

# Teen Health Guide



**TUFTS**  
Health Plan

[tuftshealthplan.com](https://tuftshealthplan.com) • 888.257.1985

## How to Use this eGuide

This eGuide was designed to be read with Adobe Reader, which is a free program for all Mac and Windows computer users. You can download the latest version of Adobe Reader at <http://get.adobe.com/reader>. Guide functionality may vary depending on your reading device.

In addition to reading about your health, you can use this eGuide to:

- **Skip to specific topics.** Click on any section heading to skip to that topic.
- **Search for a specific topic.** On the menu, go to Edit>Find. Type in your search word, followed by the Return key. Search results will be highlighted. Continue to hit Return key to skip to the next result.
- **Look up unfamiliar words.** Use the cursor to highlight a word (for example, “diabetes”). On the menu, go to Edit>Look Up “diabetes.” Your internet browser will open to provide more information about this word.
- **Track your health information.** Places to enter your information appear in blue. Click on any blue field and begin typing. Use the Tab key to skip to the next field or the Return key if you are done. Don’t forget to save your changes before you close the document.

Concerned about keeping your information private? Edit your security settings: On the menu, go to Edit>Protection>Security Settings.

- **Make note** of health questions or concerns about what you are reading. On the menu, go to View>Comment>Annotations. Choose Sticky Note. Click where you would like to insert a note and begin typing.
- **Learn more from internet resources.** Click on any web address to open that web page in your internet browser.
- **Hear the guide read aloud to you.** First, activate this feature. On the menu, go to View>Read Out Loud>Activate Read Out Loud. Then, go back to the same place in the menu to begin, pause, or end reading aloud.



# W

hy should you care about your health? Well, there are lots of reasons—such as feeling good, looking good, and getting stronger. Doing well in school, at work, and in sports and other activities can all be affected by how healthy you are.

When it comes to making choices about your life, some of the biggest are those about your health. Your health is your future, so don't rely only on yourself and your friends when making life decisions. Your best resource for accurate information, advice, and—if you need it—treatment, is your health care provider.

**These Teen Health Guide topics can help you keep up and keep track!**

- **Friends & Relationships**
- **Fitness & Food**
- **Mental Health**
- **Health Habits**
- **Smoking**
- **Sex & Safety**
- **Drinking & Drugs**
- **Resource List**
- **Personal Phone#**



# ●●friends & relationships

Life's not always easy. There will always be stresses such as exams, work, love stuff, family issues, neighborhood violence, and more. But when you have problems to deal with, it helps to know that a friend is there for you. They can feel like the glue that holds everything together. So how do you find the right ones?

## keys to a good friendship

- Pick people who have similar interests, but don't rule out those who aren't exactly like you. It's good to keep an open mind.
- If you respect others, others will respect you.
- Accept that everybody has quirks and flaws.
- Even the best of friends can't be together 24/7. Develop other interests, and don't be jealous when your friend has other interests too.
- Your friends can't read your mind. If something is affecting your relationship, tell them.
- A good friend will let you vent, but you should always be ready to listen in return.
- Don't talk behind your friends' back. They will eventually find out.
- Choose your words wisely, because you can't take them back.

Friends can change, however. Sometimes they may try out new things, and you may start to have less in common. It might feel as if the person you once knew so well has gone away. If you find that it's just too hard to agree on stuff, or your friends are into something that just isn't you, start to expand your circle of friends. Try talking to people you might want to get to know, or checking out school and community clubs, art or music classes, sports teams, or volunteer work to meet people who like what you like. What else can you do to make your world better?

**Let out your emotions:** Let people know how you feel and ask for their support. It's a good way of relieving tension. Connecting with others may make you feel better.

**Be creative:** Sketch, paint, journal, even scribble!

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

**Take time for you:** Try to relax. Listen to your favorite music. Read. Take a walk. Do something you like to do by yourself. Talk about it: If you have a problem, find someone you can trust to talk to. Maybe a teacher, parent, older brother or sister, other relative, coach, or friend. Don't struggle alone—let it out. If you need confidential help, try calling a helpline or visiting your school counselor or health care provider.



