

January 25th - January 29th



PA TEEN HEALTH WEEK 2016

Pennsylvania Teen Health Week 2016

January 25-29, 2016

Activity Toolkit for Schools and Similar Organizations

January 25 - 29, 2016 will be the first Pennsylvania Teen Health Week

We are pleased to introduce the first-ever Pennsylvania Teen Health Week, a week of attention focused on the important topic of holistic health in teenagers. While there are observances for specific health issues that affect teens (e.g. *Teen Dating Violence Prevention Month*, *Teen Pregnancy Prevention Month*, *Youth Violence Prevention Week*) or observances for a wider age group (e.g. *Suicide Prevention Month*, *Distracted Driving Awareness Month*), there has not been a week focused on a more holistic view of Teen Health. Each school or organization has different needs and student issues, so this packet includes suggestions that can be selected and/or customized, depending on the needs of each school. Activities and topics are intended to serve as a take-off point for any activity that would support and promote the health of students, not a strict or formal curriculum.

Rationale for a week focused on Teen Health

Adolescents comprise one of the largest segments of the world's population, with more than a billion adolescents worldwide. This age group (13-19 years old) has special needs that are distinctly different from those of children or adults. In fact, the teenage years are a time of rapid physical and emotional growth and important in laying the foundation for a healthy adult life. Events in one phase of life have a strong impact on events at later stages in life; thus adolescent health is an important area of focus.

When we talk about adolescent health, many assume we only mean sexual health. However, teen health includes far more than this. Many health behaviors resulting in illness later in life start or are reinforced in the teen years. These include substance use and abuse, as well as diet and exercise habits. Violence, including self-harm as well as interpersonal violence, affects youth. Untreated mental illness has both immediate and lifelong negative effects. In fact, worldwide, suicide is the 3rd leading cause of death amongst adolescents, and depression is a major source of disability in this population. As many as half of mental health disorders start by the age of 14, and many are left untreated. Sexual development occurs during these years, and it is critical to teach youth means to reduce unwanted pregnancy and communicable diseases such as HIV and other sexually transmitted diseases.

In Pennsylvania, these health issues affect our teens as well. Here are some illustrative statistics and facts that may surprise you:

- **Alcohol:** The PAYS study found that nearly half of students have used alcohol at least once in their lifetimes, ranging from more than 10% of 6th graders, and increasing to almost 75% of 12th graders. Although binge drinking (5 or more drinks in one session) has decreased, almost 10% of students in the 6th, 8th, 10th and 12th grades reported binge drinking at least once in the preceding two weeks, with more than 20% of 12th graders reporting binge drinking.
- **Marijuana:** Also in the PAYS study, 10% of students reported having used marijuana at least once in the past 30 days, ranging from 3% of 8th graders to more than 20% of 12th graders.

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- **Violence:** Violence among teens is a major issue; nearly 20% of surveyed PA students indicate having been threatened at school at least once in the past year, (7.0% of all students indicated having been attacked at school, (1.1% with a weapon). Dating violence is common in PA teens as nationwide. Self-harm behaviors are also seen amongst PA youth as in other locations.
- **Mental Health/Depression:** Regarding mental health, nearly a third of students reported in the PAYS study, feeling depressed or sad most days in the past 12 months; and more than 15% of students in all grades combined indicated that they had considered suicide in their lifetime, increasing from about 7% of 6th graders to a peak of 20% of 10th graders.
- **Diet and Exercise:** More than a quarter of youth in Pennsylvania are overweight or obese, consistently eat fewer fruits and vegetables than recommended, and consume more sugar added beverages than recommended. Only about one in four students obtained the recommended 60 minutes of exercise daily, and more than a tenth did not obtain even 60 minutes of exercise once in the preceding week.
- **Sex and STDs:** More than 10,000 babies were born to Pennsylvania teens in 2011. Pennsylvania teens have similar rates of STD occurrence to that in US teens as whole. Gonorrhea occurs at a higher rate in PA youth ages 15-24 than the national average. US incidence and prevalence estimates suggest that young people aged 15–24 years acquire half of all new STDs .

