



“THE TALK”

TOOL KIT

**Tools you want
for the conversation
they need**

What Can You Control in a World of Constant Change?

Your self Your body 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.





Girls and Their Bodies

How a Girl's Body Grows

Puberty is when a girl's body goes through physical, emotional, and even social changes. The changes mean your body is growing and becoming physically that of an adult. There is no exact age of when puberty begins but girls usually begin between the ages of 8 and 12, but can start earlier or later. Some of the changes may be so small that you may not notice them happening.

The physical changes of puberty begin at different ages but are the same for every girl and usually happen in the same order:

1. **Breasts begin to grow** between ages 8 and 13. Some girls may begin at an earlier age or a later age. They will be fully developed about 4- 5 years after they begin to grow. Don't worry if one breast grows faster than the other. It's common and they will even out but they will never be exactly alike.

2. **Pubic hair begins to grow;** straight hair begins to grow between ages 11 and 12, usually after breasts begin developing. The straight hair generally finishes growing by age 14 and curly pubic hair begins to grow afterwards. This is a sign that your first menstruation (period) is about 6-months to 1-year away.

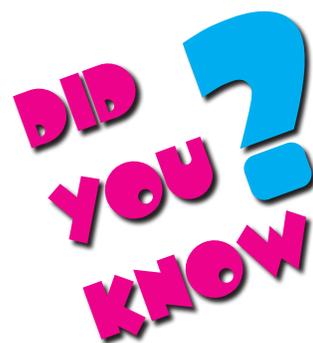
3. **Growth spurts** usually begin between 10 and 11 years of age but may start earlier and end at about age 14 but can continue through age 18.

4. **Underarm hair** and coarser body hair begin to grow. The amount of body hair you will develop depends on your family genes.

5. **First menstrual period** usually begins between the ages of 12 and 13 but can start earlier or later – anywhere from ages 9 to 18. The process of ovulation (when the female's egg is released and can be fertilized with a male's sperm creating a baby) can take up to 18 months from the start of your period. Since there is no way to know when a girl's first ovulation begins, a girl is at risk for getting pregnant once she begins her menstrual cycle.

Emotional and social changes during puberty are normal because your body is changing quickly. You may feel confused, excited, uncomfortable, or worried. It's important that you learn to deal with your feelings instead of unleashing your frustration on your friends and family. Some of the emotional and social changes that may happen include:

- ▶ Feeling clumsy or awkward
- ▶ Embarrassed about your breasts growing
- ▶ Rapid changes in mood from feeling sad to feeling great
- ▶ Frequent arguments with parents or caregivers especially over who is in control
- ▶ Strong feelings of friendship and love, anger and hate



DID YOU KNOW?

As you go through puberty, you will need to keep better care of your body and you may need to begin using different products to control your sweat and body odor, pimples on your face, and other things. Checkout the Using Hygiene Products section for more information

Girl Talk: Taking Care of Your Body

During the teen years your body grows and changes all the time. Your hair and skin may become oily or drier, you have hair in places where you didn't before, you may sweat more, or you may have odor in areas where you never had it before! All these changes are normal signs that your body is growing into adulthood.

Taking care of yourself is important. One way you can take care of yourself is by practicing good personal hygiene, or keeping yourself clean. Products for personal hygiene can be found at drug stores or grocery stores in the health and beauty sections. Here are some tips to make sure your body stays healthy so you feel good about your growing body.

Acne, also known as pimples, is caused by overactive oil glands in your skin. The oil mixed with dead skin, and bacteria clog and irritate the pores in your skin and create raised bumps called pimples.



▶ You can reduce the amount of pimples you get by washing your face every day with a mild soap or a facial cleanser.

▶ Acne products can help give you some relief. Products that contain benzoyl peroxide are the best because they help reduce oil and get rid of dead skin. (Benzoyl Peroxide can bleach/stain clothes, pillow cases and towels)

▶ Many hair products contain oils that can make acne worst so keep hair sprays and gels away from your face as much as you can.

Body Odor is caused by sweating, which is natural and healthy. It's your body's way of cooling down. When sweat mixes with the bacteria on your skin it can cause your body to smell.

▶ Take a bath or shower daily with soap, giving your body a good lather every time and making sure you wash your armpits and genital areas well.

▶ Wear deodorant and/or antiperspirant every day. Deodorants prevent underarm odor and antiperspirants work to reduce the amount of sweating.

Some products contain both a deodorant and antiperspirant. They come in roll-ons, solids, gels and sprays.

Shaving

Once puberty begins, you'll start to notice darker hair growing on your legs, underarms, and pubic areas. There is no set time when girls should begin shaving. Some girls choose not to shave at all. It really depends on when, or if, you feel like you have too much hair. If you choose to shave, there are two types of products commonly used – a disposable razor or an electric razor. Which product you choose to use depends on the amount of hair growth and what you're most comfortable using.

Disposable Razors usually have several blades, one on top of the other, and can provide you with a very clean shave. You'll find disposable razors made especially for women which can be gentler for the skin.

Tips for Shaving:

- ▶ Try shaving in the shower when your skin is soft.
- ▶ Use a shaving cream or gel, to moisten the skin you plan on shaving to avoid nicks and cuts.
- ▶ Change razors often because a sharp blade helps prevent cuts.
- ▶ Shave in the direction the hair grows.
- ▶ To avoid spreading infections, don't share razors.

