

# TOILET TALK



Issue #4, 2005

I choose not to have sex because I want to go to college.

## FIND YOUR REASON



## Got Milk?

To get your daily recommended value of calcium rich foods (3 servings a day) try these ideas:

- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%) and finally fat-free (skim).
- Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- Have fat-free or low-fat yogurt as a snack.
- Snack on low-fat cheese.
- Make fruit and yogurt smoothies in the blender.
- Top a baked potato with fat-free or low-fat yogurt or cheese.
- Make a dip for fruit or vegetables from yogurt.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

## Ways You Can Avoid Sexual Pressure

- Spend time with friends who also think its okay not to have sex.
- Go out with a group instead of only the person you are hanging out with.
- Practice saying "no" ahead of time in case someone tries to pressure you.
- Don't feel like you owe someone sex in return for a night out or a gift.

Source: [www.4girls.gov](http://www.4girls.gov)



## Turn the Music Down!

20,000 - Number of hearing cells you are born with.  
50 - percent of those cells destroyed by noise by the time that you're a teenager.

Source: [health.com](http://health.com)

## STRANGE BUT TRUE

Each of the 3,000 languages and dialects on earth has at least 3 ways to say no (to drugs, alcohol, sex, etc.)

Some ways in English are:

- Nope, not for me
- Thanks, but no thanks
- Just leave me alone. Period.

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



1. Drink lots of water every day.
2. Consume at least 3 servings of dairy products a day.
3. Limit caffeinated drinks and empty calories: healthy foods with substance will fill you up faster so you won't eat as much.
4. Find healthy alternatives to between-meal snacks: carrots instead of cookies, popcorn or pretzels instead of chips.
5. Don't think that fat-free or diet foods mean that you can eat twice as much.
6. Don't deprive yourself of something you're craving, it's better to eat something unhealthy in moderation than to skip it and then binge later.
7. Make sure you're eating three balanced, healthy meals a day. Skipping meals can make you feel so hungry that you might overeat at the next one.
8. Avoid artificial sweeteners, like NutraSweet.
9. Take a multi-vitamin each day in addition to a healthy diet. But remember, vitamins do NOT replace food.
10. Even fast food places have healthy options - take a look at their nutrition chart.



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

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

teen pregnancy   
prevention   
Central Shenandoah Valley