

OMG!

As a young woman, your teen years are a very influential period in your life. This is the time when you are changing both emotionally and physically, experiencing brand-new situations, and trying to figure out what kind of person you aspire to be. It is now your responsibility to take action with your health and lay the foundation for a wholesome and exciting new stage in becoming a woman.

What is puberty?

As you mature, changes begin to happen to your body. This time in your life is called puberty and usually starts between the ages of 9 and 16. Some of the changes you will notice are:

- Your breasts begin to grow
- You will develop new body hair
- Your menstrual period will start
- Your body shape will change & get curvier



When should I visit a gynecologist?

Your first visit to a gynecologist, a doctor who is specially trained in women's reproductive health, should happen before you have intimate sexual contact. Talk to an adult you trust to decide when to schedule your first visit.

How much sleep do I need?

Get between 8.5 to 9 hours of sleep each night. Sleep in a darkened room with the TV off and go to bed and get up at the same time each day (weekends too).

How do I keep my skin looking healthy and free of blemishes?

Wash your face regularly with mild soap made just for faces. Use an over-the-counter product that contains benzoyl peroxide, resorcinol, salicylic acid, or sulfur. If acne persists, see a dermatologist, a doctor who specializes in caring for your skin. Avoid tanning beds and wear sunscreen with an SPF of 15 or higher every day.

How can I keep from getting sick?

Washing your hands frequently is one of the best ways to keep germs from spreading and to keep you from getting sick. Lather up with soap and water for about 10-12 seconds – about how long it takes to sing “Happy Birthday”. Immunizations are another way to protect you from diseases. Talk to your parents and your doctor about making sure your immunizations are up-to-date.

What do I need to do to keep my body fit?

Physical fitness is an important way to help you look, feel and do your best. You should do something for an hour each day to exercise your heart, lungs, and muscles. Try an interactive video game, take a brisk walk while you chat with your friends, and try to incorporate exercise into the fun things you like to do.

How do I make healthy food choices?

Your body needs about 2,000 calories each day. The key to eating healthfully is to get the majority of your calories from grains, fruits and veggies each day. Choose a few low fat and lean options. Does this mean you have to give up pizza? No! Try whole grain instead of white crust, substitute your favorite vegetable for pepperoni, and go easy on the cheese.

Can smoking, drugs and alcohol really harm me?

Yes! Cigarettes, drugs and alcohol change the way your body and your brain work. You have heard of the immediate dangers caused by these substances such as car accidents and overdoses that often result in death. Some of the short-term effects may wear off but the long term effects can cause life-long damage. It is much harder to stop these substances once you have started. Choose a healthy future by saying “no” now.