Electric Razors are usually rechargeable and cordless, but some may have a cord attached. Electric razors don't provide as clean a shave, but there is no need to use shaving cream or gel if you use an electric razor.

Feminine Hygiene Products will be needed when it's time for your period each month. There are two types of products you can use during your period – pads or tampons. You may need to try different products until you know which one works best for you depending on your activity level, whether your blood flow is heavy or light, and what you're most comfortable using.

What you should know about pads

Pads stick to the inside of your underwear and soak up the blood that comes out through the vagina. A sticky strip holds them in place on your underwear.

Some pads are thinner for days when your period is light, and some are thicker for when you are bleeding more. You can also use these thicker pads at night when you sleep.

Check your pad every couple of hours during the day to see if it needs changing. You should change it before it is soaked with blood or starts to smell.

No one can see that you are wearing a pad, so don't worry about that.

If you are concerned about any smell, changing pads often and keeping up good hygiene will help control this. You do not need to use deodorant or scented pads (which sometimes can irritate your skin or vagina).

You can use a panty liner, which is a very thin pad, together with a tampon if you want extra protection. Or you can use a liner alone on light days.

You probably don't want to wear pads when you swim. They can soak up lots of water and get bulky, and then can leak when you get out of the water. You could try a tampon instead.

What you should know about tampons

A tampon goes inside your vagina to soak up blood before it leaves your body. Instructions come with tampons to show you how to put them in. Using tampons sometimes takes practice.

Some tampons have a plastic or cardboard covering that makes it easier for you to put the tampon in. This is called the applicator. Do not leave the applicator inside your vagina.

All tampons have a string at the end. This string helps you take the tampon out when it needs to be changed.

You need to change your tampon at least every four to eight hours. If you think you might sleep for more than eight hours, it's a good idea not to use a tampon overnight.

Tampons will not get lost in your vagina or "slip up."

You can wear tampons when you swim. Water does not enter your vagina.

If you have trouble putting in a tampon, you might try a smaller one or one with an applicator. If you really cannot get it in, you might see your doctor.

It is very important to use the tampon with the lowest level of absorbency for your needs.

On heavy days, you may need a "super" tampon, and as your flow gets lighter, you may need only a "regular" tampon. Or, you may need a "regular" tampon on heavy days, and then can switch to a "lite" tampon for lighter days.

If you remove the tampon after four to eight hours and find that some white material is still showing, you should use a lower absorbency.

If a tampon absorbs as much as it can before four hours, you might want to try a higher absorbency.

Girls who have never had sex can use a tampon. You might try a "slender" tampon at first because they can be easier to put in. What about your virginity? Some people think having a torn hymen (the covering to the vagina) means you are not a virgin. Using a tampon might stretch or tear your hymen — or it might not. But doctors say that changes to your hymen do not mean you are not a virgin. Having sex means that you are no longer a virgin.

Scented tampons can cause irritation. It's best not to use scented tampons. If you're concerned about smell, make sure to wash daily and change your tampon regularly.



You could be at risk for Toxic Shock Syndrome (TSS) if you use tampons that are too absorbent or don't change them often enough. Toxic shock syndrome (TSS) is a very rare but dangerous illness that affects your whole body. TSS is caused by certain types of bacteria that make poisons. Tampons may make it easier for bacteria to grow in your body. You can avoid TSS by not using tampons at all, changing them often, or by switching back and forth between tampons and pads. The symptoms of TSS can be caused by many other illnesses, but make sure to tell an adult and call a doctor if you are using tampons and have the following:

- ▶ **High fever that comes on all of a sudden**
- ▶ **Vomiting or diarrhea**
- ▶ **Muscle pains**
- ▶ **Dizziness or fainting**
- ▶ **A rash that looks like sunburn**
- ▶ **Redness of eyes, mouth, and throat**
- ▶ **Strange vaginal discharge (fluid)**
- ▶ **A feeling of confusion**

It is important to get medical help right away if you have any of the above symptoms after using a tampon. Doctors treat TSS with antibiotics.

Do's and Don'ts when using pads and tampons:

Do keep track of when your period starts and ends each month so you can figure out when to prepare for it monthly. Your period may be a bit difficult to track at first because it can take up to two years for it to become regular.

Don't flush pads, tampons or wrappings down the toilet. Wrap them in toilet paper and throw them out in the garbage.

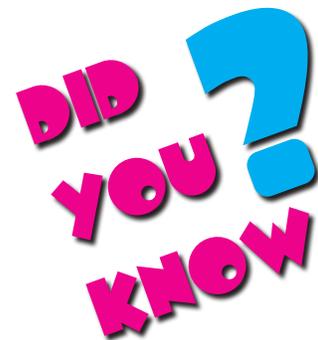
Don't use pads or tampons in torn wrappers. They may not be clean especially if they've been in your backpack or purse.

Menstrual cramps are dull, throbbing, or cramping pains in your lower abdomen that you may experience during your period. Applying a hot-water bottle directly to your lower abdomen may help ease the pain. Make sure to wrap the hot-water bottle in a washcloth so you don't burn your skin. You can also find medication at the drug store or grocery store in the pharmacy aisles that may help.

References

How a Girl's Body Grows
Girls Health, www.girlshealth.gov
Wyman Teen Outreach Program®, Changing Scenes Curriculum©2012

Girls Talk: Taking Care of Your Body
Girls Health, www.girlshealth.gov



**DID
YOU
KNOW?**

Kotex has a video you can watch that shows you how to use a tampon. Visit <https://www.ubykotex.com/get-the-facts/article?id=50740> to watch.