## talking to parents, adults, and caregivers

Adults often do not know what to expect from teens. Try these tips to improve your communication:

- Be honest with your feelings. Your parents/guardians may be a source of support and knowledge, but they don't know what's going on in your life if you don't tell them.
- If you're upset (don't like your curfew, got grounded), don't take the defensive side right away. If you start yelling or crying, you won't be able to express your important feelings.

Every family has tough times, fights, and anger. It is a problem, though, when these situations include hitting, name-calling, or using a weapon. That's called abuse. If this is happening, talk to your school counselor.


**National Child Abuse  
Hotline**

**1-800-422-4453**



## **making peace — managing conflict**

When all else fails, you may feel frustrated, angry, or ready to explode. This is normal. What matters is how you handle yourself when you're angry. One healthy way to deal with it is the cool-down approach. When something gets 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. If the situation involves another person, listen carefully to what he/she is saying:

- **Come up with options (other than fighting and avoiding) for resolving the conflict.**
  - **If you can't work it out, get help.**
  - **If someone is confronting you, and you are worried it will become violent—leave.**
- 

## **violence — what can you do?**

### **school violence:**

- **Start with yourself. Make a promise not to add to violence, including bullying, teasing, or spreading rumors. Respect others and value differences.**
- **Do not carry a gun or any other type of weapon, including pocket knives.**
- **Report anyone that you know is carrying a weapon.**



# tips for safe dating

- Date in groups and meet in public places.
- Follow your gut feelings about a person.
- Extreme jealousy, threats, and controlling behavior can lead to violence.
- Be clear about what you want and don't want; never give mixed messages.
- Try not to rely on a date for a ride home or money.
- Avoid alcohol, drugs, and parties where they flow freely.
- Find out about dating abuse so you know what to watch out for and what to do if it happens. Good sites to check out are [loveisnotabuse.com](http://loveisnotabuse.com), [chooserespect.org](http://chooserespect.org), and [safeyouth.org](http://safeyouth.org).

## **dating abuse:**

Learn as much as you can about this serious issue so you can avoid danger and just have fun. You can trust yourself to make good decisions. People who pressure you into things only care about their own power. They may not be respecting your wishes. If you are forced to have sex when you don't want to, that's rape. Forced, unwanted sex between two people who know each other is date rape. It's a serious act of violence and it's illegal. Dating abuse is not just sexual or physical, either — threats, insults, and public humiliation count as well.

Know that if you feel pressured to do something you don't want to do, **it is your right to:**

- **Change your mind.**
- **Say “no” and mean it.**
- **Leave a situation where the pressure is too much.**
- **Leave if you sense that you are in danger.**
- **Accept no open drink, unless you watched it being poured.**

If you're in a relationship that in any way feels uncomfortable, awkward, tense, or even frightening, trust your feelings and get out of it.

You may need help to leave a violent relationship. Talk with someone you trust. You can also call the **National Domestic Violence Hotline at 1-800-799-SAFE (7233).**

If adults in your life tolerate violence in their relationships, you may need extra support to avoid violent relationships in your own life.

## online safety — what can you do?

You may be revealing a lot about yourself on social networking sites. People who want to take advantage of children and teens can use personal details to fool the writers into believing that they know them—don't be one of their victims.



**Taking the right actions at the right time can save you from getting into a lot of trouble:**

- **If you find yourself on a suspicious site in error, click off it right away.**
- **If a stranger emails you, never answer them.**
- **Avoid chat rooms in which people are asking you for personal details or talking in language that you know is not appropriate.**
- **Use networking sites with caution. Make your profile private so it's only available to trusted friends.**
- **If you write and post your own blog, make sure it does not contain any personal information that could put you at risk.**
- **Let your parents/guardians monitor or restrict your online activity.**
- **Tools to help you have a safer online experience at [netsmartz.org](http://netsmartz.org).**

**how do i look?  
how do i feel?**

**A**s your body changes, so does your image of yourself. Self-esteem is about how you value who you are. Appreciate your body no matter what shape, size, or color it is. Keep it healthy with good eating and physical activity habits.

