

When your friends try out new things, you may start to have less in common. It might feel as if the friend you once knew so well has gone away. If you find that it's just too hard to agree on stuff, or your friends are into something that just isn't you, you can start to expand your circle of friends. Try checking out school and community clubs, art or music classes, sports teams or volunteer work to meet people who like what you like.

School Violence - What Can You Do?

- ▶ Start with yourself. Make a promise not to add to violence, including bullying, teasing, or spreading rumors. Respect others and value differences.
- ▶ Do not carry a gun or any other type of weapon. Guns always make fights worse.
- ▶ Immediately report anyone that you know is carrying a weapon.

Dating Violence

You can trust yourself to make good decisions. People who pressure you into things care about their own power. They may not be respecting your wishes. If you are forced to have sex when you don't want it, that's rape. Forced, unwanted sex between two people who know each other is known as “date rape.” It's a serious act of violence and it's illegal.

If you feel pressured to do something you don't want to do, it is your right to:

- Change your mind. Say "no" and mean it.
- Leave a situation where the pressure is too much.
- Leave if you sense that you are in danger.
- Accept no open drink, unless you watched it being poured.

More than one in ten teenagers experience physical violence in a dating relationship. If you're in a dating relationship that in any way feels uncomfortable, awkward, tense or even frightening, trust your feelings and get out of it. Always remember: You have the right to say no.

If you are in a violent, or potentially violent, relationship:

Get help. Talk with someone you trust. You can also call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). If adults in your life tolerate physical violence in their relationships, you may need extra support to avoid them in your life.



If you want to stay in the relationship, realize that the violence will not just stop or go away. Your partner may need outside help to change. You need support to heal. Counseling does not guarantee violence will end. Respect yourself - leave a violent partner before life gets any harder.

Health Habits

One of the goals of being a teenager is independence. Taking responsibility for your health is part of this independence. This means keeping appointments, getting there on time, taking medication as prescribed, and following the advice you receive. Protecting your health is a lifelong process. Be the person who is most concerned about your health!

If your family does not have health insurance, you may qualify for Medicaid health insurance. Ask your healthcare provider to help your family enroll.



What Happens at the Doctor's Office?

Try to see your doctor every year. At least three of these visits should include a complete physical exam: one at age 11 to 14, at age 15 to 17, and at age 18 to 21. If you have a chronic medical condition, like allergies, or asthma, you may need to see your doctor more often.

Questions for the Medical Visit

When you go to the doctor, you're probably used to being asked questions. Be sure to answer all questions honestly, even if you feel embarrassed. You have the right to ask questions, too. In fact, you should ask them about anything you'd like. Here's a list of questions to help you start.

For medications:

- What does this medicine do?
- What will happen if I don't take it?
- What are the side effects?
- What time of the day should I take it?
- Should I take it with food or without?
- How long should I take it?
- What if I accidentally miss a dose?
- How long should I wait before calling you if there is no improvement?



For tests and treatment:

- Why is this test needed?
- Are there any risks involved?
- What will happen if I don't get the test?
- Will it hurt? If so, is there anything we can do to lessen the pain?
- What are the side effects?
- How should I prepare for tests or treatment?
- What should I report to you?

MEDICAL

VISIT

Physical exams

are a good time to get information. Do you have questions about sex and STDs (Sexually Transmitted Diseases)? What will a pelvic exam be like? Who can you talk to about family/friends problems? Can you get help to quit smoking?

Immunizations

protect you from serious diseases. Teens need:

- 3 doses of Hepatitis B vaccine
- 2 doses of Measles - usually MMR (combined Measles, Mumps and Rubella)
- Diphtheria - Tetanus vaccine
- Varicella (chicken pox) vaccine if you have not already had chickenpox
- Meningococcus vaccine for college students

Check if your parent or guardian has a record of when you may have received some of these as a child.



Immunization Record		Date	Doctor/Location
Measles, Mumps, Rubella (MMR)			
Tetanus, Diphtheria (Td)			
Chicken Pox (Varicella)			
Pneumonia (Pneumococcal)			
Hepatitis A (Hep A)			
Hepatitis B (Hep B)			
Meningococcus			
TB Screening			
Flu (influenza) Write Date			

Self-Exams

Now is the time to get into the habit of checking out your body. When you're aware of changes, you can address problems.

