



## Injury Prevention



The most common cause of death in adolescents:

- **Homicide:** Is the #1 killer of teens. Do not use or carry weapons. Learn to solve conflict without violence. Talk it over, walk away.
- **Auto Accidents:** Are the #2 killer of teens. Wear a seat belt while driving or riding. Never drive or allow others to drive after drinking. Do not ride with a driver who has been drinking.



## Nutrition

Eat 3 meals a day. Don't forget breakfast. It is still very important to eat 3 servings of vegetables and 2 servings of fruits per day.

- If you are on the run, try: bread, bagels, crackers with peanut butter or cheese, bananas, apples, oranges, carrots, veggies, milk, yogurt.
- Young women should have a diet with sufficient calcium – two to three servings of dairy daily. If you cannot tolerate dairy, speak with us. Females also need more iron, due to menstrual blood loss.

You may want to take a multi-vitamin.

## Healthy Habits

Stay drug free and respect the decision of others to do so. Talk to us about any questions you have about steroids, alcohol, tobacco, diet pills, drugs or concerns about your weight.

Remember the following recommendations for a healthy body:

- 5 servings of fruits/veggies per day
- 2 hours of screen time per day (TV, Video, Computer)
- 1 hour of physical activity per day (that increases heart rate)
- 0 intake of sweetened beverages

## Vaping

Don't underestimate the dangers of vaping. It allows the user to experience a higher and more addictive amount of nicotine. 1 Juulpod contains 40 mg, the amount found in a whole pack of cigarettes. Nicotine interferes with memory and attention span. Vaping also contains ultrafine particles that you inhale in your lungs. Flavorants have diacetyl, a chemical linked to serious lung disease; in addition to organic compounds and heavy metals such

as lead, tin and nickel. Remember that vaping, drugs, alcohol and smoking are largely determined by who you hang out with. For a quit program text "DITCHJUUL" to 88709. For parent support - text "QUIT" to (202) 899-7550

## Sexuality

The decision to have sex is a serious one. Consequences can change your life permanently (pregnancy, AIDS, diseases, and depression). Not having sex is the safest choice. Express your affection by kissing, touching, and hugging. Be clear in your own mind what you do not want to do. If any part of you says no, the answer is NO. Unsafe sex includes unprotected contact between genitals, (including intercourse), genitals and the mouth (oral sex), or genitals and the anus. Safer (but not risk free) sex includes using a condom and using birth control. Condoms and birth control do not always protect you from pregnancy or sexually transmitted diseases, including AIDS.

Date rape is when someone you know forces you into sexual activity against your will. This could happen if you choose to participate in some intimate activity like kissing, but want to stop and your partner will not let you. Avoid this situation by:

- Meeting in places where there are more than just the two of you.
- Saying "no" loudly and keep saying "no" until your date stops. Be assertive.
- Making a scene so someone will help you.
- Remember you are in better control of an intimate situation if

you are not using drugs or alcohol.

## Body Piercing

We do not advise body piercing or tattoos, but if you are considering these, know what you are doing. The most common site for piercing is the ear. Some people choose one ear lobe or many piercings that encircle the whole ear lobe. Other sites include eyebrows, nose, lips, tongue, nipples, navel, or even the genital areas.

### Have a checklist that can help you make sure it's what you want:

- Tetanus shot in the last 10 years?
- Completed the Hepatitis B vaccine series (3 shots)?
- Allergies to metal?
- Willing to have a permanent hole or scar on your body?

### Other Questions:

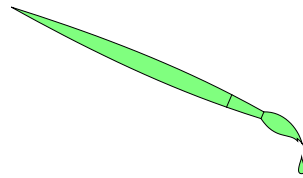
- **Sites:** Exposed sites, like the face or ear, heal faster (4-6 weeks). Navel, nipple and other areas are infected more easily because healing can take up to 4-5 months. Clothing over the area can cause irritation and promote infection and scarring.
- **Type of Jewelry:** Many people are allergic to nickel. Surgical steel and 14K gold, niobium, or titanium have smooth surfaces and are commonly used. If you get an O or U shape, they are only removable by the piercer. Find out how much it costs. Piercing is one expense and the jewelry is another.
- **What are the other risks:** The procedure is not painless and an anaesthetic is not always used. The potential exists for infection

with HIV/AIDS, Hepatitis B, and Tetanus. The piercer should wear NEW latex gloves to protect both of you. They should also use disposable or sterilized instruments. After the piercing, watch for redness, swelling, or crusty drainage from the site. If it looks infected, contact the piercer, or us, right away. If you wait too long, you could get a serious infection or scarring.

➤ **NEVER PIERCE YOUR OWN BODY OR LET A FRIEND DO IT!**

## Tattooing

The tattoo artist uses a stainless steel needle, puncturing the skin more than 3,000 times a minute.



Using one or several needles at a time, colored ink is pushed under the skin. Fresh tattoos appear very crisp, but in time they tend to fade or get hazy. Chronic sun exposure can also fade or distort the image.

### What you need to know:

- In New York, getting a tattoo is regulated by state law, and requires parental permission under the age of 18.
- The transmission of Hepatitis B or HIV by un-sterilized tattoo needles is a major concern. There are no standard guidelines for tattoo parlors to assure that diseases such as HIV and Hepatitis B are not passed from one person to another on the needles. Tattoos done by a professional, however, under hygienic conditions, generally have a lower, but not risk free chance of infection or other complications.
- If you want a tattoo, make sure

## The Adolescent Times

you want it for the rest of your life. The design you decide on today will be the one you and those you live with will look at for the rest of your life.

➤ It is very painful and expensive to have a tattoo removed. Removal of a tattoo is not covered by your insurance.

➤ Consider the following:

1. Does the tattoo parlor use disposable needles?
2. Does the tattoo parlor use separate, disposable inks?
3. Are you allergic to any inks, especially black India ink?
4. Are you immunized against Tetanus and Hepatitis B?



## Next Visit

Please make your next check up for 1 year from today.