**On your own or with your 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 see your body in a positive way.
- Help you feel less bored and depressed.
- Help you handle stress.

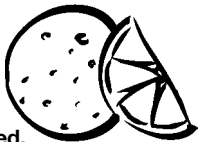
**exercise**

- Be active for 60 minutes each day.
- Have fun. Try walking, running, swimming, biking, or dancing. Team sports are great, too.
- Do warm-up exercises for 5–10 minutes before exercising and cool down after you're done.
- Increase exercise gradually.

## **eat healthy**

**Pay attention to what, when, and how much food you eat. Start healthy habits now that will stay with you for life.**

- Eat breakfast to wake up your body and your mind.
- Avoid greasy foods and sweets.
- Stick to regular servings — don't supersize!
- Eat when you're hungry, not when you're bored.
- Choose foods low in saturated and trans fats, cholesterol, and salt.
- Snack on fruits and vegetables, look for the dark green, red and orange veggies. Aim for 5 servings each day.
- Soft drinks, fruit juices, and sports drinks are loaded with sugar.
- If you eat while watching TV, you'll probably eat more than you intend to.
- Get calcium for strong bones from low-fat milk, yogurt and cheese.
- Choose whole grain for bread and cereal.
- Try fish as a source of protein, as well as lean meat, poultry, eggs, and unsalted nuts.



## weight

Many teens are overweight because of too little activity and the way they think about food. The best way to avoid many major health problems is to maintain a normal weight. Instead of dieting, build healthy eating patterns with meals and snacks. See at a glance if you are at a good weight, or need to start shedding some pounds:

find your **BMI**

height	19	20	21	22	23	24	25	26	27	28	29	30
4'8"	91	96	100	105	110	115	119	124	129	134	138	143
4'9"	94	99	104	109	114	119	124	128	133	138	143	148
5'0"	97	102	107	112	118	123	128	133	138	143	148	153
5'1"	100	106	111	116	122	127	132	137	143	148	153	158
5'2"	104	109	115	120	126	131	136	142	147	153	158	164
5'3"	107	113	118	124	130	135	141	146	152	158	163	169
5'4"	110	116	122	128	134	140	145	151	157	163	169	174
5'5"	114	120	128	132	138	144	150	156	162	168	174	180
5'6"	118	124	130	136	142	148	155	161	167	173	179	186
5'7"	121	127	134	140	146	153	159	166	172	178	185	191
5'8"	125	131	138	144	151	158	164	171	177	184	190	197
5'9"	128	135	142	149	155	160	169	176	182	189	196	203
5'10"	132	139	146	153	160	167	174	181	188	195	202	209
5'11"	136	143	150	157	165	172	179	186	193	200	208	215
6'0"	140	147	154	162	169	177	184	191	199	206	213	221
6'1"	144	151	159	166	174	182	189	197	204	212	219	227
6'2"	148	155	163	171	179	186	194	202	210	218	225	233

**Healthy:** 19–24  
**Overweight:** 25–29  
**Obese:** 30+

## body image disorders

These mental health diseases can lead to dangerous medical problems and even death. Fortunately, there are treatments that can help people fully recover. Check with your health care provider if you experience any of these warning signs.



### Warning signs of anorexia include:

- Intense fear of gaining weight, even when underweight.
- Weight loss of at least 25% of original body weight.
- Distorted body image (claiming to be fat when not).
- Refusing to maintain healthy body weight.

### Warning signs of bulimia (binging and purging) include:

- Out-of-control eating that happens often.
- Making yourself throw-up.
- Use of laxatives or “water pills.”
- Excuses to go to the bathroom right after meals.