Young Women: Self breast exam: Ask your health care provider to teach you how to do this exam. Lie down with a pillow under your shoulder or stand in the shower with your arm overhead. Use the finger pads of your three middle fingers to feel your breast for lumps. Check your underarm area, too.

Young Men: Examining the testicles can help find testicular cancer, one of the most common types of cancer in young men. Do a testicular self-exam every month beginning at age 15. The best time to do a testicular exam is after bathing when heat causes the skin of the scrotum to relax. Look at the scrotum for swelling. Examine each testicle by rolling it between your thumb and the first two fingers of both hands. It is normal for one testicle to be larger than the other. Check for lumps, swelling, tenderness, or a change in size of the testicle. Feel the cord-like structure on the top and back of each testicle. Have your doctor check out aching in the lower abdomen or groin, or a feeling of heaviness in the scrotum. These may be warning signs of cancer.

Tell your health care provider about any lumps or abnormalities that you may find.

Health Screenings & Exams			
	Date/Results	Date/Results	Date/Results
Weight			
Dental			
Urinalysis			
Eye Exam			
Blood Pressure			
Cholesterol			
Skin Exam			

Write down the date and results when you have these exams. Check with your doctor for specific recommendations.

Date/Results	Date/Results	Date/Results	Date/Results

Health Screenings & Exams

	Date/ Results	Date/ Results	Date/ Results
Depression			
STDs			
Clinical Breast Exam			
Pelvic Exam			
Pap Test			
Testicular Exam			

Write down the date and results when you have these exams. Check with your doctor for specific recommendations.

Date/ Results	Date/ Results	Date/ Results	Date/ Results

Health Care Providers/Dentist/Advisors

Name	Phone

Food & Fitness

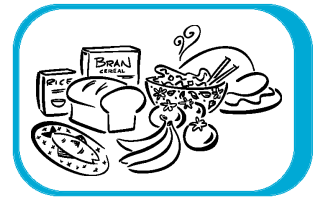
How do I look? How do I feel?

As your body changes, so does your image of yourself. Self-esteem is about how you value and appreciate yourself. Recognize that your body is your own, no matter what shape, size, or color it is.

Good health starts with good eating and physical activity habits. Eating healthy is simply paying attention to what, when and how much food you eat.

Good eating habits include:

- ▶ Eat breakfast to wake up your body and your mind.
- ▶ Avoid greasy foods and sweets.
- ▶ Stick to regular servings, don't supersize!
Eat when you're hungry, not when you're bored.
- ▶ Choose foods low in saturated fats, cholesterol and sodium.
- ▶ Snack on fruits and vegetables (aim for 5 servings each day).
- ▶ Drink lots of water. Soft drinks, fruit juices and sports drinks are loaded with sugar.
- ▶ Don't eat while watching TV, because you'll probably eat more than you intend to.



Your body needs enough of these nutrients:

- Calcium: found in milk, yogurt, cheese, ice cream, and dark green leafy veggies
Calcium is a mineral that gives strength to your bones. Your bones are developing quickly, storing calcium so that they will be strong later in life.
- Iron: found in meat, peas, raisins, and whole grain cereals
- Vitamin A: found in milk, tomatoes, orange fruits and veggies
- Vitamin D: from sunlight and vitamin-D fortified milk
- Vitamin C: found in citrus fruits and juices, tomatoes, melons

Weight

Many teens are overweight because of too little activity and the way they think about food. Obesity is a cause of life changing and life threatening conditions. The younger and more obese you are, the more years of life you lose at the end. The best way to avoid health problems is to maintain a healthy weight. Instead of dieting, try healthy snacks for good nutrition:

- Fresh fruit
- Baked chips
- Low-fat cheese and salsa
- Baby carrots with low-fat dressing
- Dried fruit with sunflower seeds
- Bagels with peanut butter
- Yogurt smoothie

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Physical activity, an important part of a healthy life, can help you to see your body in a positive way. Try activities that are fun.

On your own or with your friends, what will more activity do for you?

