

TOILET TALK



Issue #6, 2006

I choose not to have sex because I am not ready to be a parent.

FIND YOUR REASON

Go to Bed!!

Most Teens need about 8½ to 9 hours of sleep each night. The right amount of sleep is essential for anyone who wants to do well on a test, or play sports without tripping over their feet!



www.kidshealth.org

Let's Get Acquainted With Chlamydia

FACT: Chlamydia is a sexually transmitted infection that is also known as a "silent" disease because about three quarters of infected women and about half of infected men have no symptoms. If symptoms do occur, they usually appear within 1 to 3 weeks after exposure.

FACT: Even though symptoms of chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before the problem is ever recognized.

FACT: An estimated 2.8 million Americans are infected with chlamydia each year.

FACT: Chlamydia can be easily treated and cured once it is caught. All sexual partners should be tested and if needed, treated. This prevents the couple from passing the disease back and forth.

Source: www.cdc.org

Eating Disorders

Anorexia: A person with anorexia is very underweight, yet the person strictly limits the amount of food he or she eats, has a distorted body image, can't maintain a healthy body weight, and is intensely afraid of gaining weight. Long-term or severe anorexia can lead to starvation, serious health problems, and even death.

Symptoms of Anorexia:

- Intense fear of gaining weight.
- Restricting food or types of food, such as food containing any kind of fat.
- Seeing your body as overweight, in spite of being under weight.
- Over exercising.
- Secrecy around food and not seeing or wanting to talk about a problem with eating or weight loss.

Bulimia: A person with bulimia binges by eating a large amount of food in a short time, over a couple of hours, and then purges by vomiting, over exercising, or misusing laxatives, diuretics or other medications. A person with bulimia obsesses about their body shape and size and has poor self-esteem. Left untreated, this binge-purge cycle will eventually lead to serious health problems.

Symptoms of Bulimia:

- Recurring episodes of bingeing, eating large amounts of food in a short period of time (less than 2 hours).
- Feeling a loss of control over how much is eaten.
- Feeling ashamed of overeating and intensely fearful of weight gain.

If you or a friend is suffering from an eating disorder please tell a trusted adult: a parent, guidance counselor, teacher, or other family member, and get medical help as soon as possible. Eating disorders often lead to death if untreated. It's better to have a friend who is mad at you, rather than a friend who is dead but still likes you.

Source: www.webmd.com

79% of the youth in Harrisonburg & Rockingham never use illegal drugs

73% of 9th graders in Staunton, Augusta & Waynesboro have never used marijuana

Source: Local Youth Data Survey & Youth Risk Behavior Survey

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

Staunton/Aug./ Waynesboro: 332-3806 (Donna) or email: wellsdm@ci.staunton.va.us

Harrisonburg/Rockingham: 568-7083 (Kim) or email hartzlkm@jmu.edu

Approved by:

teen pregnancy 
prevention
Central Shenandoah Valley