



HEADS UP SCHOOLS

A Fact Sheet for Parents

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

- Thinking/Remembering:**
- Difficulty thinking clearly
 - Difficulty concentrating or remembering
 - Feeling more slowed down
 - Feeling sluggish, hazy, foggy, or groggy
- Physical:**
- Headache or "pressure" in head
 - Nausea or vomiting
 - Balance problems or dizziness
 - Fatigue or feeling tired
 - Blurry or double vision
 - Sensitivity to light or noise
 - Numbness or tingling
 - Does not "feel right"

- Emotional:**
- Irritable
 - Sad
 - More emotional than usual
 - Nervous
- Sleep*:**
- Drowsy
 - Sleeps *less* than usual
 - Sleeps *more* than usual
 - Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit: www.cdc.gov/Concussion. Para obtener una copia electrónica de esta hoja de información en español, por favor visite: www.cdc.gov/Concussion.



DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

What should I do if my child or teen has a concussion?

1. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).
2. **Help them take time to get better.** If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a health care professional.
3. **Together with your child or teen, learn more about concussions.** Talk about the potential long-term effects of concussion and the dangers of returning too soon to normal activities (especially physical activity and learning/concentration). For more information about concussion and free resources, visit: www.cdc.gov/Concussion.

How can I help my child return to school safely after a concussion?

Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement. As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed,
- Spend fewer hours at school,
- Be given more time to take tests or complete assignments,
- Receive help with schoolwork, and/or
- Reduce time spent reading, writing, or on the computer.

*To learn more about concussion and to order materials **FREE-OF-CHARGE**, go to: www.cdc.gov/Concussion or call 1.800.CDC.INFO.



Eat More, Weigh Less?

How to manage your weight
without being hungry



607 calories



293 calories



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Can you weigh less without eating less?

Have you tried to lose weight by cutting down the amount of food you eat? Do you end up feeling hungry and not satisfied? Or have you avoided trying to lose weight because you're afraid of feeling hungry all the time? If so, you are not alone. Many people throw in the towel on weight loss because they feel deprived and hungry when they eat less. But there is another way. Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity. You can cut calories without eating less nutritious food. The key is to eat foods that will fill you up without eating a large amount of calories.

If I cut calories, won't I be hungry?

Research shows that people get full by the *amount of food* they eat, not the *number of calories* they take in. You can cut calories in your favorite foods by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

Let's take macaroni and cheese as an example. The original recipe uses whole milk, butter, and full-fat cheese. This recipe has about 540 calories in one serving (1 cup).

540 calories





Here's how to remake this recipe:

- Use 2 cups non-fat milk instead of 2 cups whole milk.
- Use 8 ounces light cream cheese instead of 2¼ cups full-fat cheddar cheese.
- Use 1 tablespoon butter instead of 2 or use 2 tablespoons of soft trans-fat free margarine.

• Add about 2 cups of fresh spinach and 1 cup diced tomatoes (or any other veggie you like).

Your redesigned mac and cheese now has 315 calories in one serving (1 cup). You can eat the same amount of mac and cheese with 225 fewer calories.



315 calories



What foods will fill me up?

In order to be able to cut calories without eating less and feeling hungry, you need to replace some higher calorie foods with foods that are lower in calories and fat and will fill you up. In general, this means foods with lots of water and fiber in them. The chart below will help you make smart food choices that are part of a healthy eating plan.

These foods will fill you up with less calories. Choose them more often...

Fruits and vegetables (prepared without added fat)

Spinach, broccoli, tomato, carrots, watermelon, berries, apples

Low-fat and fat-free milk products

Low- or fat-free milk, low or fat-free yogurt, low- or fat-free cottage cheese

Broth-based soup

Vegetable-based soups, soups with chicken or beef broth, tomato soups (without cream)

Whole grains

Brown rice, whole wheat bread, whole wheat pastas, popcorn

Legumes (beans and peas)

Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas

Lean meat, poultry and fish

Grilled salmon, chicken breast without skin, ground beef (lean or extra lean)

Technically speaking...

The number of calories in a particular amount or weight of food is called “calorie density” or “energy density.” Low calorie dense foods are ones that don't pack a lot of calories into each bite.

A healthy eating plan is one that:

- *Emphasizes fruits, vegetables, whole grains, and fat free or low fat milk and milk products.*
- *Includes lean meats, poultry, fish, beans, eggs, and nuts.*
- *Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.*
- *Stays within your calorie needs*

These foods can pack more calories into each bite. Choose them less often...

Fried foods

Eggs fried in butter, fried vegetables, French fries

Fatty cuts of meat

Bacon, brisket, ground beef (regular)

Full-fat milk products

Full-fat cheese, full-fat ice cream, whole and 2% milk

Dry snack foods

Crackers or pretzels, cookies, chips, dried fruits

Higher-fat and higher-sugar foods

Croissants, margarine, shortening and butter, doughnuts, candy bars, cakes and pastries

Foods that have a lot of water or fiber and little fat are usually low in calorie density. They will help you feel full without an unnecessary amount of calories.

Here are some more ideas for cutting back on calories without eating less and being hungry:

Make substitutions

Instead of...

Try...



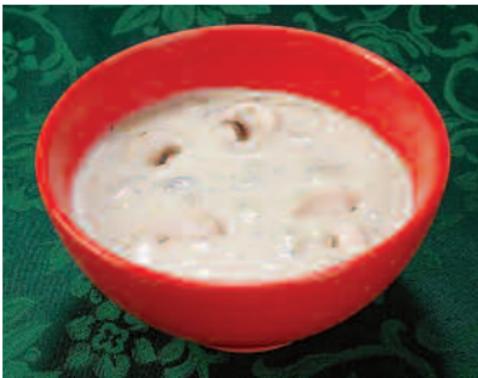
Fried chicken sandwich

with 1 tbsp. mayonnaise
= 599 calorie



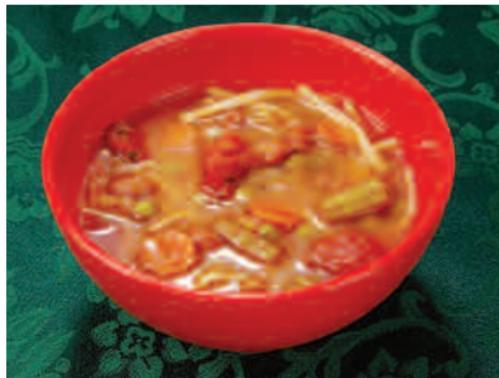
Grilled chicken salad with low-fat dressing

2 cups lettuce, 2 oz. grilled chicken breast, 2 tbsp. light balsamic vinaigrette dressing
= 178 calories



Cream-based soup

1 cup mushroom bisque
= 400 cal



Broth-based soup

1 cup minestrone
= 112 calories



Chips or pretzels

1.5 oz. pretzels
= 162 calories



Baby carrots with hummus

16 baby carrots with 1 tbsp. hummus
= 75 calories



Good things can come in big packages

People eat more than they realize when faced with large portion sizes. This usually means eating too many calories. But, not all large portions are created equal. Larger portions of water- and fiber-rich foods, like fruits, vegetables, and broth-based soups, can fill you up with less calories.

Start with an appetizer

Research shows that if you eat a low-calorie appetizer before a meal, you will eat fewer total calories during the meal. Start your meals with a broth-based soup or a green salad without a large amount of cheese, or croutons.

Fruits and veggies: Keep it simple

Most fruits and veggies are low-calorie and will fill you up, but the way you prepare them can change that. Breading and frying, and using high-fat creams or butter with vegetables and fruit will add extra calories. Try steaming vegetables and using spices and low-fat sauces for flavor. And enjoy the natural sweetness of raw fruit.



What about beverages?