- Keep your appetite and weight under control.
- Make you feel better and give you more energy.
- Help you feel less bored and depressed.
- Help you handle stress.

Exercise

- ▶ Exercise for 30-60 minutes each day.
- ▶ Try walking, running, swimming, biking, in-line skating and dancing. Team sports are great for this too.
- ▶ Do warm-up exercises for 5-10 minutes before exercise and cool down after exercising.
- ▶ Increase exercise gradually.

How do I look and how do I feel?
Now is the time for you to decide how you are going to treat your body for the rest of your life.



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Eating Disorders

Eating disorders are mental health disorders that can lead to dangerous medical problems and even death. Fortunately, there are effective treatments that can help people with eating disorders fully recover.



Warning signs of **anorexia** include:

- Intense fear of gaining weight, even when underweight
- Weight loss of at least 25% of normal body weight
- Distorted body image (claiming to be fat when not)
- Refusing to maintain healthy body weight
- Absence of at least three menstrual cycles in a row

Warning signs of **bulimia** include:

- Recurrent episodes of binge (out of control) eating
- Self-induced vomiting
- Use of laxatives or diuretics (water pills)
- Frequent fluctuations in weight
- Excuses to go to the bathroom immediately after meals

Check with your health care provider if you experience any of these warning signs.

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Smoking - What Is Your Tobacco IQ

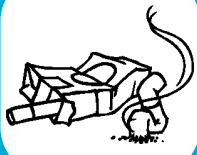
Answer these questions to test yourself. Tobacco companies need new smokers to replace the 1,000+ who die each day from smoking related illnesses.

1. Nicotine is:
 - a. one of the least used drugs in the U.S.
 - b. not considered a drug
 - c. one of most widely used drugs
 - d. not a drug substance you get dependent on
2. _____ people die each year from tobacco related illnesses.
 - a. 50,000
 - b. 1.5 million
 - c. 440,000
 - d. none
3. What type of action do cigarettes have in the body?
 - a. stimulant and hallucinogenic
 - b. depressant and hallucinogenic
 - c. narcotic
 - d. stimulant and depressant
4. _____ is spent on advertising tobacco products in one year?
 - a. \$1 billion
 - b. \$100,000
 - c. \$600 million
 - d. very little due to the law suits filed against tobacco industries



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5. Which one is a health consequence for teens who use tobacco?
- reduced lung growth
 - more respiratory illnesses
 - shortness of breath
 - all of the above
6. Smokeless tobacco (“chew,” “snuff”) is less harmful than smoking tobacco.
- true
 - false
7. Quitting tobacco could involve
- slowly stopping the use of tobacco products
 - going “cold turkey”
 - hard work
 - all of the above



ANSWERS

- 1 C Nicotine is the most widely used drug in the U.S. It is a fast acting drug that affects the nervous system and is very addictive.

- 2 C Tobacco use kills over 440,000 people a year. It kills more than AIDS, car fatalities, alcohol, suicides, homicides, fires and illegal drug use combined. Tobacco is the single most preventable cause of death in the U.S.

- 3 D Cigarettes have both stimulant and depressant properties. Some smokers report that they relax while using while others report irritability and nervousness.

- 4 C Over \$600 million is spent on tobacco advertising and promotion in one year. Teens report they smoke the highly advertised brands. Young people are targeted and the tobacco industry makes a bundle.

- 5 D Smokers:
- Have increased risk for future cancers and diseases.
 - Find it harder to be active and participate in sports, due to shortness of breath.
 - Develop yellow teeth and get wrinkles faster.
 - Smell - their hair, clothes, and breath.
 - Waste too much money on cigarettes.

- 6 B Some smokeless tobacco has higher levels of nicotine and is more addictive. Your heart beats faster and blood pressure increases. It has a high sugar content, causing dental decay. Loose teeth, receding gums, stained teeth, spitting, bad breath, and sores in the mouth are just a few more results from using smokeless tobacco.

- 7 D Best Advice - DON'T START. Despite all the tobacco use on TV, videos, and movies - most teens, adults, and athletes don't use tobacco. 90% of adults who smoke started when they were teens and never thought they'd get hooked.

