

WHAT CAN YOU CONTROL IN A WORLD OF CONSTANT CHANGE?

1. YOUR SELF
2. YOUR BODY
3. YOUR FUTURE

Growing up can be hard but you can choose a positive path for yourself and your future.

The most important aspect is that YOU choose.

- Start taking care of your body now by choosing to eat healthy foods, stay in shape and don't use drugs, tobacco, or alcohol.
- Simple things like taking a multivitamin with folic acid every day or not smoking cigarettes will help prevent birth defects.
- Visit your doctor on a regular basis and make sure to get annual health checks. Learn how to keep yourself healthy.
- Take care of your mental health with the same attention you give to your body. Talk to your doctor about depression, anxiety or other issues.



There are other considerations as you move down the path you choose. Choosing your partner and talking to him or her about which path of life he or she has chosen is important. Life is a series of moments that build into a long story. It can be easy to be distracted from the long story by what happens in a moment. It's critical to stay focused on where you want to be.

Use this kit to start your healthy path of life.



CHAPTER 1 GIRLS & THEIR BODIES