The Amazing Teenage Brain

It is often described that the adolescent brain develops its reward pathways faster than it develops those responsible for planning and emotional control, but often what is less discussed is the remarkable capacity for the adolescent brain to adapt and to change. Considering both of these factors makes it evident that exploring and experimentation are normal activities during these years, and also that questioning and learning and engaging with accurate health information will help adolescents develop the necessary skills to advocate for their own health. Adolescents are in fact an important force not only for their own health but for the health of others in their lives. They are often agents of change, and including them in discussions, and really listening to what they have to say about improving adolescent health behaviors is critical. It is hoped that this toolkit will make it easy for schools and other organizations to engage teens about health issues that are important for them and to them.

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Tool Kit for PA Teen Health Week 2016 for School and other Organizations

Behaviors of young people are influenced by individuals, friends, family, school, community, and society. This toolkit is designed with this in mind. It is understood that each school, community or group of teens has different needs, and Teen Health Week should be recognized in a way that is most useful and appealing to each school's students. In order to help organizations who might be interested in focusing their activities around specific themes, each week day can have a different focus or theme as follows:

- Monday, January 25th: Healthy diet and exercise
- Tuesday, January 26th: Violence
- Wednesday, January 27th: Mental Health
- Thursday, January 28th: Sexual Development and Health
- Friday, January 29th: Substance Use and Abuse

Improving teen engagement in their health as well as helping them learn to be their own health advocates must include addressing health literacy amongst teens – helping them understand the big issues relevant to them, encouraging them to see how they stand relative to other teens on the health continuum, and to help them take steps to be more accountable for their own health and well being. Health literacy is a critical skill in promoting good health behaviors in all age groups, and adolescents are no different. In fact, in this age group, a particular focus on online or web-based health literacy is necessary as nearly 95% of teens look online for health information. Concepts around health literacy can be built into each day. These are two useful resources that can be used to help teens learn how to evaluate health information online. The guidance found in both of these articles can be applied to each day's activities that use online resources, or can be used for a stand-alone activity focused on online health literacy:

- Finding and Evaluating Online Resources on Complementary Health Approaches: <https://goo.gl/IZKaQB>
- How to Evaluate Health Information on the Internet: <http://goo.gl/PWRMnh>

