

# TOILET TALK

Issue #10, 2006

I choose not to have sex because my parents would be disappointed.  
**FIND YOUR REASON** \_\_\_\_\_

## Stressed Out???

Life isn't always easy. You will always have stresses like school, work, exams, love stuff, family issues, and friends. What can you do to make life more manageable and more enjoyable?

**Let out your emotions** - Don't be embarrassed. Let people know how you feel and ask when you need support. Talking about your feelings is a good way to relieve tension and connect with others, which in turn will help you feel better.

**Be creative** - Sketch, paint, journal, doodle or even scribble!

**Take time for yourself** - Try to relax. Listen to your favorite music, read, or take a walk. Do something that you like to do by yourself!

**Get active** - Make time for your favorite sport or activity or try something new.

**Talk about it** - Find someone you can talk to about your worries and problems. A parent, teacher, relative, older brother or sister, coach, friend - someone you can trust.

**See friends** - Talk to your friends, or simply hang out and have a good time together. If you don't have many friends, try talking to people you might want to get to know.

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

## Chatting Safely

While online, keep in mind that the 17 year-old that you've been chatting with for weeks could actually be a group of 11 year-olds messing with you - or even worse, a 49 year-old preying on unsuspecting teenagers.

### So because of that ...

- Don't disclose personal information: Don't give out your real name, address, school name, telephone number or place of work - or any personal information about your family and friends. Your screen name or online handle shouldn't include any of these things either.
- Never respond to messages that are suggestive, obscene, threatening, or in any way make you feel uncertain or uncomfortable.
- Spend more time with real life friends than virtual friends.
- Tell an adult if someone online harasses you or wants to talk about sex.
- Remember that anything you type could be forwarded to other people and that there is no way to "take back" something once it's entered online. This goes for pictures too— so be careful what you post online!
- Look out for **red flags** - be aware of people who:
  - Can't keep their story straight
  - Initiate sexual conversation
  - Don't know the answers to questions most teens know
  - Pressure you to send photos or meet in person
  - Ask you for more information than you're comfortable giving out



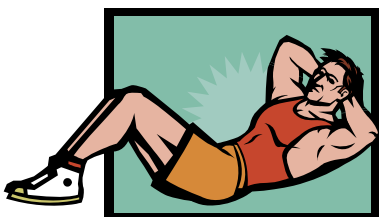
Source: [www.childsafe.org](http://www.childsafe.org) & [www.teenwire.com](http://www.teenwire.com)

## Move It!

Physical activity is an important part of a healthy lifestyle, and it can also help you see your body in a more positive way.

### *On your own or with friends, what will more activity do for you?*

- Keep your appetite and weight under control
- Make you feel better and give you more energy
- Help you handle stress
- Help you feel less bored and depressed



### *Some Exercise Tips ...*

- Exercise for 30-60 minutes each day.
- Try walking, running, swimming, biking, in-line skating and dancing. Team sports are great for this too.
- Do warm-up exercises for 5-10 minutes before exercise and cool down after exercising.
- Increase exercise gradually.

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

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative  
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Approved by:

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**prevention**  
Central Shenandoah Valley