(The Arizona Department of Child Safety does not endorse this product, and provides video link for informational purposes only.)



Boys and Their Bodies

How a Boy's Body Grows

Puberty is when a boy's body goes through several physical changes. The changes mean your body is continuing to grow and becoming physically that of an adult. There is no exact schedule of when puberty begins but boys usually begin between the ages of 11 and 12, but can start earlier or later.

DID YOU KNOW?

As you go through puberty, you will need to keep better care of your body and you may need to begin using different products to control your sweat and body odor, pimples on your face, and other things. Checkout the Taking Care of Your Body sections for more information.

The physical changes of puberty begin at different ages but are the same for every boy and usually happen in the same order:

1. **Testes and scrotum growth** begins between ages 10 and 14 and finish developing between the ages of 14-18. As testicles get larger, the skin on the scrotum reddens or darkens, and wrinkles. The testes also begin to produce sperm.
2. **Pubic hair** begins growing between ages 10 and 15 at the base of the penis. Long curly hair shows up first and it gets rougher and curlier as it spreads over the scrotum and up the stomach area.
3. **Growth spurts** usually happens between the age of 11 and 15. Boys usually grow 3-5 inches taller in a one year period. Your voice will begin to deepen because the larynx (voice box) is growing, too.
4. **First ejaculation** (when semen comes out of the penis) will usually happen between the ages of 12-14, about a year after the testicles begin to grow.
5. **Voice changes** happen in two stages. Early voice changes may happen before a boy's first ejaculation. The deep tone to the voice comes in after underarm hair and full growth is reached.
6. **Facial hair** starts to grow at about the time the underarm hair grows. Facial hair begins to grow at the corners of the upper lip; it spreads to form a mustache over the entire upper lip; which spreads to the upper part of the cheeks; and then finally a beard is the last to grow.

Emotional and social changes during puberty are normal because your body is changing quickly. You may feel confused, excited, uncomfortable, or worried. It's important that you learn to deal with your feelings instead of unleashing your frustration on your friends and family. Some of the emotional and social changes that may happen include:

Difficulty finding the words to explain how you feel about things

The need to "be tough" and keep your feelings bottled up inside of you

The need to express your feelings physically because you don't know how to express them

Guy Talk: Taking Care of Your Body

During the teen years your body grows and changes all the time. Your hair and skin may become oily or drier, you have hair in places where you didn't before, you may sweat more, or you may have odor in areas where you never had it before! All these changes are normal signs that your body is growing into adulthood.

Taking care of yourself is important. Products for personal hygiene can be found at drug stores or grocery stores in the health & beauty sections. Here are some tips to make sure your body stays healthy so you feel good about your growing body.

Acne, also known as pimples, is caused by overactive oil glands in your skin. The oil mixed with dead skin, and bacteria clog and irritate the pores in your skin and create raised bumps called pimples.

- ▶ You can reduce the amount of pimples you get by washing your face every day with a mild soap or a facial cleaner.
- ▶ Acne products can help give you some relief. Products that contain benzoyl peroxide are the best because they help reduce oil and get rid of dead skin.
- ▶ Many hair products contain oils that can make acne worse so keep gels and hair sprays away from your face as much as you can.

Body Odor is caused by sweating, which is natural and healthy. It's your body's way of cooling down. When sweat mixes with the bacteria on your skin it can cause your body to smell. Take a bath or shower daily with soap, giving your body a good lather every time and making sure you wash your armpits and genital areas well.

- ▶ Wear deodorant and/or antiperspirant every day. Deodorants prevent underarm odor and antiperspirants work to reduce the amount of sweating. Some products contain both a deodorant and antiperspirant. They come in roll-ons, solids, gels and sprays.



Shaving your facial hair may be a choice you make once your mustache and beard start growing in fully. There are two types of products you can use for shaving – a disposable razor or an electric razor. Which product you choose to use depends on the amount of hair growth and what you're most comfortable using.



Electric Razors are usually rechargeable and cordless, but some may have a cord attached. Electric razors don't provide as clean a shave but there is no need to use shaving cream or gel if you use an electric razor.

References

How a Boy's's Body Grows
Kids Health, www.kidshealth.org
Wyman Teen Outreach Program®,
Changing Scenes Curriculum©2012

Guy Talk: Taking Care of Your Body
Kids Health, www.kidshealth.org

Tips for Shaving

Disposable Razors usually have several blades, one on top of the other, and can provide you with a very clean shave. You'll also need shaving cream or gel for your face to moisten it, and to avoid cutting your skin. There are several types of shaving creams and gels you can use so experiment with several to find out the one that works best on your face. Change blades/razors often as a dull blade may cause more cuts.

DID YOU KNOW?

Gillette has a video you can watch that show you how to shave. Log on to <http://www.gillette.com/en/us/mens-style/how-to-shave.aspx> to watch.

(The Arizona Department of Child Safety does not endorse this product, and provides video link for informational purposes only.)



STDs And Pregnancy Prevention

Preventing Pregnancy and Sexually Transmitted Diseases/Infections

Making choices about your body includes deciding whether or not you want to have sex. If you choose to have sex you should make sure that you are being safe. While many people focus on not getting pregnant, you also should consider the danger of catching sexually transmitted diseases/infections (STD/I). Many sexually transmitted diseases can have life-long impacts, including whether you can have children in the future.