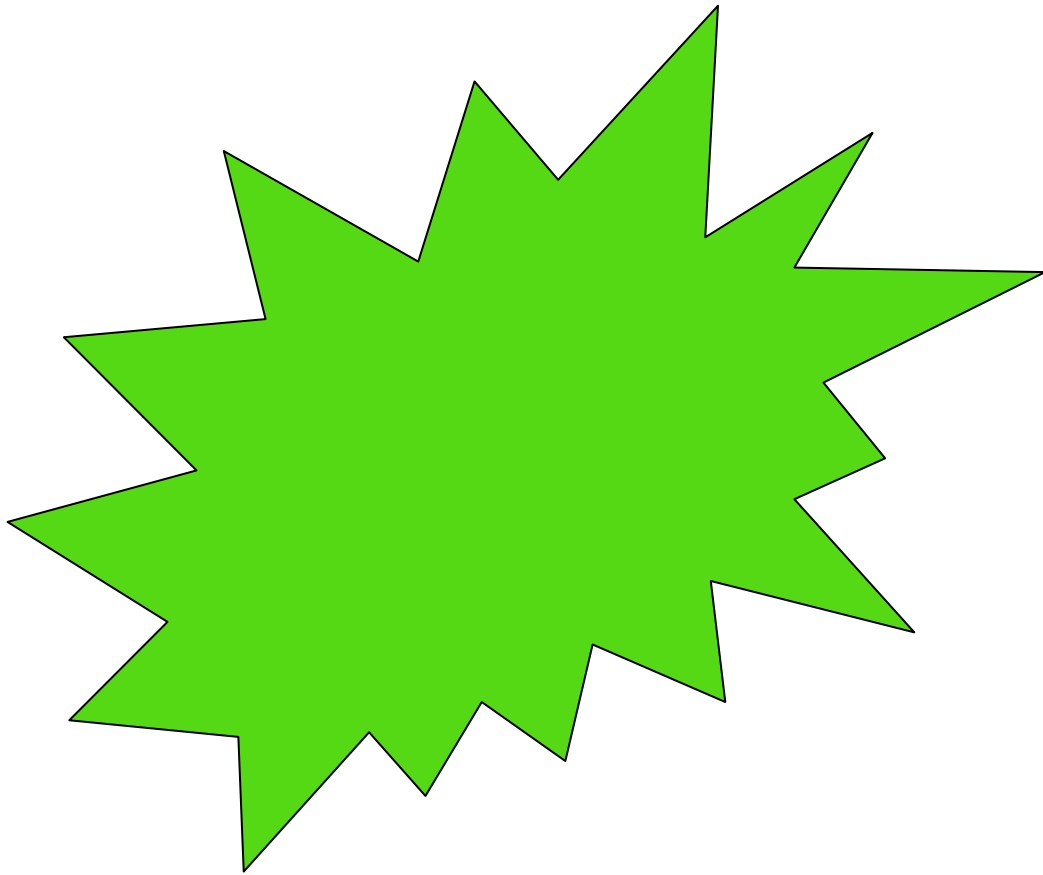
The toolkit is broken down into suggested activities and simple ways to observe the week. They can be used directly, be adapted as suits the needs of your students, or disregarded completely if they do not address a topic or need that is relevant to your students. Special care has been taken to insure that costs to schools are minimal if any. Additionally, each theme section has useful resources and references for your information. Schools and organizations may wish to have activities over the weekends flanking Teen Health Week as well. The focus is deliberately fun and interactive.

For students who live in the metropolitan Philadelphia area, let them know that the PECO Building Crown Lights will have a special message just for PA Teens the second half of the week! Encourage them to take a picture and post on their social media with #PATeenHealthWeek.

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The official color for Teen Health Week is lime / neon green. Students and staff are encouraged to wear and utilize this color while celebrating Teen Health Week to demonstrate community support and enthusiasm about teens and their health.




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Suggested Activities:

Pre-event Promotion:


Timeline: Weeks of January 4th, January 11th and January 18th:

<p>School-wide ideas</p> 	<ul style="list-style-type: none"> • Post flyers (print and copy the attached or make your own). • Announce the event in PTO and school-based communications. • Review the suggested activities in this packet and make a plan for how and when you will use them in your school. • Appoint a person (health teacher, gym teacher, or other active, interested staff member) to take the lead in implementing Teen Health Week at your school. • Assemble a student team of leaders who can help. • Inform students they will be encouraged to wear something lime/neon green (the official Teen Health Week color). This could be t-shirts, scarves, bandanas, nail polish, eye shadow, hair bands, shorts, anything... Start thinking about what they can use.
<p>Health Class activities</p>	<ul style="list-style-type: none"> • Collect anonymous student questions about the different health themes for each day to use / answer during the week. • Identify (from accurate sources) interesting health facts to share on school-wide PA announcements to occur during the upcoming Teen Health Week.
<p>Social Media</p>	<ul style="list-style-type: none"> • Use hashtags to spread the word and to drum up excitement on Facebook, Twitter, and other social media sites: <ul style="list-style-type: none"> ○ #TeenHealthWeek2016 ○ #PATeenHealthWeek ○ #BecauseTeenHealthIs ○ #BecauseTeenHealthIsNot ○ #TeenHealthIs • Encourage students to get involved, spread the word about prizes and contests.
<p>Other</p>	<ul style="list-style-type: none"> • Identify free or inexpensive prizes that can be awarded for different contests that occur over the course of Teen Health Week. <ul style="list-style-type: none"> ○ Homework pass ○ Free snack in cafeteria ○ Free dress day if your students wear uniforms ○ Winner can toss a pie or water balloons (or similar fun activity) at a willing teacher or administrator in an assembly or over a lunch ○ Recognition on school announcements ○ Eat lunch with a faculty member or principal of the student's choice ○ Pick music for lunch or other community time