### Warning signs of binge-eating:

- Eating to the point of pain.
- Often eating alone.
- Hoarding food.
- Feeling upset or disgusted about how much you’ve eaten.

## **depression — take it seriously**

Most teens feel sad or upset sometimes — especially with the pressure of relationships, family, and friends. If you are experiencing more than one of the symptoms below, talk to someone you can trust, such as a parent, teacher, health care provider, or a clergy member. These adults can help decide if you need to meet with a professional who can help you find solutions to feeling good again.

Feeling sad sometimes and having mood swings is normal, but being depressed for a long time is not. These are signs of depression, especially if they last for more than two weeks:

- **Changes in eating or sleeping habits.**
- **Sadness that won't go away.**
- **Loss of interest in what used to be fun or interesting.**
- **No longer hanging out with friends.**
- **Loss of energy or motivation.**
- **Thoughts of harming or killing yourself.**
- **Anger and rage.**
- **Using drugs or alcohol to “forget” about problems.**
- **Overreaction to criticism.**
- **Lack of concentration, forgetfulness, or extreme pessimism.**
- **Aches and pains that don't get better with treatment.**



Talking about your feelings is often the first step to feeling better. Hurting or killing yourself is never the answer. If you feel you need extra help, treatment may be for you, and typically includes counseling and/or medication.

Have you heard someone say that people who talk about suicide won't actually go through with it? That's a myth—people who talk about it may try it. If you have a friend who is talking about suicide, don't wait to see if he/she will feel better.

How about if your friend says, "Don't tell anyone"? You need to let him/her know you can't do that. Listen openly, and then help your friend find someone who is trained to deal with these situations. If your friend either has a detailed plan or appears suicidal and will not talk, do not leave him/her alone. **Get help right away.**

If you are thinking of hurting yourself or someone else, get help now. If you feel there is no one you can talk to, call the **National Suicide Prevention Lifeline at 1-800-273-8255**. There is always someone there who wants to listen and help you.





## Warning signs of suicide include:

- Suicide threats.
- Talking about death or feeling helpless/hopeless.
- Overwhelming sense of guilt, shame, or reflection.
- Giving away things you valued.
- Thinking about suicide plots and planning how to do them.
- Poems, essays, and drawings that refer to death.
- Dramatic change in personality or appearance.
- Changed eating or sleeping patterns.
- Severe drop in school or work performance.

## self-injury

If you ever harm yourself on purpose, seek help. If you see a friend doing it, talk to about it and be supportive, but encourage him/her to get help too. Never ignore this situation. Teens who are abusing themselves often try to hide it by covering up their body with clothes in warm weather or not explaining visible cuts and marks. It is a very serious problem which could lead to suicide, but the good news is that it can be treated. **Act right away and involve a trusted adult.**

Being a teen includes developing independence. Knowing about your health is part of this and includes keeping appointments, taking medicine correctly, and following advice. Protecting your health is a lifelong process — be the person who is most concerned about it!

### taking control — seeing your doctor

Your health care provider would like to see you once a year. If you have a condition such as allergies, asthma, or diabetes you may need to be checked more often. If your family does not have health insurance, you may qualify for insurance from your state. Ask your health care provider to help all of you enroll.



When you go to the doctor, you're probably used to being asked questions. Be sure to answer them all honestly, even if you feel embarrassed. You too can ask questions about anything you'd like. Do you have questions about sex and STDs (sexually transmitted diseases)? Who can you talk to about family/friends problems? Can you get help to quit smoking?

Physical exams are a good time to get information. Make a point to learn about any medicine, tests, or treatments that may be needed.

# immunizations

Immunizations protect you from serious diseases.