While drinking beverages is important to good health, they don't help you feel full and satisfied the way food does. Choose drinks without calories, like water, sparkling water, or unsweetened iced tea. Drink fat-free or low-fat milk instead of 2% or whole milk.

On the front cover:

Chicken, 1/2 breast, meat and skin fried with flour, bone removed: 218 calories, 9g fat, 0g fiber

Macaroni and cheese made with whole milk, butter, and full-fat cheese, 1/2 cup: 270 calories, 14g fat, 1.5g fiber

Baked beans with pork and tomato sauce, 1/2 cup: 119 calories, 1 g fat, 5g fiber

Total for meal: 607 calories, 24g fat, 6.5g fiber

Chicken, 1/2 breast, bone and skin removed, roasted: 142 calories, 3g fat, 0g fiber

Sweet potato, half of one large, baked 81 calories, 0g fat, 3g fiber

Broccoli, 1 large stalk, cut up (about 1 cup) 55 calories, 1g fat, 5g fiber

Tomatoes, 3 slices of a large tomato 15 calories, 0g fat, 0g fiber

Total for meal: 293 calories, 4g fat, 8g fiber



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NATIONAL CENTER FOR
CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
DIVISION OF NUTRITION AND PHYSICAL ACTIVITY



get fit, stay healthy



Being fit means you're in **good shape**, you have *energy*, you're active, and you don't get tired easily during the day. Most people who are fit also **feel pretty good** about themselves.

Any type of regular, physical activity can **improve your fitness and your health**—even walking, climbing up a flight of stairs, or mowing the lawn. The most important thing is that you **keep moving!**

Feel better, look better

There are a lot of **benefits** to being physically active. It can help

- **Keep you at a healthy weight.** This doesn't necessarily mean being thin. Everybody's ideal weight is different—it depends on your **height and body size**. Ask your pediatrician what the right weight is for you.
- **Prevent heart disease.** Heart disease is the **leading cause of death** in the United States. Research has shown that the risk factors for heart disease start during childhood. A lack of physical activity is one of the major risk factors of heart disease.
- **Strengthen your bones. Regular exercise keeps bones healthy** and can help prevent a bone disease called osteoporosis. This disease is common in older people and causes bones to break easily.
- **Reduce stress.** We all have stress, but learning to **cope** with it is an important way to stay healthy. Many things can cause stress like problems with parents or friends or the pressures of school. Major things like moving to a new home or breaking up with someone can also cause stress. **Exercise can help you relax** and helps your body handle stress.

Total fitness

To **be fit**, you might find it helpful to work on all aspects of fitness, including the following:

Aerobic endurance—This is how well your heart, lungs, and blood vessels provide oxygen and nutrients throughout your body. When you exercise, you **breathe harder** and your **heart beats faster**. This helps your body get the oxygen it needs. If you are not fit, your heart and lungs have to work extra hard, even to do everyday things like walking up the stairs.

Body fat—How much you weigh is not the only way to tell if you are overweight. It's actually determined by your body mass index (BMI), which includes **your weight and height** and gives an idea of **how much of your body weight comes from fat**. People who are overweight have more body fat in relation to the amount of bone and muscle in their bodies. Eating too much and not exercising enough can cause you to have too much body fat. Your risk of health problems like diabetes, cancer, high blood pressure, knee and back pain, and heart attacks is increased when you're overweight.

Muscle strength and endurance—This is the amount of work and the amount of time that your muscles are able to do a certain activity before they get tired. **The more fit you are, the longer you are able to play a sport**, work out, or do other activities before you have to stop.

Flexibility—This is how well you can **move and stretch** your joints, ligaments, and muscles through a full range of motion. For example, people with good flexibility can bend over and touch the floor easily. Poor flexibility may increase the risk of getting hurt during athletic and everyday activities.

What can I do to become more fit?

Just do it! Make the commitment and **stick to it**. Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own.

Stay positive and have fun. A **good mental attitude** is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to **exercise with someone** else, so see if you can find a friend or family member to be active with you.

Take it one step at a time. Small changes can add up to better fitness. For example, walk or *ride your bike to school* or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. **Use the stairs** instead of taking the elevator or escalator.

Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the **best type of exercise** because **it increases your fitness level** and makes your heart and lungs work better. It also **burns off body fat**. Examples of aerobic activities are basketball, running, or swimming. (See the Fitness Activity Chart at the end of this brochure for more ideas.)

Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help **protect against injury**. Stretching makes your muscles and joints **more flexible** too. It is also important to stretch out *after* you exercise to cool down your muscles.

How often should I exercise?

Your goal should be to do some type of exercise **every day**. It is best to do some kind of aerobic activity without stopping for at least **20 to 30 minutes** each time. Do the activity as often as possible, but don't exercise to the point of pain.

Like all things, **exercise can be overdone**. You may be exercising too much if

Is it safe to train with weights?

Strength training, also called “weight training” or “resistance training,” is an activity in which you use free weights, weight machines, resistance bands, or even your own weight to increase **muscle strength** and muscle endurance. The goal is **not to bulk up**, but to build strength and coordination. Do not focus on how much weight you are lifting, but rather on doing the exercises slowly and safely. When done correctly, this can be a great way to increase your strength and fitness.

Start with light weights and use smooth, controlled motions. Increase the number of times you lift the weight (repetitions) gradually. Avoid strength training more than 3 times per week and make sure you have **a day of rest in between** each workout. Too much weight training can be harmful and there are no extra benefits to strength training more often.

Safety measures should be taken during strength training. Most strength training injuries happen when exercises are not done correctly, when too much weight is lifted, or when there is no adult supervision.

Weight training isn't the same as weight lifting, power lifting, and body building. Avoid these activities until your body has reached full adult development (usually after the age of 18) because these sports can result in serious injury. Ask your pediatrician when it is a good time for you to start.

- Your **weight falls** below what is normal for your age, height, and build.
- It starts to **get in the way** of school and your other activities.
- You start to have bone, joint, or muscle **pain** that affects your daily activities.
- You are a **girl** and your periods become irregular, sporadic, or stop completely.

If you notice any of these signs, **talk with your parents or pediatrician** before health problems occur.

A healthy lifestyle

In addition to exercise, making **just a few other changes** in your life can help keep you healthy, such as

- **Watch less TV** or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).

- Eat 3 **healthy meals** a day, including at least 4 servings of **fruits**, 5 servings of **vegetables**, and 4 servings of **dairy products**.
- Make sure you **drink plenty of fluids** before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
- Stop drinking or drink fewer regular soft drinks.
- **Eat less junk food** and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
- Get 9 to 10 hours of **sleep** every night.
- **Don't smoke** cigarettes, **drink** alcohol, or **do** drugs.

Fitness Activity Chart

Activity	Calories Burned During 10 Minutes of Continuous Activity	
	77-lb Person	132-lb Person
Basketball (game)	60	102
Cross Country Skiing	23	72
Biking (9.3 mph)	36	60
Judo	69	118
Running (5 mph)	60	90
Sitting (complete rest)	9	12
Soccer (game)	63	108
Swimming (33 yd)		
Breaststroke	34	58
Freestyle	43	74
Tennis	39	66
Volleyball (game)	35	60
Walking		
2.5 mph	23	34
3.7 mph	30	43

Modified from Bar-Or O. *Pediatric Sports Medicine for the Practitioner*. New York, NY: Springer-Verlag; 1983: 349–350

Ferguson JM. *Habits, Not Diets*. Palo Alto, CA: Bull Publishing Co; 1988

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

From your doctor

American Academy
of Pediatrics



The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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DEDICATED TO THE HEALTH OF ALL CHILDREN™

Human papillomavirus (HPV) is a virus that can lead to genital warts and various forms of cancer, including those of the cervix and other reproductive organs. Although most people don't know it, the virus can also cause cancers of the head and neck. HPV is the most common sexually transmitted infection in the United States and around the world; in fact, each year, 300,000 women die from cervical cancer caused by HPV.