The best choice to prevent both pregnancy and diseases is to not have sex. Abstinence, or deciding not to have sex, is 100% effective at preventing pregnancy and sexually transmitted diseases and infections. STD/Is can be passed to you by having close body contact with an infected person, and through passing of bodily fluids such as semen, vaginal fluid, and breast milk .

DID YOU KNOW?

The Comprehensive Medical + Dental Program (CMDP) sends a letter to your current home at age 12 encouraging you to talk with your doctor about family planning. CMDP provides several services for free, including birth control. The Member manual at <https://www.azdes.gov/dcyf/members> has information about the services provided. If you are 18 or older and on an AHCCCS plan, check out <http://www.azahcccs.gov>.

There are a variety of birth control methods; each has pros and cons. To choose the best method for you, talk to your doctor and consider:

- ▶ Your overall health
- ▶ Rate of success for each type of birth control
- ▶ Your comfort level using the type of birth control

Here are a few important things that you need to know about birth control:

- ▶ Using birth control will decrease the chance of getting pregnant if used correctly every time you have sex.
- ▶ The Intrauterine device (IUD) or the birth control implant is recommended for teens. Both are highly effective in preventing pregnancy. They last for several years and are easy to use. Both are reversible which means you can have them removed at any time. The use of IUD or birth control implant does not prevent sexually transmitted diseases or infections.
- ▶ Using a latex condom correctly every time you have sex is the only way to reduce your risk of getting sexually transmitted diseases/infections.

Visit

<http://www.cdc.gov/condomeffectivenessbrief.html#Condomtolearn> to learn how to correctly put on a condom, and to get some important do's and don'ts of condom use.

It's important that both you and your partner talk openly and honestly about birth control. Both of you are responsible for making sure you are protected from getting a sexually transmitted disease/infection or having an unwanted pregnancy.

For more detailed information on these and all methods of birth control, how they are used, and how effective they are, visit <http://stayteen.org/sex-ed/birth-control-explorer>

Facts About STDs and STIs: Sexually Transmitted Diseases/Infections

A Sexually Transmitted Disease or Sexually Transmitted Infection (STD/STI) is an infection that is spread during vaginal, anal or oral sex with someone who is infected. Some STDs/STIs are spread through contact with the genital areas or by touching infected areas; some can be spread by contact with infected blood, by sharing needles to inject drugs, during childbirth or through a mother's breast milk.

Having a STD/STI also makes it easier for a person to become infected with HIV (Human Immunodeficiency Virus), the virus that causes AIDS (Acquired Immunodeficiency Syndrome). STDs may allow skin to tear easily through which HIV can enter your body.

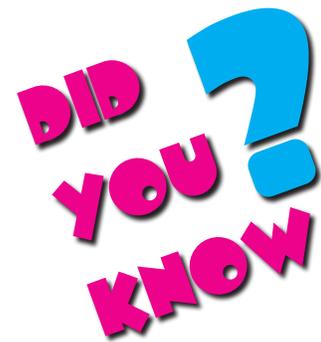
Here's how you can protect yourself from getting a STD/STI:

- ▶ Not having sex at all (abstinence) is the only 100% effective method for preventing pregnancy and lowering the risk of catching sexually transmitted diseases.
- ▶ Have sex only if you and your boy/girlfriend are uninfected and in a faithful relationship with one another.
- ▶ Don't have sex with someone you think may have an STD/STI. A person with an STD/STI can feel and look healthy and not show signs or symptoms. There are STD/STI tests you and your partner can take to find out if you are infected.
- ▶ Talk to your partner about past sex partners and any needle drug use.
- ▶ Using a condom correctly every time you have sex is the only protection against STD/STIs. If you are allergic to latex, use plastic (polyurethane) condoms.
- ▶ If you plan on using a lubricant, use only water-based lubricants with a condom.

If you are having sex, it is important that you are tested regularly. Talk to your doctor for guidance on how often and which tests you should have. Not all STDs/STIs can be cured, but they can be treated with medication.

If you think you may have been exposed to an STD/STI, don't just hope it will go away. It won't! Get tested immediately to confirm that you have it, and begin treatment. If test results are positive, tell your sexual partner(s) so they can get tested and treated too. Untreated STDs/STIs can damage reproductive organs which may prevent men and women from having children. The tests may be free through your insurance.

References: Centers for Disease Control & Prevention, www.cdc.gov



DID YOU KNOW?

*As a member of the Comprehensive Medical + Dental Program (CMDP), you can get STD/STI testing, treatment and counseling for **FREE**. Check out the section on the Comprehensive Medical + Dental Program for details. <https://www.az-des.gov/dcyf/members> If you are 18 or above and are on a AHCCCS plan check out <http://www.azahcccs.gov>.*



Sexual Violence Awareness

Be Aware. Be Smart

What is sexual violence?

Sexual violence refers to sexual activity where permission is not freely given. Anyone can be a victim of sexual violence. The offender is usually someone known to the victim and can be, but is not limited to, a friend, coworker, neighbor, or family member.

There are many types of sexual violence, including acts that do not have physical contact between the victim and the offender—for example, sexual harassment, threats, and peeping. Sexual violence may also include physical acts, such as unwanted touching and rape.

There are two commonly known types of rape: acquaintance rape and stranger rape.

What is acquaintance rape?

