

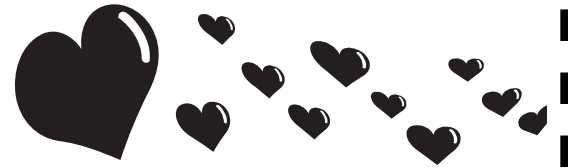
# TOILET TALK



Issue #21

## Love Your Body!

In today's world it is not uncommon for both females and males to have negative body images.



**Here are some tips on how to have a positive body image:**

**Change your routine.** Steer clear of beauty magazines and "extreme makeover shows"; instead, head outdoors and try a new physical activity that's fun and makes you feel good. Skip stepping on the scale — if you're trying to lose weight, change your goal so you're aiming to be healthy instead of to fit in a new pair of jeans.

**Redefine beauty.** Host a mock beauty pageant. Make it a trivia contest, a debate, or a tire-changing competition. Keep the games friendly to counter the cutthroat competitiveness of real beauty pageants.

**Think positive.** Acknowledge stores and other businesses whose ads portray women positively. If you notice these types of images in a magazine or newspaper, write a letter to the editor praising them for their choices.

**Most importantly, make sure your own words and actions reflect respect toward yourself and others.** Don't laugh at fat jokes, and take an extra minute to congratulate a friend for a recent accomplishment that doesn't include dieting.

Source: [www.teenwire.com](http://www.teenwire.com)

## Did you know...

That most teens who have had sex wish they had waited?

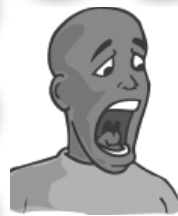
According to The National Campaign to Prevent Teen Pregnancy, 67% of teens surveyed who have had sexual intercourse wish they had waited longer. Of those who have had sex, more than 1/2 of teen boys (60%) and the majority of teen girls (77%) said they wish they had waited longer to have sex.

## Did you know...

That teens say they should be given a strong abstinence message?

94% of teens say that it is important for teens to be given a strong message from society that they should abstain from sex until they are at least out of high school.

Source: [www.teenpregnancy.org](http://www.teenpregnancy.org)



## Scary but True

Every hour more than 86 teen girls get pregnant.

Source: [www.teenpregnancy.org](http://www.teenpregnancy.org)



## FACT:

Among high school seniors who smoke 1-5 cigarettes a day, 70% will still be smoking 5 years later.

Source: [www.ydoyouthink.com](http://www.ydoyouthink.com)

**I CHOOSE NOT TO HAVE SEX BECAUSE I KNOW THE DECISIONS I MAKE TODAY HAVE LASTING CONSEQUENCES.**

**FIND YOUR REASON**

[www.findyourreason.org](http://www.findyourreason.org)

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative

Questions? Contact us!

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