Q. What is human papillomavirus?

A. Human papillomavirus (HPV) is a family of viruses that commonly infect the genital area and lining of the cervix. Some types of HPV infect the genital areas of men and women, causing warts. Genital warts can be unsightly and emotionally debilitating. Other types of HPV cause cervical cancer, as well as other cancers of the reproductive organs. On occasion, HPV infections can lead to cancers of the head and neck.

Q. How common is HPV?

A. HPV is the most common sexually transmitted infection in the United States and around the world. More than half of sexually active people will be infected with HPV at some time in their lives. Twenty million Americans are currently infected with HPV, and another 6 million become infected every year. Half of those newly infected with HPV are between 15 and 24 years of age.

Q. Is HPV dangerous?

A. Yes. Most of the time, HPV goes away on its own and doesn't cause any health problems. But sometimes HPV can linger and lead to cancer. Every year in the United States, approximately 25,000 men and women develop cancers caused by HPV. Cervical cancer is one of the most common cancers in women, killing about 300,000 every year worldwide.

Q. How do you get HPV? How can you avoid it?

A. HPV in the genital area is passed from one person to another through genital contact, most often, but not always, during sex. The best way to avoid HPV infection is to abstain from any sexual activity. You can also lower your chance of getting HPV by having sex with only one person who isn't infected with HPV. But most people who have HPV don't know they have it, so it can be hard to avoid. Although condoms are recommended as a way of decreasing sexually transmitted infections, they don't offer complete protection against HPV.

Q. Can't I avoid cervical cancer by getting routine Pap tests?

A. Not always. Once, cervical cancer was the most common cause of U.S. cancer deaths. The Pap test changed that. HPV infection causes changes in the cervix that can result in cancer. The Pap test is performed by scraping cells from the cervix and examining them to see whether they show changes consistent with the early development of cancer (called precancerous changes). If these changes are detected, the doctor can perform surgery on the affected areas before cancer develops. Typically, the length of time from infection with HPV to development of cervical cancer is decades. So, although most HPV infections occur in teenagers and young adults, cervical cancer is more common in women during their 40s and 50s.

The Pap test is one of the most effective cancer screening tests and has dramatically reduced the incidence of cervical cancer in the United States. But the test isn't entirely predictive of cancer, and not all women get tested as often as they should. Further, the Pap test will not detect cancer caused by HPV in areas other than the cervix.

Q. Is there a vaccine to prevent HPV?

A. Yes. There are three vaccines to prevent HPV; they differ in the number of types of HPV that they protect against. The older versions, Cervarix® and Gardasil®, protect against two and four HPV types, respectively. The newest version, Gardasil® 9, protects against nine types of HPV. Studies in thousands of girls and young women found the vaccines to be safe and effective in preventing persistent infections caused by HPV. Studies in boys and young men found that the HPV vaccines known as Gardasil were safe and prevented anal and genital warts. All three vaccines are given as a series of three shots. The second shot is given one or two months after the first, and the third shot is given six months after the first. People who got one or two doses of HPV vaccine can finish the doses with the new Gardasil 9 vaccine if it is available.



more ▶

Human Papillomavirus: What you should know

Q. Who should get the HPV vaccine?

A. The HPV vaccine is recommended for all boys and girls between 11 and 12 years of age. The vaccine can be given to those as young as 9 years of age. It is also recommended for all teenagers and adults between 13 and 26 years of age if they did not get the vaccine when they were younger. Since girls were originally the only ones recommended to get the vaccine, some people wonder why boys are now recommended to get the vaccine also. First,



because boys can get genital warts as well as cancer caused by HPV, they will benefit from receiving the HPV vaccine; in fact, about one-third of the cancers caused by HPV occur in males. Second, by immunizing boys, they will be less likely to transmit the virus to their sexual partners. Finally, studies in boys lagged behind those in girls, but the vaccine has now been shown to be safe and effective in boys as well.

Q. Why is the vaccine recommended for adolescents when it protects against a sexually transmitted disease?

A. Although most 11- and 12- year olds are not sexually active, it is important to get the vaccine at that age for a few reasons. First, studies have shown that the vaccine is more protective when it is received at an earlier age. Second, in order to have the best protection, all three doses should be completed before sexual activity begins and the series takes at least six months to complete. Third, logistically, teens get busier as they get older, so it is often easier to get the three doses completed at the younger age. Finally, because studies indicate that the protection is long-lasting, delaying the vaccine provides no benefit and only increases the risk of cancer.

Q. How is the HPV vaccine made?

A. The HPV vaccine is made using a protein from the surface of the virus. Gardasil protects against four or nine different types of HPV, and Cervarix protects against two types. Both protect against the types of HPV that most commonly cause cervical cancer, but only the Gardasil versions protect against the most common causes of genital warts. For this reason, only Gardasil is approved for use in boys.

Q. Is the HPV vaccine safe?

A. Yes. Because the HPV vaccine is made using only a single protein from each type of the virus, it can't cause HPV and, therefore, can't cause cervical cancer or other cancers. The most common side effect of the vaccine is redness and tenderness at the injection site. The vaccine may also cause a slight fever. Because people of the age group recommended to get the HPV vaccine might faint, it is recommended they remain at the doctor's office for about 15 minutes after receiving this or other vaccines. Although adverse events such as blood clots, neurological damage and death have been reported following receipt of the HPV vaccine, scientific studies have found these events were not caused by the vaccine.

Q. Do young women who get the HPV vaccine still need to get Pap tests?

A. Yes. Because the HPV vaccine does not protect against all HPV types that cause cervical cancer, women should continue to be screened with routine Pap tests.

Q. Do women who have received the HPV vaccine still need to worry about sexually transmitted infections?

A. Yes. The HPV vaccine does not prevent other sexually transmitted infections such as syphilis, gonorrhea, chlamydia and herpes. Also, the vaccine doesn't protect against all HPV types.

Q. Do people who got the HPV vaccine already need to get any doses of the new Gardasil 9 vaccine?

A. At this time, additional doses of the vaccine are not routinely recommended. However, some individuals may wish to have the additional protection afforded by this version. Such individuals should discuss the relative benefits with their healthcare provider.

For additional information about
HPV disease and vaccination,
visit www.prevent-HPV.org.

 The Children's Hospital
of Philadelphia®

 VACCINE EDUCATION CENTER

This information is provided by the Vaccine Education Center at The Children's Hospital of Philadelphia. The Center is an educational resource for parents and healthcare professionals and is composed of scientists, physicians, mothers and fathers who are devoted to the study and prevention of infectious diseases. The Vaccine Education Center is funded by endowed chairs from The Children's Hospital of Philadelphia. The Center does not receive support from pharmaceutical companies.

vaccine.chop.edu

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making healthy

decisions about sex:

important information for teens



Before you decide to have sex or if you are already having sex, you need to know how to stay healthy. Even if you think you know everything you need to know about sex, take a few minutes and read on. Your doctor wants to make sure you know the facts.

Important reminders

- No one should ever be forced to have sex! If you are ever forced to have sex, it's important to never blame yourself and to tell an adult you trust as soon as possible.
- Not using alcohol and drugs will help you make clearer choices about sex. Too many young people have sex without meaning to when they drink alcohol or use drugs.

Are you ready for sex?

Sex can change your life and relationships. Having sex may affect the way you feel about yourself or how others feel about you.

Many teens believe waiting until they are ready to have sex is important. The right time is different for each teen. For example, some teens may want to wait until they are older (adults); other teens may want to wait until they feel their relationship is ready.

You may feel that your relationship is ready when

- You can be completely honest and trust the other person, and the other person can trust you.
- You can talk with the person about difficult topics, such as feelings, other relationships, and if the person has had a sexually transmitted infection (STI).
- You can be responsible, protecting yourself and your partner against STIs and pregnancy with condoms and birth control.
- You can respect the other person's decisions about not having sex and about using protection.