Acquaintance rape, commonly referred to as “date rape” is the most common form of rape/sexual assault. It happens when someone you know (**also called an acquaintance**), makes you do sexual activities that you don’t want to (happen against your will). This could be by force, violence, blackmail, threats, or fear of them hurting you. It can happen on dates, with friends, friends of friends, with family/relatives or just acquaintances.

What is stranger rape?

Stranger rape is less common than acquaintance rape but is the type of rape that you typically hear about on TV and/or in newspapers. Stranger rape can happen in two ways:

- ▶ **Blitz sexual assault** is where the offender/perpetrator doesn’t know the targeted person. In this type of assault, the offender rapidly and brutally assaults the victim. Blitz assaults usually occur at night in a public place.
- ▶ **Contact sexual assault** is where the suspect contacts the target and tries to gain her or his trust and confidence before assaulting her or him. Contact perpetrators find their targets in movie theatres, malls, walking to/from school, walking to/from store/friend’s house and in bars. Perpetrators lure them into their cars or try to bully the target into a situation of sexual assault. That inner gut feeling, where something doesn’t ‘feel’ right? Go with your ‘gut’ feeling! **STAY AWAY!**



Does this really happen?

Sexual violence is a major problem in the United States:

- ▶ In a nationwide survey, 8% of high school students reported having been forced to have sex. More female (11.8%) than male (4.5%) students **said they had experienced** forced sex in their lifetimes.
- ▶ An estimated 20% to 25% of college women in the United States have experienced an attempted or complete rape during their college career.
- ▶ Nearly 1 in 5 women and 1 in 71 men in the United States have been raped at some time in their lives.

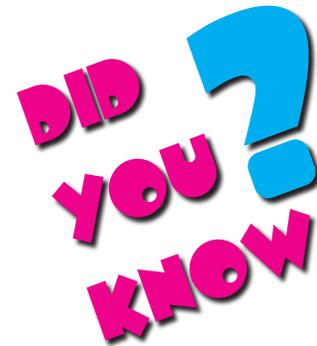
These numbers under estimate the problem. Many cases are not reported because victims are afraid to tell the police, friends, or family about the abuse. Victims may also think that their stories of abuse will not be believed and that police cannot help them. They may be ashamed or embarrassed. Victims may also keep quiet because they have been threatened if they tell anyone.

What can I do to prevent it?

- ▶ You have the right to not be alone with someone you do not know or trust.
- ▶ You have the right to think about how far you want to go in a relationship.
- ▶ Be aware of “rape drugs” that can be slipped into your or any one’s drink without knowing. These drugs may make you feel drowsy, confused, physically weak, and/or knock you out. The drugs may also affect memory and you and your friends may not be able to remember what happened. Watch your drink, take it wherever you go!
- ▶ Be cautious of accepting a drink from an open container or from someone you don’t know or trust.
- ▶ When you go to a party, go with a group of friends - arrive together, watch out for each other, and leave together.

References

Centers for Disease Control & Prevention, www.cdc.gov
Sexual Violence Prevention & Education in Arizona, www.azrapeprevention.org



**DID
YOU
KNOW?**

Over 80% of offenders are known to the victim/survivor.

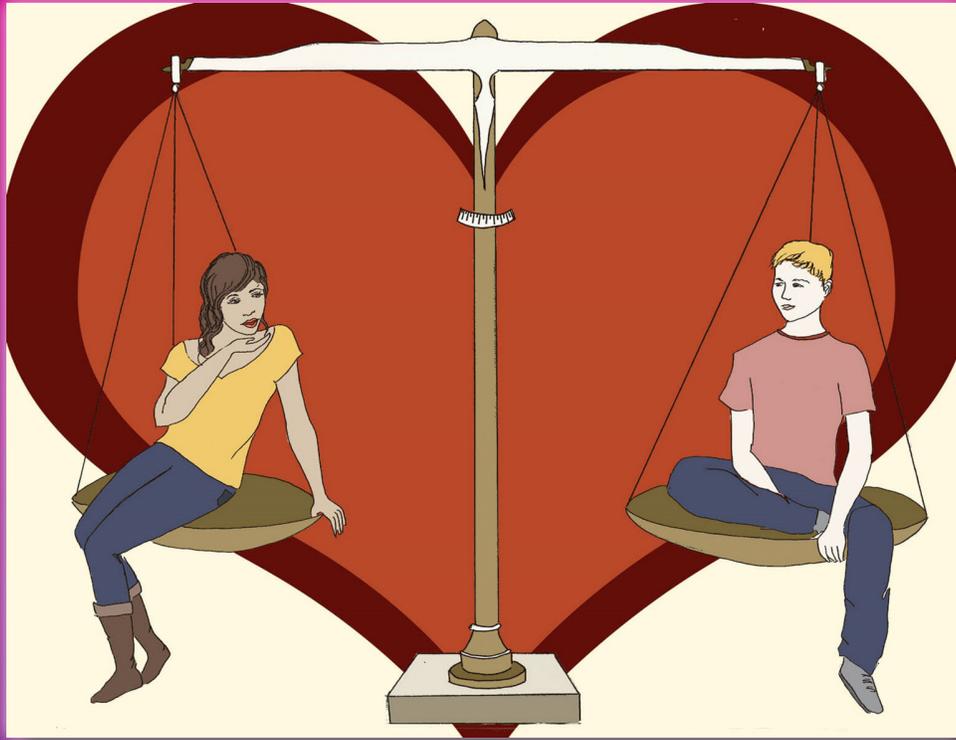
Some Key Reminders:

*A prior or current relationship is **NOT** a sign of consent.*

*Previously having sex with someone is **NOT** a sign of consent.*

You must verbally say you agree to any sexual activity (e.g., kissing, moving from kissing to foreplay, from foreplay to sex, etc.).

