

# TOILET TALK



Issue #8, 2006

I choose not to have sex because my life is complicated enough already.

## FIND YOUR REASON

### Manage Conflict

Are you feeling frustrated, angry, or ready to explode? Everyone gets angry. What really matters is how you handle yourself when you're angry. One healthy way to deal with your anger is the cool-down approach. When someone makes you really mad, try to stop, calm down, and think before you do or say anything you may regret. Express what is bothering you and why it makes you angry.

- o Listen carefully to what the other person is saying
- o Come up with options (other than fighting and avoiding) for resolving the conflict
- o If you can't work it out, get help – (from a teacher, guidance counselor, parent, etc.)
- o If someone is confronting you and you are worried that it might become violent – leave.

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

## What is Cutting?

Injuring yourself on purpose – by scratching or cutting your body with a sharp object – enough to break the skin and make it bleed – is called cutting. Cutting is what experts call an **unhealthy coping mechanism**. Cutting is more common among girls, but guys sometimes injure themselves on purpose.

### Why is cutting a problem?

- o Possible to misjudge the depth of the cut and then need stitches or even hospitalization
- o Cuts can become infected
- o Could lose too much blood
- o Cutting can leave scars that may be permanent
- o Cutting can become habit forming or a compulsive behavior – the more a person does it, the more he or she feels the need to do it again

### What are some better ways to deal with stress?

- o Talk problems over with parents, other trusted adults or friends
- o Take a walk or run
- o Play loud music and dance
- o Or find another positive distraction or outlet for your feelings

**If you or someone you know has a problem with cutting, talk to a trusted adult and get help immediately!**

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

## Drink to Your Health

Did you know that your brain is made up of 74% water and your muscles are made up of 75% water? In fact almost 2/3 of your body is water! It is one of the most essential things we need for survival, yet some nutritionists think as much as 80% of the country is walking around dehydrated. Don't let this be you! If you drink around 8 glasses of water daily, some of the benefits you will receive are:

- o Improved energy
- o Healthy glowing skin
- o Increased mental and physical performance

The next time you're thirsty don't reach for a dehydrating soda, instead reach for a cool delicious glass of water. Your body and mind will thank you!

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



*Did you know . . .*

**There are more than 10 million cancer survivors in the United States. If they joined hands, they would crisscross the country 4 times.**

Source: *Prevention Magazine*, November 2005

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative  
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