However, if you are in love or really like someone, you may ignore the signs of an unhealthy relationship. The following signs mean your relationship is *not* ready for sex:

- Your partner is jealous or possessive. For example, your partner prevents you from spending time with your family or other friends, texts or instant messages you constantly, or checks your cell phone to see who you are talking with.
- Your partner pressures you to have sex and refuses to see your point of view.
- Your partner manipulates you by either bullying you or threatening to hurt himself if you end the relationship.

Why wait?

There's nothing wrong if you decide to wait. Not everyone is having sex. Half of all teens in the United States have never had sex. If you decide to wait, stick with your decision. Plan ahead how you are going to say no so you are clearly understood. Stay away from situations that can lead to sex.

Here are reasons why waiting to have sex makes sense.

- Sex can lead to pregnancy. Are you ready to be pregnant or become a teenaged parent? It's a huge responsibility. Are you able to provide food, clothing, and a safe home for your baby?
- Sex has health risks. A lot of infections can be spread during sex. Sexually transmitted infections include chlamydia, gonorrhea, hepatitis B, herpes, HIV (the virus that causes AIDS), human papillomavirus (HPV), or syphilis.
- Sex can lead to emotional pain and distractions. You may feel sad or angry if you let someone pressure you into having sex when you're not really ready. You also may feel sad or angry if you choose to have sex but your partner leaves you. Your partner may even tell other people that you had sex with her.

How can you prevent getting an STI?

Nothing works perfectly to prevent STIs except abstinence (no sex). However, if you're going to have sex, using condoms is the best way to reduce the risk for getting STIs. You can also get a vaccine to protect against HPV.

Remember to use a latex condom every time you have sex—no matter what other type of birth control you and your partner might also use. To protect against getting an infection from having oral sex, use a condom, dental dam, or non-microwavable plastic wrap. Your doctor can explain all these things to you.

To make sure you stay healthy, get regular medical checkups. If you have had sex in the past or are having sex, your doctor may recommend testing for STIs.

What do you need to know about condoms?

- Condoms work best when used correctly.
- Most teens use male latex condoms. Buy the type with a reservoir (nipple) at the tip to catch semen, if available. Female condoms are another option. Never use a male and female condom at the same time; they might tear.
- Follow the instructions on the package to make sure you are using them the right way.
- Check the expiration date on the package. Don't buy or use expired condoms.
- You can carry condoms with you at all times, but do not store them where they will get hot (such as in the glove compartment of a car). Heat can damage a condom.
- The following additional tips about using male condoms are from the "Condom Fact Sheet In Brief" published by the Centers for Disease Control and Prevention.
 - Use a new condom for every act of vaginal, anal, and oral sex throughout the entire sexual act (from start to finish). Before

any genital contact, put the condom on the tip of the erect penis with the rolled side out.

- If the condom does not have a reservoir tip, pinch the tip enough to leave a half-inch space for semen to collect. Holding the tip, unroll the condom all the way to the base of the erect penis.
- After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw. Then gently pull the condom off the penis, making sure that semen doesn't spill out.
- Wrap the condom in a tissue and throw it in the trash where others won't handle it.
- If you feel the condom break at any point during sexual activity, stop immediately, withdraw, remove the broken condom, and put on a new condom.
- Ensure that adequate lubrication is used during vaginal and anal sex, which might require water-based lubricants. Oil-based lubricants (ie, petroleum jelly, shortening, mineral oil, massage oils, body lotions, and cooking oil) should not be used because they can weaken latex, causing breakage.

What types of birth control are effective?

Talk with your doctor about birth control. Your doctor can answer questions about safe and effective methods, side effects, and costs. Here are some forms of birth control (all types for females; condoms for males) from most effective to least effective at preventing pregnancy.

- **Intrauterine devices (IUDs).** IUDs are small T-shaped devices placed inside the uterus by a doctor. They are highly effective at preventing pregnancy and may also be prescribed to help decrease menstrual bleeding and pain. The copper IUD contains a small amount of natural copper and prevents pregnancies for up to 10 years. There are 2 levonorgestrel IUDs, both of which contain a hormone and prevent pregnancy for 3 to 5 years depending on which one is used. Intrauterine devices when used as prescribed are about 99% effective in preventing pregnancy.
- **Contraceptive implant.** A contraceptive implant is a tiny flexible rod that a doctor puts under your skin in your upper arm. It slowly releases a hormone that prevents pregnancy for 3 years. A contraceptive implant when used as prescribed is about 99% effective in preventing pregnancy.
- **Contraceptive injection.** Depo-Provera is a shot given every 3 months. It's effective, and you don't have to remember to take a daily pill. The contraceptive injection when used as prescribed is 99% effective in preventing pregnancy. However, when used typically (eg, women may occasionally forget to get a shot exactly on time), it is 94% effective in preventing pregnancy.
- **Birth control pills, patch, and ring.** "The pill," the birth control patch, and the ring all contain 2 hormones, an estrogen and a progestin.
 - **Birth control pill.** You take one pill each day. Birth control pills when used as prescribed are about 99% effective in preventing pregnancy. However, when used typically (eg, women may occasionally forget to take a pill), they are 91% effective in preventing pregnancy.
 - **Birth control patch.** The birth control patch is an adhesive patch that is placed on the skin. You wear the patch 3 weeks,

remove the patch for 1 week, put on a new patch at the end of the fourth week, and repeat these steps. The birth control patch when used as prescribed is about 99% effective in preventing pregnancy. However, when used typically (eg, women may occasionally forget to replace the patch on time), it is 91% effective in preventing pregnancy.

- **Birth control ring.** You insert the birth control ring in your vagina, it stays in for 3 weeks, you remove it for 1 week, and you put in a new one at the end of the week. The birth control ring when used as prescribed is about 99% effective in preventing pregnancy. However, when used typically (eg, women may occasionally forget to put in a new birth control ring on time), it is 91% effective in preventing pregnancy.
- **Condoms.** Male condoms used the right way have about a 98% chance of preventing pregnancy, and female condoms have a 95% chance, but they must be used each time you have sex and used correctly. When they are not used correctly, male condoms may only have an 82% chance of preventing pregnancy, while female condoms may only be effective 79% of the time.

What are other types of birth control?

The following types of birth control are less common and not as effective at preventing pregnancy:

- **Withdrawal.** The male "pulls out" before he ejaculates or "cums." It does not prevent pregnancy or STIs. Even a small amount of sperm can lead to pregnancy or an STI.
- **The "rhythm method."** You avoid having sex during certain times of your monthly cycle. Because teens tend to have more irregular periods, this method is less effective at preventing pregnancy.
- **Spermicides.** These are creams and foams used during sex to kill sperm. They may add protection to other methods but are not effective when used alone.

What is emergency contraception?

Emergency contraception (EC) is a form of birth control that you use *after* you have unprotected sex. Unprotected sex includes not using birth control, condoms breaking during sex, or forgetting to take birth control pills.

- Emergency contraception can be taken up to 5 days after sex but is most effective when taken as soon as possible after sex.
- You can buy EC pills over the counter and no longer need to show proof of age. The types of EC pills available over the counter are levonorgestrel at 1.5 mg (eg, Plan B One-Step or Next Choice One Dose).
- Another type of EC pill is ulipristal acetate 30 mg (eg, Ella), which you can only get with a prescription.
- A doctor can also put in a copper IUD that will provide both EC and regular birth control.