## Record

	Date	Doctor/Location		
Tetanus, Diphtheria, Pertussis				
Human Papillomavirus				
Meningococcal				
Hepatitis B				
Inactivated Poliovirus				
Measles, Mumps, Rubella				
Chicken Pox				
Pneumonia				
Hepatitis A				
	Date			
Influenza				

## health screenings and tests record

	Date/ Results	Date/ Results	Date/ Results
Weight / BMI			
Height			
Dental			
Eye Exam			
Blood Pressure			
Lipid Panel			

**Write down the date and results when you have these exams.  
Check with your doctor for specific recommendations.**

Date/ Results	Date/ Results	Date/ Results	Date/ Results

## health screenings and tests record

	Date/ Results	Date/ Results	Date/ Results
Skin Exam			
Depression			
STDs			
Chlamydia			
Testicular Exam			
Urinalysis			

**Write down the date and results when you have these exams.  
Check with your doctor for specific recommendations.**

Date/ Results	Date/ Results	Date/ Results	Date/ Results



## health care providers / dentist / advisors

**Name**

**Phone**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## self exams

✱ When you get into the habit of checking out your body, you'll be prepared to tell your health care provider about any lumps or changes that you may find.

Limit your time in the sun (and tanning salons) to protect your skin and prevent skin cancer. Check for and report any new or changed moles on your skin.

**Young Men:** Examine your testicles to help find testicular cancer, one of the most common types of cancer in young men. Do this self-exam every month starting at age 15:

- **The best time is after bathing when heat causes the skin of the scrotum to relax.**
- **Look at the scrotum for swelling.**
- **Examine each testicle by rolling it between your thumb and the first two fingers of both hands. It is normal for one testicle to be larger than the other.**
- **Check for lumps, swelling, tenderness, or a change in size of the testicle.**
- **Feel the cord-like structure on the top and back of each testicle.**
- **Tell your doctor about aching in the lower belly or groin, or a heavy feeling in the scrotum.**

You can decide to protect your health by never starting to smoke. If you do smoke, now is the time to quit. Tobacco use kills more than AIDS, car fatalities, alcohol, suicides, homicides, fires, and illegal drug use combined. It is the single most preventable cause of death in the U.S.

Nicotine, found in tobacco, is a fast-acting drug that affects the nervous system and is very addictive. It is the most widely used drug in the country. Some smokers report that they relax while using, but others get irritable and nervous.



Smokeless tobacco (“chew” or “snuff”) is not safer. Some varieties have higher levels of nicotine and are more addictive. Using it can lead to mouth cancer, will make your heart beat faster, and will increase your blood pressure. It has high sugar content, causing tooth decay. Loose teeth, receding gums, stained teeth, spitting, bad breath, and sores in the mouth are just a few of the results from using “chew.”

## Teens that use tobacco:

- Have increased risk for future cancers, lung diseases, heart problems, and stroke.
- Find it harder to be active in sports due to shortness of breath.
- Develop yellow teeth and get wrinkles faster.
- Smell — their hair, clothes, and breath.
- Waste money on cigarettes.

There are plenty of good reasons to quit, but it's tough to break an addiction. These tips can help you quit:

- Make a date and a plan to quit and stick to it.
- Get rid of reminders such as ashtrays and lighters.
- Wash or air out items that smell like smoke.
- Get rid of your cigarettes.
- Try gum instead of “chew.”
- Stay away from alcohol.
- Stay busy to keep your mind off cigarettes.
- Stay away from smokers, at least while they are smoking.

Despite all the tobacco use on TV, videos, and movies, most teens, adults, and athletes don't use it. Of the adults that do, 90% started when they were teens, never thinking they'd get hooked. The tobacco companies need new smokers to replace the 1000 plus who die each day from smoking-related illnesses — don't be one of them!



One of the toughest decisions teens face is whether or not to have sex. You also have time to wait until you are totally sure about it. If you decide to wait for sex, it's ok. You're just checking out your options before you do anything you may not be ready for. You're also in the majority—53% of high school students are waiting to have sex.