There are plenty of good reasons to quit, but it's tough to break an addiction. These tips can help make quitting less difficult:

- ▶ Make a date and a plan to quit and stick to it.
- ▶ Get rid of reminders: ashtrays, lighters.
- ▶ Wash or air out items that smell like smoke.
- ▶ Get rid of your cigarettes.
- ▶ Try gum instead of “chew.”
- ▶ Stay away from alcohol.
- ▶ Stay busy to keep your mind off cigarettes.
- ▶ Stay away from smokers, at least while they are smoking.

Sex & Safety

One of the toughest decisions teens face is whether or not to have sex. Parents or adults you trust can be very helpful when thinking this through. You also have time to wait until you are totally sure about it. If you decide to wait for sex, it's ok - you're just checking out your options before you do anything you may not be ready for. You're also in the majority, as 52% of high school students are waiting to have sex.



You can trust yourself to make good decisions. It is your right to:

- Change your mind
- Say “no” and mean it
- Decide for yourself what you think is right
- Leave a situation where the pressure is too much

Like right-handedness, sexual orientation starts very young, usually before puberty and before you start having sex. It's the part of your sexuality that leads you to choose romantic and sexual partners. Although it may shift in the course of a lifetime for some people, sexual orientation is not something we can decide for ourselves or for others.

If your relationship continues to the point where you're ready to have sex, it means that you need to talk about protecting yourself and your partner from unplanned pregnancy and sexually transmitted diseases (STDs). If you're having sex, protect yourself.

Contraception

Plain and simple, contraception (birth control) is both partners' responsibility. Every time a woman has sex with a man there is a risk of pregnancy. It's wise to talk intimately with your partner about preventing pregnancy and disease before vaginal/anal/oral sex. The most effective method of birth control is abstinence, which means no sexual intercourse. There are many contraceptive methods available.



If used properly, a condom can be an effective birth control method. Proper use of a condom means more than slipping one on in the heat of the moment. Be sure to carefully read the instruction sheet that comes with the condom. And most importantly, use a condom the entire time, every time you engage in sex.

A woman who is sexually active and does not want to become pregnant has many options. Barrier methods (female and male condoms) are effective when used correctly. They can be purchased without a prescription.

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Other birth control options, such as diaphragms, cervical caps, and hormonal methods (pill, shot [Depo], patch, ring) require a visit to a doctor or clinic.



Sexually Transmitted Diseases (STDs)

STDs are usually passed from person to person through many forms of sexual contact, not only intercourse, but also oral and anal sex. Two-thirds of people with STDs get infected before age 25! If you think you can "tell" if someone has an STD, you're wrong. While some infections have symptoms you can see, many can stay in a person's system for years without any symptoms at all.

Honest communication with your partner is essential to avoid STDs. Understand what influences your decisions and behaviors. It's never too late to abstain from sex, even if you've had sex already. Abstinence is your key to remaining totally safe, but reduce your risk of getting an STD by keeping condoms available, avoiding sex when drunk, and refusing to do what you're not comfortable with.

Remember, not all contraceptives protect against STDs and AIDS. Condoms have been shown to protect against HIV and gonorrhea (in men). There is not enough evidence to say whether condoms protect against other STDs. Most STDs that can be transmitted through intercourse can also be spread orally.

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The Basics about STDs:

- **Chlamydia** is the most common and fastest spreading STD. Untreated, chlamydia can lead to sterility (cannot become pregnant). Testing for chlamydia is important because the disease usually causes no symptoms. When found; it is treatable.
- **Gonorrhea** is one of the most common and curable STDs. Bacteria that live in warm, moist areas of the body cause it; so don't think that oral sex is risk free! Someone with this infection may not know they have it, so they spread it to their partners and never realize it. Gonorrhea is treatable.
- **Genital HPV infection** (warts) is caused by a virus (human papillomavirus). Many strains of this virus can infect the genital area. Some high-risk types may cause cancer of the cervix, anus, and penis. Others are low risk and may cause genital warts. A Pap smear (medical exam) can find HPV.
- **Herpes** is a painful infection caused by two viruses that are easy to catch. You can carry the virus and not show symptoms and still be contagious. It is treatable but not curable.
- **Hepatitis B** (HBV) is a virus that often causes a chronic infection and permanent liver damage and even death. It is 100 times more infectious than HIV. HBV is spread when

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blood and body fluids come into contact with breaks in the skin or other body surfaces. Safer sex (correct condom use) and avoiding non sterile needles helps prevent the spread of hepatitis B. Treatment only helps some people.