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Teen Health Week of January 24-30

<p>School-wide ideas</p> 	<ul style="list-style-type: none"> • Encourage students to wear something lime/neon green (the official Teen Health Week color). This could be t-shirts, scarves, bandanas, nail polish, eye shadow, hair bands, shorts, anything... • Consider having a dress up day where the craziest or most creative Teen Health Green outfit wins a prize. • Use morning and lunch announcements to provide a quick interesting health fact or statistic. • Run a Teen Health Poster contest with entries judged at the end of the week. All entries are hung, but the best are given ribbons (neon or lime green) and acknowledged. • Have a T-shirt decorating or signing party to include healthy messages or to show support for Teen Health. • Have a Teen Health Week Pep Rally – wear school colors and lime / neon green – to kick off the week. • Use sidewalk chalk to create pictures or messages around Teen Health Week in general, or for specific themes, outside the school buildings. • Have a photo contest about Teen Health – post on school Facebook or Instagram pages. Decide if photos will be judged, or if most likes wins. • For students who live in the metropolitan Philadelphia area, let them know that the PECO Building Crown Lights will have a special message just for PA Teens the second half of the week! Encourage them to take a picture and post on their social media with #PATEenHealthWeek.
<p>Health Class activities</p>	<ul style="list-style-type: none"> • Choose, create or use lesson plans that focus on each day's themes, but make them relevant to your specific student population (see specific theme pages for resources). • Have your class make a YouTube video on one of the Teen Health Week themes of their choice over the course of the week. • Have students comment on different topics on Teen Health Blogs or Websites (see resources). • Identify accurate and credible online teen health resources with students (use resources under health literacy section in intro).
<p>Social Media</p>	<ul style="list-style-type: none"> • Start a specific Teen Health Week social media page (this could be done in advance) for your class or school (Twitter, Instagram, Facebook, etc) to use over the course of the week to share student posts, teen health facts (examples provided within each theme), run post contests (e.g., most likes/shares wins). • Have your school and/or students change their social media profile pictures to the special Teen Health Week 2016 images provided. • Tweet / Post / etc: I'm wearing green this week for #PATEenHealthWeek ! Join me!

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Media Images:

Use this image to change social media profile pictures for the week (upload directly from here:
<http://goo.gl/bUzWgK>)



Use the Flyer on the next page to post anywhere and everywhere for teens to see:

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PARTICIPATE

**WEAR LIME GREEN!
FREE THROW CONTESTS!
DANCE OFFS!
SHARE THIS FLYER!**

SOCIAL MEDIA

**#TEENHEALTHWEEK2016
#PATEENHEALTHWEEK
#TEENHEALTHIS**

GET INVOLVED!

GO HERE



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Teen Health Week Daily Ideas:

Monday, January 25th:

Theme: Healthy diet and exercise

School-wide ideas	<ul style="list-style-type: none"> • Post nutritional information in cafeteria along with food selections. • Encourage students to take a fruit or vegetable with their lunch. • Have a dance-a-thon. • Have a free-throw contest. • Plant a garden. Useful tips here: http://goo.gl/ARQazR .
Health Class activities	<ul style="list-style-type: none"> • Use the class time for yoga, dancing, or other physical activity. • Cook or prepare a healthy snack to enjoy in the class. • Create “advertisements” to “sell” healthy foods. Teens can use the tricks they see in all sorts of advertising. Ads can be images, announcements, skits, videos. • Consider talking about sports nutrition – healthy ways to gain weight for certain sports, as well as caution when trying to “make weight” for others. • Student can use pedometers (either their own, or download an app on their phones) and have a “most steps taken over the week” contest. Sample free apps for iPhone and Android: http://goo.gl/YqpGRQ and http://goo.gl/G4ZE5x
Social Media ideas (#TeenHealthWeek2016 or #PATEenHealthWeek)	<ul style="list-style-type: none"> • Post pictures of activities to students’ social media or to dedicated Teen Health Week social media pages. • Post pictures of healthy snack creations to social media. • Create a SnapChat story showing healthy food choices or activities over the course of a day.
Tweets	<ul style="list-style-type: none"> • Ever heard of "Eating the Rainbow"? Orange carrots, red tomatoes, blueberries, green lettuce, etc. Colors=nutrients. #TeenHealthWeek2016 • DYK that a can of soda has 10 or more teaspoons of sugar? So do juice drinks! Pick water first to quench your thirst. #PATEenHealthWeek • Hate working out? Love music? Know you should exercise? Turn up the tunes and dance around in your room! C'mon, no one's looking! #PATEenHealthWeek
Facebook posts	<ul style="list-style-type: none"> • The scale doesn't measure your value as a person; but your BMI helps you know if you are in a healthy range. Check yours here: http://goo.gl/Z5fndU #PATEenHealthWeek • A picture is worth a thousand words! Look at this to compare how much sugar is in your favorite beverages! http://goo.gl/wccetq • It's #TeenHealthWeek2016! Get a pedometer app and track those steps! Try to get more than 10,000 a day! Compete with your friends! 2 free apps for iPhone and Android: Sample http://goo.gl/AvUadY & http://goo.gl/Ox7gSS

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Resources and links	<ul style="list-style-type: none">• Perils of “making weight and other sports nutrition problems: http://goo.gl/UmNNeS• Healthy meals and snack ideas for teens: http://goo.gl/pVuSKG• Facts about exactly how much sugar is in certain foods: http://goo.gl/8RFTIs• General health and nutrition information blog posts written specifically for teens: http://goo.gl/R5Lh7o• Sample free pedometer apps for iPhone and Android: http://www.pacer.cc/ and http://www.azumio.com/s/argus/index.html• Pennsylvania State Fact Sheet about obesity and nutrition in adolescents and children: http://www.childhealthdata.org/docs/nsch-docs/pennsylvania-pdf.pdf?sfvrsn=0• Pennsylvania State Nutrition, Physical Activity, and Obesity Profile from the CDC: http://www.cdc.gov/obesity/stateprograms/fundedstates/pdf/pennsylvania-state-profile.pdf
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Tuesday, January 26th:

Theme: Violence

School-wide ideas	<ul style="list-style-type: none"> • Violence is a broad issue and each school may have specific areas on which they wish to focus. • Remind students of resources school has available if they are threatened or attacked at school. • Select one area to focus on (bullying, self-harm, dating violence). • Celebrate random acts of kindness – notice them and highlight them.
Health Class activities / concepts	<ul style="list-style-type: none"> • Bullying – many schools have lesson plans on bullying. This week can be a good opportunity to cover this topic. • Dating violence – Help classes understand what types of behavior constitute abuse in relationships. Some patterns are similar between bullying classmates and dating abuse. • Self Harm – Have an open discussion about self-harm behaviors, what they are and why some young people do self-harm behaviors. Educate students on better coping mechanisms for stress: http://goo.gl/fdYPPx • Have students take this online quiz “Is my relationship healthy?” http://goo.gl/WxnDjN (there are other good quizzes on the same website, specifically for students). • Use this video to initiate a conversation about consent: https://youtu.be/fGoWLWS4-kU
Social Media ideas (#TeenHealthWeek2016 or #PATeenHealthWeek)	<ul style="list-style-type: none"> • Have a contest with creating fact based educational images to share on Instagram. Most likes wins. • Post on social media healthy ways to cope with stress. Create a hashtag to you specific to your school, or use #TeenHealthWeekStressBusters – share and try to get the posts to go viral!
Tweets	<ul style="list-style-type: none"> • Got a question about a relationship? Healthy or unhealthy? Go to loveisrespect.org or text "loveis" to 22522. #TeenHealthWeek2016 • Love and friendship can come in many flavors, but abuse is not one of them. #TeenHealthWeek2016 • DYK that 1/3 US adolescents is a victim of physical, sexual, emotional or verbal abuse from a partner? You are not alone. #TeenHealthWeek
Facebook posts	<ul style="list-style-type: none"> • Not sure how to help a friend who is being bullied? Don't just stand by. Here are some tips: http://goo.gl/cQfk1S • Check this out for a cool video that helps explain when a relationship crosses the line into abuse: http://goo.gl/4Xc2KD • Can't resist the urge to cut or harm yourself? Or you know a friend that harms him or herself? Share this: http://goo.gl/gb7luf