Whether you choose to have sex or not, it's good to know about safe sex and how sex affects your health. If you're in a relationship that continues to the point where you're ready to have sex, you need to talk about protecting yourself and your partner from unplanned pregnancy and sexually transmitted diseases (STDs). If you're having sex, protect yourself.

**You can trust yourself to make good decisions about relationships and sexual boundaries. It is your right to:**

- **Change your mind.**
- **Say “no” and mean it.**
- **Decide for yourself what you think is right.**
- **Leave a situation where the pressure is too much.**

## contraception

Plain and simply put, contraception (birth control) is both partners' responsibility. Every time a woman has sex with a man there is a risk of pregnancy. The most effective method of birth control is abstinence (no sexual intercourse). For those that do have sex, there are many contraceptive methods available.



Condoms can be an effective birth-control method. Proper use of them, however, means more than slipping one on in the heat of the moment. Be sure to carefully read the instruction sheet that comes with it. And most importantly, use one every time you engage in sex.

Other methods include female condoms, diaphragms, cervical caps, hormonal methods (pill, shot, patch, ring), and long-acting IUDs and implants. These options require a visit to a health care provider or clinic.

## sexually transmitted diseases (STDs)



About 1 in 4 sexually active teens get an STD. These infections are usually passed from person to person through many forms of sexual contact, not just intercourse. Two-thirds of people with STDs get infected before age 25! If you think you can “tell” if someone has an STD, you’re wrong. While some infections have symptoms you can see, many can stay in your body for years without any signs at all. Talk with your partner to avoid STDs.

You can reduce your risk of getting an STD.



**Keep condoms available.**



**Avoid sex when drunk.**



**Refuse to do what you’re not comfortable with.**

Most STDs that can be transmitted through intercourse can also be spread orally. Remember, not all contraceptives protect against STDs and AIDS. Condom use does reduce the risk of many STDs. The only way to stay totally safe from STDs is not to have sex. It's never too late to abstain from sex, even if you've had it already.



## types of STDs

- **Chlamydia** is the fastest-spreading STD. Untreated, it can lead to sterility (cannot become pregnant) and other health risks. Checking for it is important because there are rarely any symptoms. Sexually active women under age 24 should get tested. When found, it is treatable.
- **Gonorrhea** is one of the most common and curable STDs. Bacteria that live in warm, moist areas of the body cause it; so don't think that oral sex is risk free! People with this infection may not know they have it. They can spread it to their partners and never realize it.
- **Genital HPV** infection is caused by the human papilloma virus (HPV). Many strains of this common STD can infect the genital area. Some may cause cancer of the cervix, anus, and penis. Others may cause genital warts. It can be prevented with the HPV vaccine.
- **Herpes** is a painful infection caused by two viruses that are easy to catch. You can carry the virus, not show symptoms, and still spread it. Herpes is treatable but not curable.
- **Syphilis** is a dangerous, even fatal, bacteria-based STD. It is found in painless sores or rashes on the skin, inside the mouth, or on genitals. Contact with these sores will infect you, too. Syphilis travels through the blood and can attack your heart, brain, and spinal cord. It is curable in the early stages, but once damage is done it can't be reversed.



- **HIV/AIDS.** The human immunodeficiency virus (HIV) causes acquired immunodeficiency syndrome (AIDS). It is transmitted when body fluids infected with HIV are exchanged. Infection occurs when the virus gets into your blood. Having unprotected sex (without a condom) with someone infected with it is the most common way to get HIV. There is no cure for HIV/AIDS. The best way to combat the virus is to keep from getting it.
- **Hepatitis B (HBV)** is a virus that often causes a chronic infection and liver damage. HBV is spread when blood and body fluids come into contact with breaks in the skin or other body surfaces. Safer sex (correct condom use) and avoiding non-sterile needles will help prevent the spread of HBV. If you are thinking about getting a tattoo or body piercing, you might get infected if the tools have someone else's blood on them. Do not share personal items that might have blood on them (razors, toothbrushes). There is a vaccine for HBV.