If you are thinking about getting a tattoo or body piercing, you might get infected if the tools have someone else's blood on them. Do not share personal care items that might have blood on them (razors, toothbrushes).

Hepatitis B is the most preventable STD because there is an effective vaccine for it. Ask your health care provider about getting 3 shots of the hepatitis B vaccine.

- **Syphilis** is a dangerous, even fatal, bacteria-based STD. It is found in painless sores or rashes that occur on the skin, inside the mouth or on genitals. Contact with these sores will infect you too. Syphilis travels through the blood and can attack your heart, brain and spinal cord. It is curable in the early stages, but once damage is done it can't be reversed.
- **HIV/AIDS** - HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). It is transmitted when body fluids infected with HIV are exchanged. Infection occurs when the virus gets into your bloodstream. Having unprotected sex (sex without a condom) with someone infected with the virus is the most common way to get HIV. There is no cure for HIV/AIDS.

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The best way to combat the virus is to keep from getting it. See a health care provider regularly if you are sexually active. The only way to find out if you have an STD and be treated is by visiting a health care provider and having tests done. When getting tested it's important to be honest about your sexual history. Many clinics and county health departments offer free or low cost confidential testing and treatment. See the Resource List at the end of this book.

Drinking & Drugs

Do you think that drinking alcohol will help you to relax and feel cool? Actually, drinking often makes people do stupid things. You may end up feeling embarrassed, with more stress, and feeling worse.

Drinking can be bad for your health, seriously! Injuries kill more teens than all diseases combined, and most of them are due to car crashes! Most fatal crashes happen at night and alcohol is part of many of these deaths. Your chances of drowning also go way up when you drink.

To help prevent a car crash and increase your chances of surviving:

- ALWAYS wear a seatbelt. Most accidents happen close to home.
- Drivers, ask everybody to buckle up!
- If you have been drinking or using drugs, don't drive.
- Don't ride with someone who has been drinking or using drugs.
- For every one passenger in the car, your odds of getting into an accident go up.



If you drink, you are more likely to use drugs, fight, carry a weapon and have unsafe sex. Alcohol has a ton of calories too!

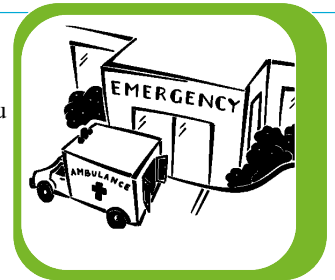
Take this test. Has drinking and/or drug use become a real problem? Check the boxes if you:

- Get drunk or high on a regular basis.
- Lie (even to yourself) about the amount of drugs or alcohol you use.
- Think you need to drink or get high to have fun.
- Constantly talk about drugs or drinking.
- Feel depressed or suicidal.
- Forget what you did while drunk or high.
- Give up stuff you used to do, and drop friends who don't use drugs or drink.
- Drink or use drugs alone.
- Get suspended from school or miss work because of drinking or drug use.
- Get into trouble with the law.

If you have checked one or more of these boxes, get help now. See the Resource List.



Drugs can make you do things you wish you never did. Getting high makes you forget, so you care less about yourself or your friends. Always be aware that sex is risky business and the choices you make can put you at risk for coming into contact with HIV/AIDS, as well as other STDs. If you feel pressured to have sex when you don't want to, drugs make it even harder to say no. Pressure about sex can be hard to deal with. It helps to make a plan and stick to it. You're responsible for your body and how you treat it.



Club drugs affect your brain, body and self-control. They are not always what they seem. They can be addictive, are against the law, and can kill you.

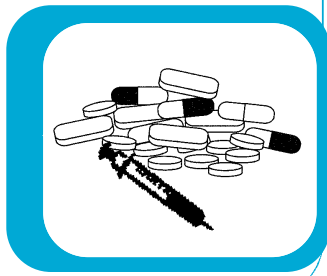
- ▶ **Ecstasy** (E, pills, X, XTC, Adam, Beans, Clarity, Lover's speed, love drug, disco biscuits) is part stimulant and part hallucinogen. It can alter mood, memory and thinking. Long term use can damage your liver, kidneys, motor skills and memory.