Resources

Center for Young Women's Health
www.youngwomenshealth.org

The Emergency Contraception Web Site
<http://ec.princeton.edu> or www.not-2-late.com

National Campaign to Prevent Teen and Unplanned Pregnancy
www.stayteen.org and www.bedsider.org

Sex, Etc. (by Answer, Rutgers University)

<http://sexetc.org>

Young Men's Health

www.youngmenshealthsite.org

Remember

If you decide to have sex, it's important that you know the facts about birth control, infections, and emotions. Decisions of when to become sexually active, how to protect yourself from STIs, and how to prevent pregnancy are yours. These are important decisions and are worth talking about with adults who care about you, including your doctor.

For more information, visit the official American Academy of Pediatrics Web site for parents, HealthyChildren.org.

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From your doctor

American Academy
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The American Academy of Pediatrics (AAP) is an organization of 62,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of all infants, children, adolescents, and young adults.

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stressed? read this.



Even though stress makes us feel uncomfortable, it's not always a bad thing. Sometimes stress can really help us deal with tough situations. A lot of stress changes our bodies quickly and helps us react to an emergency. A little stress keeps us alert and helps us work harder.

What is stress?

Stress is the **uncomfortable** feeling you get when you're worried, scared, angry, frustrated, or overwhelmed. It is caused by emotions, but it affects your mood and body. Many **adults think that kids don't have stress** because they don't have to work and support a family. **They are wrong!** Stress can come from things that happen to you and people in your life like your parents, friends, and even yourself.

How does the body handle stress?

The body is a finely tuned machine that can change quickly to do what we need it to do—like react to stress. The body actually has 2 different sets of nerves. **One works while we're relaxed, and the other works when we're stressed or there's an emergency.** These 2 systems can't work together at the same time. It's important to know this because we can **shut off** the emergency system by turning on the relaxed system. **That helps us feel better!**

Ways you can deal with stress

Nobody can avoid all stress, but **you can learn ways to deal with it.** When you're stressed, it is normal to want to feel better. Some people turn to drugs, cigarettes, alcohol, bullying, or fighting. These harmful choices might feel good for a short time, but they can be dangerous. They end up messing up your life, and then you end up a lot more stressed. *They're especially dangerous if they are the only way you manage stress.* This is one of the ways addictions start.

There are many **healthy ways** of dealing with stress. They are safe, help you feel better, and end up making you happy. **Here is a 10-point plan to help you manage stress.** All of these ideas can lower stress safely. None of them are quick fixes, but they will lead you toward a healthy and successful life. The plan is divided into 4 parts.

1. Tackling the problem
2. Taking care of my body
3. Managing my emotions
4. Making the world a better place

When you read over the plan, you'll notice that you can come up with a bunch of ideas for each point. **Please do not think you should try them all. This plan is supposed to help you manage stress, not give you more.** Try out some ideas and then stick to one or two ideas for each point. *Don't choose an idea just to impress someone else.*

Part 1

Tackling the problem

Point 1: Figure out what the problem is and make it manageable.

A lot of people deal with problems by ignoring them. **This does not make them go away; usually they just get worse.** People who try to fix their problems tend to be **emotionally healthier.**

What you can try

- Break the work into small pieces.** Then just do one small piece at a time, rather than look at the whole huge mess. As you finish each piece, the work *becomes less overwhelming.*
- Make lists of what you need to do.** This will **help you sleep** because your head won't spin with worry about whether you can do everything. At the end of the day, you will have **less to worry about** as you check off the things you have finished. You will look at the same huge amount of homework and say to yourself, "I CAN do this!"
- Get your work done first.** When it comes to work (studying, chores), the *best way to enjoy yourself is to get the work done first.* Sometimes people say they will do fun things first and do their work later. But the problem is they're having less fun because they're worrying about the work they're ignoring. And of course the longer they put it off, the more they worry.

Point 2: Avoid things that bring me down.

Sometimes we know **exactly** when we are headed for trouble. Avoiding trouble from a distance **is easier** than avoiding it up close. You know the people who might be a bad influence on you. You know the places where you're likely to get in trouble. You know the things that upset you. **Choose not to be around those people, places, and things that mess you up.**

What you can try

- Avoid certain people, like _____
- Avoid certain places, like _____
- Avoid certain things, like _____

Point 3: Let some things go.

It's important to try to fix problems, but *sometimes there is nothing you can do to change them.* For example, you can't change the weather, so don't waste your energy worrying about it. You can't change the fact that teachers give tests, so just start studying instead of complaining about how unfair they are. You can't change the fact that your parents need to know where you go, so prove to them that you are responsible and deserve more freedom. **People who waste their energy worrying about things they can't change don't have enough energy left over to fix the things they can.**

What you can try

- Instead of worrying about things I can't change, I will _____
- Instead of complaining that things are not fair, I will _____
- Instead of fighting with my parents about where I go, I will _____

Part 2 Taking care of my body

Point 4: Exercise.

Exercise every day to control stress and build a strong, healthy body. **Exercise is the most important part of a plan to manage stress.** You may think you don't have time to exercise when you're most stressed, but that is exactly when you need it the most. If you are stressed about a test but too nervous to sit down and study...*exercise!* **You will be able to think better** after you have used up that stress energy.

What you can try

Regular exercise builds a strong body that better deals with stress. I will work my body hard at least 20 minutes every other day. The kinds of exercises I like to do routinely include

- _____
- _____
- _____

When I am feeling most worried, nervous, or fearful, a really hard physical workout will help me calm down. During these most stressful times, the kinds of things I might do include

- _____
- _____
- _____

Point 5: Learn to relax my body.

You can fool your body into being calmer by turning on the relaxed nervous system.

What you can try

- Breathe deeply and slowly.** Slow, deep breathing turns on your relaxed nervous system and turns off your emergency response. Take a big, deep breath until your chest and belly feel full of air, then let it out slowly as if you're blowing bubbles. **Do this 10 times and you will feel more relaxed.** Yoga and meditation also teach great breathing skills.
- Put your body in a relaxed position.**
 - Your body knows when you're nervous. If you sit down to take a test and your legs are shaking, your body is saying, "I want to run!" Remember, you can't think well and run away at the same time, so you are making it harder to take the test. Instead, take deep breaths and lean back—tell your body there is no emergency.

- When you're angry, the natural thing to do is stand up and face someone shoulder-to-shoulder, chest-to-chest. You do this without even thinking, but this tells the other person that you're angry and ready to fight. It also may prevent you from thinking clearly. Do the **opposite** of what you would do if you were really going to fight. **Sit down; take deep, slow breaths; and tell your body there is no danger.** Then use your brain to get out of the situation.

Point 6: Eat well.

Everyone knows good nutrition makes you healthier. But only some people know that **it also keeps you alert and your mood steady.** People who eat mostly junk food have highs and lows in their energy levels. This hurts their ability to manage stress.

What you can try

- Eat a good breakfast.
- Skip fewer meals.
- Drink fewer sodas and sugary drinks.
- Drink more water.
- Eat smaller portions.
- Eat less greasy meals or snacks.
- Eat more fruits and vegetables.
- _____
- _____

Point 7: Sleep well.

Most kids don't get the sleep they need to grow and think clearly. **Tired people can't learn as well and can be much crankier.**

What you can try

- Go to sleep about the same time every night.**
- Exercise (but finish exercising at least 4 hours before bed).** Your body falls asleep most easily when it has cooled down. If you exercise right before bed, you will be overheated and won't sleep well.
- A hot shower 1 hour before bedtime** also helps your body relax to fall asleep.
- Use your bed only to sleep.** Don't solve your problems in bed. Instead, have another spot to think, like a "worry chair." Give yourself plenty of time to think things through, make a list if you need to, **and then set it aside!** Go to bed to sleep.
- Don't do homework, watch TV, read, or use the phone while in bed.**

Part 3 Managing my emotions

Point 8: Take instant vacations.

Sometimes the best way to de-stress is to imagine yourself in a more relaxing place.

What you can try

- Visualize.** When you're stressed, sit down, lean back, take deep breaths, close your eyes, and imagine yourself in a beautiful and calm place.