If you are sexually active, see your health care provider regularly and be honest about your sexual history. The only way to find out if you have an STD and be treated is to get tested. Many clinics and county health departments offer free or low-cost confidential testing and treatment.

**D**rinking is bad for your health — seriously! It affects your brain, your body, and your self-control — it can also kill you. Injuries kill more teens than all diseases combined, and most of them are due to car crashes. Most fatal wrecks happen at night, and alcohol is part of many of these deaths. Your chances of drowning also go way up when you drink.

Despite what other teens may tell you, or what you see on TV and in movies, it is never cool to drink, and it often makes people do stupid things. You may end up feeling embarrassed, stressed, and feeling worse.

### **To help prevent a car crash and increase your chances of surviving:**

- **ALWAYS** wear a seatbelt. Most accidents happen close to home.
- Drivers, ask everybody to buckle up!
- If you have been drinking or using drugs, don't drive.
- Don't ride with someone who has been drinking or using drugs.
- For every passenger in the car, your odds of getting into an accident go up.



**If drinking and/or drug use might be a real problem in your life, take this test. Check the boxes if you:**


- ☐ Get drunk or high on a regular basis.
- ☐ Lie (even to yourself) about the amount of drugs or alcohol you use.
- ☐ Think you need to drink or get high to relax or have fun.
- ☐ Constantly talk about drugs or drinking.
- ☐ Feel depressed or suicidal.
- ☐ Forget what you did while drunk or high.
- ☐ Give up stuff you used to do, and drop friends who don't use drugs or drink.
- ☐ Drink or use drugs alone.
- ☐ Get suspended from school or miss work because of drinking or drug use.
- ☐ Get into trouble with the law.
- ☐ Are broke because of drugs.

**If you have checked one or more of these boxes, or if you suspect that someone you know has these problems, get help now. See the Resource List on pages 38-39.**


You're responsible for your body and how you treat it. Drugs can ruin your life. It's that simple. They will not help you think better, be more popular, have a better time, or be a better athlete. If you have problems, drugs won't solve them. Getting high can make you forget, so you care less about yourself or your friends. If you feel pressured to have sex when you don't want to, drugs may make it even harder to say no or may lead to unsafe sex.

Drugs affect your brain, body, and self-control. Many can be addicting, are against the law, and can kill you, especially if combined with alcohol.


### So what are the main ones?



**Bath Salts (Plant food, Incense, Ivory Wave, Purple Wave, Vanilla Sky)** is a powder laced with chemicals, acting as a stimulant and hallucinogen.



**Cocaine (Coke, Crack, Blow, Snow, Nose Candy, White, Big C)** is very addictive. Using cocaine can make you feel paranoid, angry, and hostile, even when you're not high. It impairs your judgment. Even first-time users can have seizures or heart attacks.





**Ecstasy (E, X, XTC, Roll)** is part stimulant and part hallucinogen. It can alter mood, memory, and thinking. Long-term use can damage your liver, kidneys, motor skills, and memory.


**GHB (Liquid Ecstasy, G, Georgia Home Boy)** is a date-rape drug. It slows breathing and heart rates to dangerous levels. As little as one capful can cause seizures and stop breathing. Overdoses can be fatal. Since it is a clear liquid it can be added to drinks and you'll never know. So, be careful not to leave your drinks where others can dose them. Only let people you trust get a drink for you.

**Inhalants (hair spray, gasoline, spray paint, glue)** are poisonous. Sniffing them can lead to brain damage and even death.


**Ketamine (K, Special K, Vitamin K, Cat Valium, Bump)** causes memory loss and loss of pain. The liquid can be hidden in drinks, the powder sprinkled into cigarettes or joints. Overdoses lead to extreme confusion and death.




**LSD (Acid, Blotter, Doses, Microdots)** is a hallucinogen. It comes in vials, sugar cubes, gel wafers, pills, or blotter paper.