- ▶ **GHB** (liquid ecstasy, G, Georgia Home Boy, Liquid X, Everclear, Easy Lay) is a date rape drug. It sedates the body and slows breathing and heart rates to dangerous levels. As little as one capful can cause seizures and stop breathing. Overdoses can lead to death.

Since it is a clear liquid it can be added to drinks and you'll never know. So, be careful not to leave your drinks where others can dose them. Only let people you trust get a drink for you.

- ▶ **Ketamine** (Special K, Vitamin K, Cat, Valium, Ket, Kit Kat, Honey Oil, Super K) causes amnesia and loss of pain. The liquid form can be hidden in drinks, the powder sprinkled into cigarettes or joints. Overdoses lead to delirium and death.

- ▶ **Methamphetamine** (Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass) is a stimulant found in pill, powder, or chunk form. It is addictive and causes increased heart rate,



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convulsions, insomnia, acne and sores. Panic, anxiety, psychotic or violent behavior and severe depression are also serious effects.

- ▶ **Rohypnol** (Roofies, Rophies, Forget-me-pill, Ropes, R-2, Mexican valium) is also a date rape drug, dissolving easily in carbonated drinks.
- ▶ **Nitrous Oxide** (Whippets, Gas, Balloons, Ozone, Thrust, Nitrous, Canisters, NOS) is a colorless and almost odorless gas. It can cause euphoria and dizziness, relaxed muscles, lowered blood pressure and fast heart rate, sometimes leading to becoming unconscious. Sudden death has occurred with sniffing nitrous oxide.
- ▶ **LSD** (Acid) is a hallucinogen, which affects your brain, heart, and your self-control. It is distributed in vials, sugar cubes, gel wafers, pills or blotter paper that is chewed or swallowed.

Marijuana (Weed, Pot, Grass, Herb, Reefer) affects your memory, self-control, judgment, and your health. Both addictive and illegal, one joint affects the lungs as much as four cigarettes.

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Cocaine (Coke, crack, dust)...it's very addictive and dangerous. Using cocaine can make you feel paranoid, angry, and hostile, even when you're not high. Coke impairs your judgment and you can find yourself in situations involving unprotected sex, risking HIV/AIDS, unplanned pregnancy, and rape. Even first-time users have experienced seizures or heart attacks.

Inhalants are poisons, so be aware that sniffing can kill you by preventing oxygen from getting to the brain.

If you have a friend who has a problem with alcohol or other drugs, be a real friend and urge him/her to get help. Things can get much worse. If they don't get help, serious problems can develop such as suicidal depression, liver damage, and brain damage. Some will die from an overdose. Substance abuse can cause your friend to drop out of school, lose friends, lose values, lose self-respect, and even lose his/her life.

Your friend will not be able to solve this problem alone. A good counselor will be supportive and direct him/her to the kind of treatment that is most helpful. See the Resource List.



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Resource List

Teens Health
www.kidshealth.org/teen

National Hope Line Network
1-800-SUICIDE (784-2433)

National Mental Health Association
1-800-969-NMHA (6642)

National Youth Violence Prevention
www.safeyouth.org/teens

National Sexual Assault Hotline
1-800-HOPE

National Runaway Hotline
1-800-231-6946

National Child Abuse Hotline
1-800-422-4453

National Domestic Violence Hotline
1-800-799-SAFE

Teenwire
www.teenwire.com

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Sex, Etc.

www.sexetc.org

Sexual Health

www.iwannaknow.org

National Campaign to Prevent Teen Pregnancy

www.teenpregnancy.org/teen

STD/AIDS Hotline

1-800-342-AIDS (2437)

SAMHSA's Center for Substance Abuse Treatment

1-800-662-HELP (4357)

Information in the Health Guide for America's Teens is for education only. It does not replace medical advice or attention. Always consult a physician or other medical professional for advice on illness or injury. We can accept no responsibility from any problems that may develop.

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