Acquaintance rape/assault happens when a person feels the need to control and to humiliate a person. It can increase to violence.



Healthy Relationships

Building a Healthy Relationship

**DID
YOU
KNOW?**

To find more information on Healthy Relationships, check out the information and links on http://kaitysway.org/healthy_relationship.html and learn about what it means to be in a healthy relationship. Your rights and responsibilities, as well as your boyfriend's/girlfriend's responsibilities and an understanding of what it means to be a couple, is an important part of a healthy

It can feel great to be in a relationship. During your teen years, dating can be a wonderful way to learn how to be part of a loving, healthy relationship. Friends, girlfriends, and boyfriends all deserve healthy relationships. Build a healthy relationship by following these 8 steps:

Respect. Are you accepted for who you are? No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.

Safety. Do you feel safe emotionally and physically? You should feel comfortable being you without fear of being put down. Being hurt or pressured is definitely not safe!

Support. Do your friends care for you and want what is best for you? Your friends should understand if you can't hang out because you have to study or if you have plans with other friends.

Be Yourself. Do you pretend to like something you don't or be someone you aren't? Be yourself; after all, being an individual is what makes you, you!

Fairness and Equality. Do you have an equal say in relationships? From the activities you do together to the friends you hang out with, you should have equal say in the choices made in relationships.

Acceptance. Do your friends, girlfriend or boyfriend accept you for who you really are? You shouldn't have to change who you are or compromise your beliefs to make someone like you.

Honesty and Trust. Are you always honest? Honesty builds trust. You can't have a healthy relationship without trust! If you have ever caught your friends or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.

Communication. Do you talk face to face (not just text!) about your feelings? Listen to one another and hear each other out. Text or Facebook messages should be respectful, not mean or inappropriate.

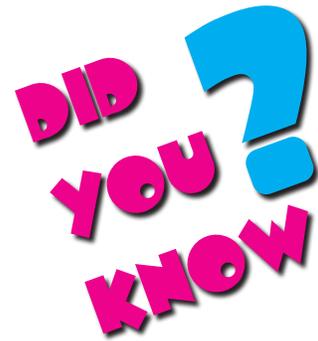
You Know It's An UNhealthy Relationship If...

He or She:

- ▶ Texts you all the time to find out where you are, who you're with, or what you're doing
- ▶ Has to be with you all the time
- ▶ Doesn't listen to your opinion
- ▶ Makes all the decisions in the relationship
- ▶ Makes fun of you or puts you down when you are alone or with friends
- ▶ Does things to upset you or make you cry
- ▶ Wants to change who you are
- ▶ Asks you to give up activities you enjoy
- ▶ Won't let you hang out with your friends
- ▶ Pressures you to do things you are not comfortable with
- ▶ Makes you feel guilty, "gets back at you" or punishes you for things you do for yourself
- ▶ Threatens to hurt you or him/herself as a way to control you

- ▶ If these things are happening between you and your boy/girlfriend or you and your friend, you may be in an Unhealthy or abusive relationship and it's probably time to get some help or talk to someone you trust.

- ▶ If you're wondering if your relationship is healthy, check out the Are You in a Healthy Relationship quiz on the next page.



**DID
YOU
KNOW?**

One in three high school students in the U.S. are a victim of physical, sexual, emotional or verbal abuse from a dating partner.

One in 10 high school students has been hit, slapped or physically hurt by a boyfriend or girlfriend.

Violent behavior typically begins between the ages of 12 and 18.

Visit www.loveisrespect.org to get more information about dating violence.

Are You in a Healthy Relationship?

Take the Quiz and Find Out!

Healthy relationships have some things in common – like respect, equality, trust, support, and of course, shared fun. Are your relationships healthy? Take this quiz and find out! Decide who usually does the following in your relationship. Check all the boxes that apply. Then, add the Me and Partner column totals together and see what your score says about your relationship. (*Adapted from Start Strong Idaho.*)

	Neither	Me	Partner
Accept each other			
Equal say in relationship, plans, decisions			
Always honest			
Use kind words and touch – never hostile			
Respect decisions without being pushy			
Share things we like about each other			
Supportive of personal goals and school			
Comforting when upset			
Solve problems calmly – no drama			
Respect space for friends, family, self			
Respect privacy including online			
Admit and correct mistakes			
Trusting – not jealous or doubting			
Have fun and feel good about what we do			

So, do you have a healthy relationship?

Scores 0 -14: Not! Real healthy relationships take two. Who’s doing the work? This relationship could be one-sided or nobody’s trying very hard. Hey – it could work with combined effort, but it may be time to get some help or talk to someone you trust.

Scores 15-21: Potentially. It might be time for you both to amp up your efforts if you really want it to work. Focus on the good, and work together to raise your score. If you’re doing all the work, consider moving on to make room for a real healthy relationship! Remember – friends are great to practice healthy relationships with too.

Scores 22-28: Yes! Healthy relationships take time and effort and you are both doing your part. You have high levels of trust, support, fun, equality, and respect in your relationship. Keep up the good work, keep it real – and it can even get better!