**Marijuana (Weed, Pot, Grass, Herb, Reefer, Blunts, Ganja)** affects your memory, self-control, judgment, and your health. One joint affects the lungs as much as four cigarettes.



**Methamphetamine (Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass, Crypto)** is a stimulant. It is addictive and causes hallucinations, insomnia and paranoia. Psychotic or violent behavior, and severe depression are also serious effects of long-term use.





**Spice (Potpourri, Herbal incense, K2, Zic Zac, Moon Rocks)** is smokable potpourri laced with synthetic marijuana.





**OTC (over-the-counter) and prescription drugs** are not any safer and are just as illegal if you abuse them. OTC drugs are cough and cold medicines (Triple C, Candy, Dex, DM, Drex, Red Devils, Robo, Rojo, Skittles, Tussin, Velvet, Vitamin D). They can cause a variety of symptoms including hallucinations, vomiting, high blood pressure, seizures, brain damage, and death.


Prescription drugs are oxycontin, vicodin, xanax, valium, and ritalin. Doctors may provide them to relieve pain and calm nerves and muscles. When taken in high doses, or with alcohol, they cause loss of body control and even death. Never take anyone else's medicine, and only take your own in the right dose.



**Opiates (Heroin, Morphine, Codeine)** are very addictive. Over time, heroin use destroys your body. If you share needles to use it, you are at risk for catching HIV/AIDS.



**Rohypnol (Roofies, Forget-Me-Pill, Roach)** is a date-rape drug, dissolving easily in carbonated drinks.



**Steroids** are taken to help build muscle. But, like all other drugs, they have some pretty nasty side effects. They can lead to mood swings and aggressive behavior, weaken your immune system, slow down your growth, and lead to liver damage and cancer. In males they can cause testes to shrink, sperm count to drop, and cause loss of head hair. In females, they can stop your periods, cause loss of head hair but growth of body and facial hair, and deepen your voice.

If you have a friend who has a problem with alcohol or other drugs, be a real friend and urge him/her to get help. Things can get much worse. If they don't get help, serious problems can develop such as suicidal depression, liver damage, and brain damage. Substance abuse can cause your friend to drop out of school, lose friends, lose values, lose self-respect, and even lose his/her life.

Your friend will not be able to solve this problem alone. A good counselor will be supportive and direct him/her to the kind of treatment that is most helpful. See the Resource List that follows.



The following sites will give you more information on the topics covered in this booklet. The phone numbers are there for you to use if you need them:

**National Domestic Violence Hotline**  
**1-800-799-SAFE (7233)**

**National Runaway Switchboard**  
**1-800-RUNAWAY (786-2929)**  
**[www.1800runaway.org](http://www.1800runaway.org)**

**National Child Abuse Hotline**  
**1-800-4-A-CHILD (422-4453)**  
**[www.childhelp.org](http://www.childhelp.org)**

**National Dating Abuse Helpline**  
**Love is Respect**  
**1-866-331-9474**  
**[www.loveisrespect.org](http://www.loveisrespect.org)**

**National Sexual Assault Hotline**  
**1-800-656-HOPE (4673)**  
**[www.rainn.org](http://www.rainn.org)**

**On-Line Safety**  
**[www.netismartz.org/teens](http://www.netismartz.org/teens)**

**Good Eating**

[www.choosemyplate.gov](http://www.choosemyplate.gov)

**National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

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

**Health**

[www.kidshealth.org/teen](http://www.kidshealth.org/teen)

[www.girlshealth.gov](http://www.girlshealth.gov)

**Quit Smoking**

**1-800-QuitNow (784-8669)**

**Sexual Health**

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

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

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

**STDs Hotline**

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

# ●●personal phone #s

Name	Phone

Information in the this Health Guide is for education only. It does not replace medical advice or attention. Always consult a physician or other medical professional for advice on illness or injury. We can accept no responsibility for any problems that may develop.





[tuftshealthplan.com](https://tuftshealthplan.com) • 888.257.1985