- Take time out for yourself.** Everyone deserves time for himself or herself. Enjoy a walk, a relaxing bath, or something special every day. Try a warm bath with your ears just under water; listen to yourself take deep, slow breaths. Take your pulse and count as your heart rate goes down.
- Enjoy hobbies** or creative art as an instant vacation.
- Look at the beauty around you** and get pleasure from the small things you may have stopped noticing.
- Read** a good book and escape from reality. You have to imagine the sights, sounds, and smells—you are somewhere else for a while.

Point 9: Release emotions.

Feelings sometimes get so strong and scary that we cram them all in an imaginary box and **think we'll deal with them later**. But later, there's so much stuff in the box that there is too much to deal with. Sometimes it's good to **pick just one problem** to work on and forget the rest for a while. When you decide to deal with only one problem at a time, it seems much less scary.

What you can try

- Be creative.** People who have a way to express themselves don't need to hold it all inside. Art, music, poetry, singing, dance, and rap are all powerful ways to let your feelings out.
- Talk it out.** Every young person deserves an adult to talk to and some friends to trust. Hopefully, you can talk to your parents. But if you do not want to tell your parents everything, make sure to find an adult you can ask for advice.
- Journal.** Write it out!
- Pray.** Many young people find prayer or meditation helpful.
- Laugh or cry.** Let yourself really feel your emotions.

Part 4

Making the world a better place

Point 10: Make the world a better place.

Young people who work to make the world better feel good about themselves. They have a **sense of purpose and handle their own problems better**. They learn that they can **make a difference** in other people's lives. **We need young people to build a better world.**

What you can try

- Help a member of my family by _____
- Volunteer in my community by _____
- Help the environment (or animals) by _____

When to get help

Even if you are great at dealing with problems, there may be times when stress feels like it is getting to you. **You are not alone**. This does not mean you are crazy, weak, or a failure. **Strong people turn to others** for support when they have too much to handle. **It's okay** to turn to wise friends for advice, but it is also important to turn to your parents or another adult to help you. **You deserve to feel good!**

The following signs suggest that you should seek some extra guidance:

- Your grades are dropping.
- You worry a lot.
- You easily get moody or angry.
- You feel tired all the time.
- You get a lot of headaches, dizziness, chest pain, or stomach pain.
- You feel sad or hopeless.
- You feel bored all the time and are less interested in being with friends.
- You are thinking about using alcohol or drugs to try to feel better.
- You ever think about hurting yourself.

Visit the AAP Web site at www.aap.org/stress for more information.

Remember that one of the best ways to be happy and successful is to manage stress well.

You CAN do it!

Adapted from Ginsburg KR, Jablow MM. *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. Elk Grove Village, IL: American Academy of Pediatrics; 2006

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From your doctor



Substance Abuse Prevention



The use of tobacco, alcohol, and other drugs is one of the biggest temptations facing young people today. As a parent, you are your child's best protection against drug use. You can start by telling your children that you expect them not to use drugs and become informed yourself about drug use. This publication was written by the American Academy of Pediatrics to help you identify the warning signs of drug use and provides tips on how to help your child (especially during the preteen and teen years) say no to drugs.

Stages of drug use

Both casual drug use and addiction impact health, but it is important for parents to know the difference. The same pattern of use and abuse exists for alcohol as with other drugs, such as marijuana or cocaine. The following is how experts explain the stages of alcohol or drug use:

Stage	Description
Abstinence	No use.
Experimentation	The first 1 or 2 times your child drinks alcohol or uses drugs. Children at this stage are curious about what it feels like to be drunk or high.
Non-problematic use	Repeated drug use in social situations without associated problems. Children at this stage are using in order to have fun with friends.
Problem use	Drug use for purposes other than recreation or drug use associated with a single problem, such as to deal with tension with parents or a school suspension. Children at this stage have begun to use in order to help them manage their emotions.
Abuse	Drug use that has a negative impact on daily functioning <i>or</i> that is associated with recurrent and significant risks and problems. Children at this stage have experienced problems because of their drug use but continue to use anyway.
Dependence	Loss of control over use. Children at this stage have developed a compulsion to use and no longer can simply decide to "just say no" or "stop using any time they wish."

How can I tell if my child or teen is using drugs?

Certain symptoms and behaviors are warning signs for drug use. But keep in mind they may also indicate other problems, such as depression. Look for

- Alcohol, smoke, or other chemical odors on your child's or their friends' breath or clothing
- Obvious intoxication, dizziness, or bizarre behavior
- Changes in dress and grooming
- Changes in choice of friends
- Frequent arguments, sudden mood changes, and unexplained violent actions
- Changes in eating and sleeping patterns
- Sudden weight gain or loss
- Loss of interest in usual activities or hobbies
- School problems like declining or failing grades, poor attendance, and recent discipline problems
- Trauma or frequent injuries
- Runaway and delinquent behavior
- Depressed mood or talk about depression or suicide; suicide attempts

Teens will try to hide, disguise, or downplay alcohol or other drug use, so you must learn to recognize the signs of abuse and stay on top of things. Also, trust your instincts. If you suspect a problem, talk with your teen, ask questions, and speak with a health professional about your concerns.

Remember that your child's doctor has the knowledge and experience to help you find out if your child has a drug or alcohol problem and how to help your child.

What you can do

The following is what you can do to help your child say no to drugs:

- **Talk with your children about drugs.** Young people who do not know the facts about drugs may try them just to see what they are like. After you become informed, talk with your children about drugs and their harmful effects. Use current magazine articles or news reports, as well as TV or movie scenes, to bring up the topic and make a quick point. Try to get your children to share any questions and concerns they have. Be sure to really listen; do not lecture or do all the talking. Ask your children what they think about drug use and its consequences.
- **Help your children handle peer pressure.** Peers and friends can strongly influence teens to try drugs. As a parent, your influence can be just as strong in helping them be independent and resist unhealthy peer pressure. Tell them that it is OK to say no and mean it. They can try saying, "I need all the brain cells I have to make it through this school year," or "I would get in a lot of trouble if my parents ever found out," or they can try saying, "No, that's not for me," and leave to do something else. Practice these and other responses with your children. If a friend is

offering drugs, it may be harder to say no. Encourage your child to suggest other things to do with that friend. This shows that they are rejecting the drug, not the friend.

- **Help your children deal with emotions.** During the teen years, many young people face strong emotions for the first time. These new feelings can be hard to cope with, and your child may sometimes get depressed or anxious and possibly turn to drugs to try to escape such feelings and forget problems. It is important to talk with your children about any concerns and problems they are facing. Explain that everyone has these feelings at times. Everyone must learn how to cope with feelings and face their stressors in ways that are healthy and help them get through their problems. Assure them that everything has an upside, and things often do not stay “bad” for very long. Point out that even after using drugs, the same problems and hassles are still going to be there.
- **Boost their self-confidence.** It is often overlooked how important it is to notice and frequently praise others' positive qualities. Encourage your child to set goals, make personal decisions to achieve them, and actively work toward these goals. With each success, your children will gain more confidence. Applaud effort as well as success. As your children become more responsible, you should still provide guidance, emotional support, and security when needed. Becoming responsible also means facing the results of one's actions—good or bad. Making mistakes is a normal part of growing up, so try not to be too critical when your child makes a mistake.
- **Instill strong values in your children.** Teach your children the values that are important to your family. Also teach them to think of these values when deciding what is right and wrong. Explain that these are the standards your family lives by, despite what other people are doing.
- **Be a good role model.** As a parent, your actions often speak louder than words. You should use alcohol only in moderation and avoid using tobacco and drugs. You should not drink and drive or ride with a driver who has been drinking. Have a safety plan to pick up a teen in an unsafe situation, like if they end up at a party where drugs are being used. Make a stand against drug issues—your children will listen. You are the best role model for your family, so show them how to have fun without using drugs.
- **Encourage healthy ways to have fun.** Young people are always looking for ways to have fun. They can also get bored easily. Drugs offer what seems to be a carefree high with little or no effort or consequences. Help your child understand this myth. Encourage interests in different hobbies, clubs, sports, or other activities. Look for healthy ways to reduce boredom and too much free time. Take an active interest in what is important to your children. Plan interesting activities together as a family, and have fun!