References

The National Campaign to Prevent Teen & Unplanned Pregnancy,
www.thenationalcampaign.org Start Strong Idaho campaign materials



Human Trafficking

Be Aware

What is human trafficking?

Human trafficking is when people are sold, bought, or traded, much like slaves. It can happen to young men and young women, and the traffickers often target young children and teens as their victims.\

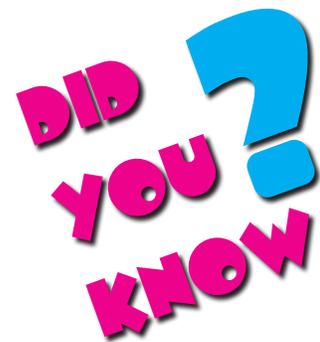
Traffickers sometimes attempt to recruit victims at malls, bus stops, concerts, through social media/chat rooms, and even send recruiters to schools. They may also pose as friends, boyfriends, modeling agents, and even family members to pressure victims into the sex trade. Traffickers have been known to:

- ▶ Promise their victims shelter, relationships, and love.
- ▶ Give their victims gifts and treat them well before they show their true intent.
- ▶ Trick the victim into developing an attachment to them to convince them to stay.
- ▶ Control their victims by threatening to harm them, or using acts of violence on the victim and theirfamily.

Be Aware: Every young person, boy or girl, is in danger of being targeted.

Remember, you have the right...

- ▶ To be treated with respect ***always***
- ▶ To be in a healthy relationship
- ▶ Not to be abused – physically or emotionally
- ▶ To keep your body, feelings, beliefs, and property to yourself
- ▶ To set limits and values
- ▶ To say NO
- ▶ To feel safe in a relationship
- ▶ To leave a relationship



**DID
YOU
KNOW?**

The National Human Trafficking Resource Center has a toll-free hotline available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year. Call 1-888-373-7888 or text BeFree (233733).

References

State of Arizona, End Sex Trafficking AZ, www.endsextrafficking.az.gov



Be Healthy Tips

Stay Active. Be Healthy.

Opportunities to be active are everywhere! Love it or hate it, physical activity must become part of your daily life to maintain a healthy heart, weight, immune system, and brain function. If you love it, great! Keep at it!

People often have a lot of different thoughts about physical activity, here are a few you may have heard:

“I would need to join a gym to get active.”

- ▶ Totally untrue! You don't need equipment to go for a walk or do crunches. You could also vacuum the floor, clean your room, walk the dog, take the stairs—these activities all count as physical activity! There are all kinds of ways to get moving. Make a list of your daily routine and add some momentum to your regular movements.

“Being active is boring.”

- ▶ Physical activity doesn't have to be a dreaded obligation. Take a brisk walk with a friend, ride a bike, go for a swim, or even just blast your favorite song and get your groove on while you fold your clothes. Try something new to get inspired: yoga, skating, dance classes, workout videos, or anything else you're curious about. Go for it!

“I'm too busy; I don't have time to be active.”

- ▶ Okay, it's true that health experts recommend being active for at least 30 minutes a day—but that doesn't mean you have to do it all at one time. Find movement for 10 minutes at a time, if that's all you have, as long as it all adds up. Remember that even 10 minutes is better than zero, so get started today.

“I don't need physical activity because my body looks fine the way it is.”

- ▶ But being active benefits your mind too. Regular physical activity greatly relieves stress, boosts your mood, increases energy, and has the power to ease symptoms of depression. Being active also builds strong bones and muscles to prevent physical health problems from arising in your future!



Power Your Health By Sleeping?

Believe it or not, sleep is not a luxury. Sleep is just as important to life as eating and breathing. The benefits of sleep cannot be had any other way, but the key to getting the full benefits is to get enough sleep. We need at least **8 hours** every night to keep from burning out.

Getting good sleep is like pressing your very own “recharge” button. It allows your mind and body to rest so you can function at your best each day, and it re-powers your energy so you can live life to its fullest. It also evens out your breathing patterns, enabling total relaxation—which you deserve!

It is impossible to POWER YOUR HEALTH (or anything else) without enough sleep! Consider the benefits of getting enough—and the drawbacks of getting too little.

Benefits of 8-10 Hours per Night, Every Night!

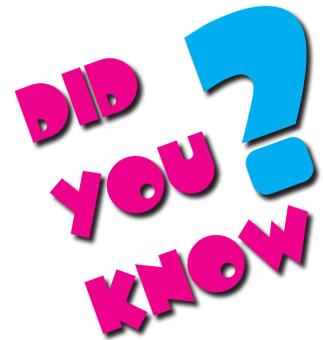
- ▶ Your body repairs and refreshes itself
- ▶ Your mind is clearer
- ▶ You're in a better mood
- ▶ You have more energy
- ▶ It reduces stress and depression
- ▶ Dreaming helps your mind work through problems
- ▶ There's a reason they call it “beauty rest!” You LOOK and FEEL better.

Drawbacks of Not Getting Enough Sleep on a Regular Basis:

- ▶ Slow, groggy, foggy, not at your best
- ▶ Moody and negative
- ▶ Poor performance at work or school
- ▶ You enjoy life less, and people enjoy YOU less!
- ▶ Slows down motor skills, which is dangerous when doing things like driving
- ▶ Bottom line is, you're not at your best, and you and everyone else knows it!