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Resources and links	<ul style="list-style-type: none">• Striving To Reduce Youth Violence Everywhere (STRYVE) is a national initiative, led by the CDC, which takes a public health approach to preventing youth violence before it starts: http://vetoviolence.cdc.gov/apps/stryve/• Loveisrespect is a resource to empower youth to prevent and end dating abuse. It is a project of Break the Cycle and the National Domestic Violence Hotline. http://www.loveisrespect.org/• A Federal government anti-bullying website managed by the U.S. Department of Health & Human Services: http://www.stopbullying.gov/kids/• School Violence Fact Sheet from the CDC: http://www.cdc.gov/violenceprevention/pdf/School_Violence_Fact_Sheet-a.pdf• Half of Us aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help: http://www.halfofus.com/
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Wednesday, January 27th: Mental Health

School-wide ideas	<ul style="list-style-type: none"> • Widely distribute information about the National Suicide Prevention Hotline 1-800-273-TALK <ul style="list-style-type: none"> ○ Post on school website • PA Announcements about the warning signs of suicide • Remind students about where they can go to get help for themselves or for a friend. • Institute an anonymous Care and Concern box where students can identify anonymously students whom they are worried about. • Host a Poetry Slam with topics focused on mental health –either after school or in English Classes.
Health Class activities / concepts	<ul style="list-style-type: none"> • Find examples of celebrities who are open about their struggles with mental illness (ie: Demi Lovato, Jim Carey, J.K. Rowling (Harry Potter).....) • Review the warning signs of suicide. • Help students understand the relationship between untreated mental illness and substance abuse / addiction (can continue this activity on Day 5 (theme of substance use and abuse). • Have students brainstorm to name all the places or people they can go to get help for themselves or others. Write them down and share them with others. • Students can access and share thoughts on mental health on http://ok2talk.org/. • Share this with students to help them know what to do if they see someone online that looks suicidal: http://goo.gl/HltF2s.
Social Media ideas (#TeenHealthWeek2016 or #PATeenHealthWeek)	<ul style="list-style-type: none"> • Have a contest with creating fact based educational images to share on Instagram. Most likes wins. • Download these infographics and share these suicide myths on social media: http://goo.gl/olRF8x. • Share inspirational quotes and include #TeenHealthMentalHealth.
Tweets	<ul style="list-style-type: none"> • DYK that talking about suicide does not cause someone to become suicidal? 1-800-273-TALK #TeenHealthWeek2016 • Treatment of depression works ~70% of the time, but fewer than 25% of people with depression are treated. 1-800-273-TALK #TeenHealthWeek • I may not be a mental health professional, but that doesn't mean I can't ask "How're ya doing?" #TeenHealthWeek2016

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Facebook posts	<ul style="list-style-type: none">• Have you heard of OK2TALK? It's an online community for teens and young adults struggling with mental health problems. You can talk about what you're experiencing and can add your voice by sharing poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. http://ok2talk.org/• NAMI Air is an app for people and families struggling with mental illness. It's an anonymous way for people to find support. And it's free - https://goo.gl/swbj9B• Are you seeing someone online who looks suicidal? Facebook wants to help: Facebook: Click here to anonymously report someone as suicidal on Facebook. A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with Lifeline counselor.
Resources and links	<ul style="list-style-type: none">• Warning signs of suicide and how to help others: http://www.suicidology.org/resources/warning-signs• Half of Us aims to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help: http://www.halfofus.com/• An online community for teens struggling with mental health problems where teens can talk about their experiences by sharing poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. http://ok2talk.org/• A variety of blog posts written for and by teens about mental health issues: http://goo.gl/rY9hse

