



Teen Health Tips Available

In today's society, how can you keep your teenager healthy and drug-free? The GVHP's new Teen Health Kit for Parents can help. The Health Kit contains tip sheets that identify the most common threats to teen safety and provides parents tips and knowledge to keep teenagers on the right track.

Tip sheets include:

- Teen Depression Warning Signs
- Eating Disorder Warning Signs
- Tips for Keeping Your Teen Safe
- Tips for Helping Your Teen Eat a Balanced Diet and Get Plenty of Exercise
- Tips for Keeping Your Teen Healthy
- Tips for Helping Your Teen Steer Clear of Cigarettes
- Tips for Making the Most of Your Visit to a Teen Health Care Professional
- Fast Facts for Parents: New Trends in Teen Drug Abuse
- How to Raise Healthy, Drug-Free Teens: Teen Health Experts Respond
- Violence Prevention
Putting a Stop to Bullying

All tip sheets are downloadable from [here](#). Hard copies will be available soon at local libraries and physicians' offices, or contact Rachel Pena at r.pena17@yahoo.com.



For more information on
HCTC Click [Here](#).

For more information on
Youth Development [click
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pening in each of the 7 HCTC
communities? [Click Here](#)

FOCUS ON ALCOHOL AND RELATIONSHIPS

Remember that interpersonal relationships are typically very important to teens and young adults when you are establishing prevention messages and activities for youth. Many young people drink because they believe it will relieve their feelings of social discomfort and make it easier to approach someone of the opposite sex, go on a date, or enjoy a party. However, drinking alcohol actually presents many new risks in such situations. Alcohol can impair adolescents' ability to make sound judgments, placing them at increased risk for unplanned pregnancy, sexual assault, or contracting sexually transmitted diseases, including HIV/AIDS. Arguments and misunderstandings between teens can also be fueled by alcohol, leading to fights, injury, dating violence, and even death. Teens need to know the real risks posed by alcohol and learn positive ways to handle their insecurities over personal relationships.

Facts

- Researchers estimate that alcohol use is implicated in one to two-thirds of sexual assault and "date rape" cases among teens and college students
- Half of the girls who have sexual intercourse by the age of 16 are intoxicated at the time and half later regret their action (Sachs, H.C. April 2000)
- Alcohol use in adolescents is a strong predictor of both sexual activity and unprotected sex. Teenage girls who drink are more likely to have sex and have it without a condom than girls who do not drink alcohol (Centers for Disease Control)

What to Do:

- Invite area agencies such as Chances and Changes, Council on Alcohol and Substance Abuse of Livingston County and Livingston County Department of Health into the community to hold a training for youth, parents and community members that addresses alcohol and relationships.