About teen confidentiality

All teens should be screened for alcohol and other drug use as part of routine medical care. Your child's doctor will want to ask questions about alcohol in private in order to get honest answers. If your child does report alcohol use, the doctor will determine whether your child needs very brief advice, a return visit, or a referral to a specialist. Every doctor will have his or her own policy about what information must be shared with a parent and what will stay confidential (meaning stay between the patient and the doctor), but most doctors will protect a teen's confidentiality if they believe that the teen's drug use is not an immediate safety risk to the child or others. It is important for you to respect the doctor's decisions about confidentiality in order to encourage your child to have an open and honest discussion with the doctor.

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tips for parents of adolescents



Adolescence is the time between childhood and adulthood when your daughter or son will go through many physical and emotional changes. It begins with puberty which, for girls, usually starts between 8 and 13 years of age, and for boys, between 10 to 14 years of age.

Though these years can be difficult, it can also be a rewarding time watching your teen make the transition into an independent, caring, and responsible adult.

The American Academy of Pediatrics offers the following tips to help you and your teen navigate adolescence. *Teen* will be the term used in this publication when referring to adolescent, teenager, preteen, and tween.

- 1. Spend family time with your teen.** Although many teens may seem more interested in friends, this does not mean they are not interested in family.
- 2. Spend time alone with your teen.** Even if your teen does not want time alone with you, remind him or her often that you are always available to listen or talk. One way to make yourself available is to offer rides; a great opportunity to talk (if the radio isn't too loud).
- 3. When your teen talks**
 - Pay attention.
 - Watch, as well as listen.
 - Try not to interrupt.
 - Ask for further details if you don't understand.
 - If you don't have time to listen, set a time that will be good for both of you.
- 4. Respect your teen.** It's OK to disagree with your teen, but disagree respectfully, not insultingly. Don't dismiss his or her feelings or opinions as silly or senseless. You may not always be able to help when your teen is upset about something, but it is important to say, "I want to understand," or "Help me understand."
- 5. When rules are needed, set and enforce them.** Don't be afraid to be unpopular for a day or two. Believe it or not, teens see setting limits as a form of caring.
- 6. Try not to get upset if your teen makes mistakes.** This will help your teen take responsibility for his or her actions. Remember to offer guidance when necessary. Direct the discussion toward solutions. For example, saying, "I get upset when I find clothes all over the floor," is much better than, "You're a slob."

Be willing to negotiate and compromise. This will teach problem solving in a healthy way. Remember to choose your battles. Let go of the little things that may not be worth a big fight.
- 7. Criticize a behavior, not an attitude.** For example, instead of saying, "You're late. That's so irresponsible. And I don't like your attitude," try saying, "I worry about your safety when you're late. I trust you, but when I don't hear from you and don't know where you are, I wonder whether something bad has happened to you. What can we do together to help

you get home on time and make sure I know where you are or when you're going to be late?"

- 8. Mix criticism with praise.** Your teen needs to know how you feel when he or she is not doing what you want him or her to do. Be sure to mix in positive feedback with this criticism. For example, "I'm proud that you are able to hold a job and get your homework done. I would like to see you use some of that energy to help do the dishes after meals."
- 9. Let your teen be a teen.** Give your teen some leeway with regard to clothes, hairstyle, etc. Many teens go through a rebellious period in which they want to express themselves in ways that are different from their parents. However, be aware of the messages and ratings of the music, movies, and video games to which your teen is exposed.
- 10. Be a parent first, not a friend.** Your teen's separation from you as a parent is a normal part of development. Don't take it personally.
- 11. Don't be afraid to share mistakes you've made as a parent or as a teen.**
- 12. Talk with your teen's pediatrician** if you need advice on how to talk with or get along with your teen.

Common questions

The following are answers to questions from parents of teens.

Dieting and body image

"My daughter is always trying new diets. How can I help her lose weight safely?"

Many teens resort to extreme diet or exercise programs because they want their bodies to look like the models, singers, actors, or athletes they see in the media.

Tips for a healthy diet

- Limit fast-food meals. Discuss the options available at fast-food restaurants and help your teen find a healthy, balanced diet. Fat should not come from junk food but from healthier foods such as low-fat cheese or low-fat yogurt.
- Keep the household supply of junk food such as candy, cookies, and potato chips to a minimum.
- Stock up on low-fat healthy items for snacking such as fruit, raw vegetables, whole-grain crackers, and low-fat yogurt. Encourage eating fruits and vegetables as snacks.
- Check with your teen's doctor about the proper amounts of calories, fat, protein, and carbohydrates for your teen.
- As a parent, model good eating habits. Make mealtime family time (5 times per week or more)—eating meals together helps with communication and reduces teen risk-taking.

Be aware of any diet or exercise program your daughter is following. Be watchful of how much weight she loses and make sure the diet program is healthy. Eating disorders such as anorexia nervosa and bulimia nervosa can be very dangerous. If you suspect your daughter has an eating disorder, talk with her doctor right away. Also, if you have a son, it's important to be aware of his diet or exercise habits too.

Many diets are unhealthy for teens because they do not have the nutritional value that bodies need during puberty. If your daughter wants to lose weight, urge her to increase physical activity and to take weight off slowly. Let her eat according to her own appetite, but make sure she gets enough fats, carbohydrates, protein, and calcium.

If your daughter decides to become a vegetarian, make certain she follows a healthy vegetarian diet. She may need to see her doctor or a nutritionist to ensure that she is getting enough fat, calories, protein, and calcium.

If your teen (like many teens) is unhappy with the way she looks, encourage healthy exercise. Physical activity will help stop hunger pangs, create a positive self-image, and take away the "blahs." If she wants to train with weights, she should check with her doctor, as well as a trainer, coach, or physical education teacher.

Help create a positive self-image by praising her wonderful qualities and focusing less on her appearance. Set a good example by making exercise and eating right a part of your daily routine also.

Dating and sex education

"With all the sex on TV, how can I teach my son to wait until he is ready?"

Teens (females and males) are naturally curious about sex. This is completely normal and healthy. However, teens may be pressured

into having sex too soon by their peers or the media. Talk with your son to understand his feelings and views about sex. Start early and provide him with access to information that is accurate and appropriate. Delaying sexual involvement could be the most important decision he makes.

Drugs

"I am afraid some of my daughter's friends have offered her drugs. How can I help her make the right decision?"

Teens may try or use tobacco and alcohol or other drugs to fit in or as a way to deal with peer pressure. Try to help build self-confidence or self-esteem in your teen. Ask your daughter about any concerns and problems she is facing and help her learn how to deal with strong emotions and cope with stress in ways that are healthy. For instance, encourage her to participate in leisure and outside activities with teens who don't drink and use drugs.

Smoking and tobacco

"My daughter smokes behind my back. How do I convince her to quit?"

Smoking can turn into a lifelong addiction that can be extremely hard to break. Discuss with your teen some of the more undesirable effects of smoking, including bad breath, stained teeth, wrinkles, a long-term cough, and decreased athletic performance. Long-term use can also lead to serious health problems like emphysema and cancer.

Chew or *snuff* can also lead to nicotine addiction and causes the same health problems as smoking cigarettes. In addition, mouth wounds or sores can form and may not heal easily. Smokeless tobacco can also lead to cancer.