Having Trouble Sleeping? Try This:

- ▶ Read a book or take a bath.
- ▶ Avoid stimulating your brain with television or the computer before bed.
- ▶ Clean your room—a clear space leads to a clearer and more relaxed mind.
- ▶ GET MOVING – physical activity relieves stress and helps your body fall asleep at the end of the day.



DID YOU KNOW?

When you get enough sleep, your brain cells have time to refresh so you can perform better.

Mission: Good Nutrition

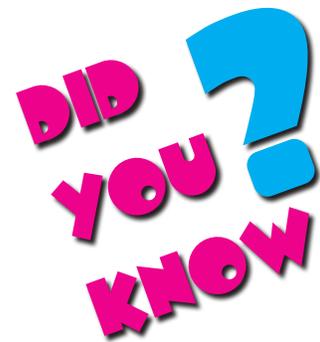
Make it your goal to replace junk food and foods high in solid fats, added sugars, and salt with healthy, balanced meals that contain lots of fruits, vegetables, and whole grains.

When you eat healthy, you are rewarded!

- ▶ You will feel full and satisfied
- ▶ You will nourish your mind and body
- ▶ The nutrients will lower your risk for obesity, diabetes, and cancer
- ▶ You will be provided with vitamins, minerals, and dietary fiber that you need
- ▶ You will enjoy increased mental clarity and physical health

9 Tips for Better Nutrition:

1. Trade in your sugary beverages and drink water (8 glasses a day instead).
2. Stop snacking during TV time. Mindless eating while watching TV is not good for you.
3. Do away with larger-than-life portions by asking your waiter to wrap up half your meal before he serves your food. This way you'll cut out half the calories!
4. Say bye-bye to white bread and look for labels that say "whole grain". Make half your grains whole grains instead!
5. Switch to fat-free or low-fat (1%) milk—you get the same amount of calcium but way less fat.
6. You can get plenty of protein from low-fat dairy, beans, eggs, nuts, and fish, so make red meat a treat.
7. Fresh is best—pick fruit instead. Your body will thank you.
8. GREEN is a beautiful thing! Make half your plate fruits and vegetables.
9. Slow down! It takes about 20 minutes for you to feel full after eating. Listen to your body.



DID
YOU
KNOW?

*You can visit
www.eatwellbewell.org to get
information on how you can
eat healthier and feel better too!*

References

Power Me A2Z Initiative, www.powermea2z.org



Tobacco

Think You've Heard It All about Smoking Cigarettes?

Stub out that cigarette for the sake of your...

SKIN: Dry, wrinkled, pimply...

Your body does not get enough oxygen when you smoke, which dries out your skin and creates wrinkles and blemishes that make you look years older.

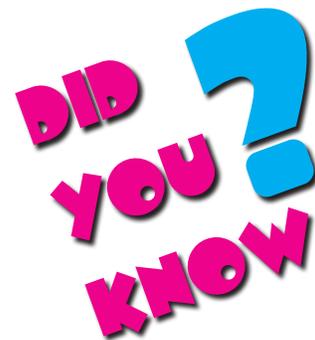
SENSES: Dull, bored, and boring...

Did you know that smoking actually dulls your sense of smell and taste? The longer you smoke, the less you will be able to enjoy yummy scents and tasty foods. Researchers are also beginning to link smoking with loss of sight and hearing. The good news is that quitting now can restore your senses.

STYLE: Stinky, stained, stifled...

Smoking is stinky, not stylish. It stains your teeth and fingernails, dulls your hair, and gives you bad breath. In fact, the yucky cigarette smell clings to your skin, hair, and clothes, even if it's mixed with perfume. To top it all off, it's tacky to burden other people with the stink and risks of second-hand cigarette smoke.

Nothing about smoking is good for your health. Smoking increases your risk of gum disease and heart disease, and damages your overall health.



**DID
YOU
KNOW?**

Smoking causes not only lung cancer (87% of all cases), but cancer of many other important organs in the body, such as the throat, mouth, liver, kidney, stomach, and more.

References

Power Me A2Z Initiative, www.powermea2z.org

References:

Preventing Pregnancy and Sexually Transmitted Diseases

Centers for Disease Control & Prevention, www.cdc.gov

Facts about STDS: Sexually Transmitted diseases & Infections

Centers for Disease Control & Prevention, www.cdc.gov

Building a Healthy Relationship

The National Campaign to Prevent Teen & Unplanned Pregnancy, www.thenationalcampaign.org

Start Strong Idaho campaign materials

Sexual Violence Awareness. Be aware. Be smart.

Centers for Disease Control & Prevention, www.cdc.gov

Sexual Violence Prevention & Education in Arizona, www.azrapeprevention.org

Human Trafficking. Be informed.

State of Arizona, End Sex Trafficking AZ, www.endsextrafficking.az.gov

How a Girl's Body Grows

Girls Health, www.girlshealth.gov

Wyman Teen Outreach Program®, Changing Scenes Curriculum© 2012

Girls Talk: Taking Care of Your Body

Girls Health, www.girlshealth.gov

How a Boy's Body Grows

Kids Health, www.kidshealth.org

Wyman Teen Outreach Program®, Changing Scenes Curriculum© 2012

Guy Talk: Taking Care of Your Body

Kids Health, www.kidshealth.org

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Power Your Health by Sleeping!

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Presented by the Arizona Department of Child Safety (DCS) and the Comprehensive Medical and Dental Program (CMDP)

For more info please visit our website at: <https://dcs.az.gov/cmdp>