If you suspect your daughter is smoking or using smokeless tobacco and you need advice, talk with her doctor. Schedule a visit with her doctor when you and your daughter can discuss the risks associated with smoking and the best ways to quit before it becomes a lifelong habit.

Talking with your teen about sex

Before your teen becomes sexually active, make sure you discuss the following topics:

- **Medical and physical risks.** Risks include unwanted pregnancy and sexually transmitted infections (STIs) such as gonorrhea, chlamydia, hepatitis B, syphilis, herpes, HIV (the virus that causes AIDS), and HPV (human papillomavirus—the virus that can cause cancers of the mouth and throat, cervix, and genitals in teens and adults).
- **Emotional risks.** Teens who have sex before they are emotionally ready may regret the decision when they are older or feel guilty, frightened, or ashamed from the experience. Your teen should ask himself or herself, "Am I ready to have sex?" or "What will happen after I have sex?"
- **Promoting safer sex.** Anyone who is sexually active needs to be aware of how to prevent unintended pregnancies, as well as how to protect against STIs. Condoms should always be used *along with* a second method of contraception to prevent pregnancy and reduce the risk of STIs.
- **Setting limits.** Make sure your teen has thought about what his or her sexual limits are *before* dating begins.

Most importantly, let your teen know that he or she can talk with you and his or her doctor about dating and relationships. Offer your guidance throughout this important stage in your teen's life.

If you smoke...quit

If you or someone else in the household smokes, now is a good time to quit. Watching a parent struggle through the process of quitting can be a powerful message for a teen who is thinking about starting. It also shows that you care about your health, as well as your teen's.

Alcohol

"I know my son drinks once in a while, but it's just beer. Why should I worry?"

Alcohol is the most socially accepted drug in our society, and also one of the most abused and destructive. Even small amounts of alcohol can impair judgment, provoke risky and violent behavior, and slow down reaction time. An intoxicated teen (or anyone else) behind the wheel of a car makes it a lethal weapon. Alcohol-related car crashes are the leading cause of death for young adults aged 15 to 24 years.

Though it's illegal for people younger than 21 years to drink, we all know that most teens are not strangers to alcohol. Many of them

are introduced to alcohol during childhood. If you choose to use alcohol in your home, be aware of the example you set for your teen. The following suggestions may help:

- Having a drink should never be shown as a way to cope with problems.
- Don't drink in unsafe conditions—for example, driving the car, mowing the lawn, and using the stove.
- Don't encourage your teen to drink or to join you in having a drink.
- Do not allow your children to drink alcohol before they reach the legal age and teach them never, ever to drink and drive.
- Never make jokes about getting drunk; make sure that your children understand that it is neither funny nor acceptable.
- Show your children that there are many ways to have fun without alcohol. Happy occasions and special events don't have to include drinking.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

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tobacco: straight talk for teens



Most teens don't smoke

Did you know that about 80% of teens in the United States don't smoke? They've made a healthy choice.

Think about this.

- One-third of all new smokers will eventually die younger than normal, because of smoking-related diseases.
- Nearly 90% of all smokers started when they were teens.

This is what smoking does to your body

- Carbon monoxide in tobacco smoke takes oxygen from your body while many cancer-causing chemicals go in.
- Your teeth and nails turn yellow and disgusting and your breath stinks.
- You cannot taste or smell things very well.
- Nicotine, the main drug in tobacco, causes your heart to beat faster and work less effectively. Nicotine is highly addictive.



Athletes who smoke can never reach the peak of their natural ability or do as well as nonsmoking athletes because their bodies get less oxygen. This is why coaches tell athletes never to smoke.

Think about this before you start smoking or as a reason to quit

Tobacco can kill

Each time you take a puff on a cigarette, you inhale 400 toxic chemicals like

- Nicotine (A drop of pure nicotine can kill.)
- Cyanide (a deadly poison)
- Benzene (used in making paints, dyes, and plastics)
- Formaldehyde (used to preserve dead bodies)
- Acetylene (fuel used in torches)
- Ammonia (used in fertilizers)
- Carbon monoxide (a poisonous gas)

Smoking causes diseases

It's a proven fact that the earlier people start smoking, the greater their risk of

- Cancer—many different types
- Heart attacks or strokes
- Chronic bronchitis—a serious disease of the lung airways
- Emphysema—a crippling lung disease that makes it hard to breathe

Secondhand smoke can kill others

Even if you don't smoke, breathing in someone else's smoke can be deadly too. Secondhand smoke causes about 3,000 deaths from lung cancer and tens of thousands of deaths from heart disease to nonsmoking adults in the United States each year. Secondhand smoke (also known as environmental tobacco smoke) is the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars.

Thirdhand smoke is dangerous, too!

Thirdhand smoke is the smoke left behind—the harmful toxins that stay in places where people have smoked previously. Thirdhand smoke can be found in walls, on the seats of cars, and even in someone's hair.

Smoking is ugly

- Some teens have said that kissing someone who smokes is like kissing an ashtray.
- Smoking often makes other people not want to be around you.
- Smoking stinks. If you smoke you may not smell smoke on you, but other people do. Your car will stink too.
- Most teens would rather date someone who doesn't smoke.

Smoking costs a lot of money

Do the math.

One pack of cigarettes per day:	\$6.25
Multiplied by the days in a year:	× 365
Yearly cost for cigarettes:	\$2,281.25

That's almost \$2,300 a year that could be saved or spent on other things like clothes or concert tickets.

Nicotine makes tobacco use addictive

Nicotine in tobacco causes people to become addicted much sooner than they expect after they start using. This happens to teens too. You're addicted if

- You crave your cigarettes or other tobacco.
- You feel nervous without your cigarettes.
- You try to quit using and have trouble doing it.

If you're already addicted, you can successfully quit smoking with help and support. Just ask your doctor or call 1-800-QUIT-NOW (800/784-8669).

Other tobacco products

Many people believe other forms of tobacco, such as e-cigarettes or chewing tobacco, are safer than smoking because they are not inhaling smoke. However, this is not true. These products still contain many dangerous chemicals and ingredients that can cause harm to the body.

If you use smokeless tobacco you are at increased risk for illnesses harming your mouth, such as cancer and gum disease. You could lose some teeth, part of your face, or your life. Also, you probably won't be able to taste or smell things very well.

Tobacco companies want you to smoke

When tobacco companies were sued in the 1990s, part of the trial's verdict made the companies turn over their secret, internal documents. One thing we learned from those documents was that tobacco companies marketed cigarettes to teens to get them to start smoking. They called teen smokers "replacement smokers" because they took the place of, or replaced, older people who died from smoking. Tobacco companies manipulate their ads and product flavors to appeal to teens.



Quitting is possible

If you smoke, quitting is the best thing you can do for yourself, your friends, and your family. It is the best decision for your life!

Myth—Many teens think they are not at risk from smoking. They tell themselves, "I won't smoke forever," or "I can quit any time."

Fact—Most people find it is not easy to quit.

As you continue to smoke, your body will change. It will get used to the smoke. You won't cough or feel sick every time you puff on a cigarette, yet the damage to your body will continue to worsen, and you won't even notice...for a while.

Deciding to stop using tobacco is up to you. It takes real courage to quit! Once you make the commitment to stop, get support from friends and family. Ask your pediatrician or school health office for help.

If you don't succeed at quitting the first time, you are not a failure. Keep trying! Most people need more than one quit attempt to succeed. Practice makes perfect!

Remember, for help quitting ask your doctor or call 1-800-QUIT-NOW (800/784-8669). 1-800-QUIT NOW is a national toll-free telephone counseling resource.

For more information

American Academy of Pediatrics Julius B. Richmond Center of Excellence
www2.aap.org/richmondcenter/ForKids_Teens.html

Campaign for Tobacco-Free Kids
202/296-5469
www.tobaccofreekids.org

truth (a campaign developed by teens)
www.thetruth.com

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