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Thursday, January 28th:

Sexual Development and Health

School-wide ideas	<ul style="list-style-type: none"> • Use an “Is This Normal?” box to collect questions about normal physical development, gender identity, sexual orientation, or other general questions (normal periods, spontaneous erections, etc). This can be used either to address questions or identify topics to expand upon in health class discussions during Teen Health Week, or to be used later in the year.
Health Class activities / concepts	<ul style="list-style-type: none"> • Have students create a “Safe Sex Haiku” • Play a game of Contraception Jeopardy (many examples available online, some below in resources) • Discuss LGBTQ as risk for being target of bullying or violence – can relate back to day 2, stress messages of tolerance and acceptance. • Have students play this online game about STD’s (It matches STD’s and personalities.... And much more): http://goo.gl/v8uiC6
Social Media ideas (#TeenHealthWeek2016 or #PATeenHealthWeek)	<ul style="list-style-type: none"> • Have a contest with creating fact based educational images to share on Instagram. Most likes wins. • Tweet (from school Teen Health Week Twitter or other account) Safe Sex Haikus (less than 140 characters) – most likes / retweets wins. • Create Birth Control or STD infographics – share on Instagram or Teen Health Week social media pages • Do a SnapChat story about STDs – for instance: Start when you “meet” your STD, to when it sets up shop and makes itself at home, then when it makes home not feel so good, and finally when it goes and “visits” someone else
Tweets	<ul style="list-style-type: none"> • #TeenHealthWeek QUIZ: Q: How much blood do you lose during your period? A: Average = 2 tablespoons. What did YOU think? • #TeenHealthWeek QUIZ: Q: What's the most common STD? A: HPV. Yup, and the good news is, vaccines help prevent it! #GetYourShots • DYK that 70% of people personally know someone who is LGBTQ .
Facebook posts	<ul style="list-style-type: none"> • Getting your first period means yes, you CAN get pregnant! Want to know more about normal periods and what to expect? http://goo.gl/TYGdWe #TeenHealthWeek2016 • Not sure how to understand an LGBTQ friend or family member? This helps: http://goo.gl/Je79me #TeenHealthWeek2016 • Take this fun quiz and see what STD matches YOUR personality: http://goo.gl/tj3qy5 #TeenHealthWeek2016

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Resources and links	<ul style="list-style-type: none">• Examples of Birth Control Jeopardy:<ul style="list-style-type: none">○ http://teentalk.ca/wp-content/uploads/2014/05/Sexual-Jeopardy_Teen-Talk-2012.pdf○ https://www.superteachertools.us/jeopardyx/jeopardy-review-game.php?gamefile=519420#.VnBGTXarTDc• Lesson plan resources for sexual health: http://goo.gl/aFS9zn• Resource for LGBTQ students and classmates – about telling and understanding: http://goo.gl/vudyO0• Useful information about a variety of topics: http://www.safeteens.org/• Variety of posts about normal sexual development and answers to questions from teens about a variety of sexual health topics: http://goo.gl/ZkRKba• STD Facts in adolescents and young adults from the CDC: http://goo.gl/kOv41a
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Friday, January 29th:

Substance Use and Abuse

School-wide ideas	<ul style="list-style-type: none"> Utilize the anonymous Care and Concern box from Mental Health Day where students can identify anonymously students about whom they are worried. Substances are often used in school bathrooms – post student posters with facts in bathrooms and other visible places. Posters can be part of a poster contest, and the winning poster can be posted in a prominent location for a period of time after Teen Health Week.
Health Class activities	<ul style="list-style-type: none"> Look at NIDA for Teens for lesson plan ideas: http://goo.gl/Dc3bM6 Do a “Mythbusters” with students about substances with abuse potential (Marijuana; prescription pain medicine; alcohol, etc) Have students take the NIDA Drug and Alcohol IQ quiz (10 minutes): https://goo.gl/bzVmwC Create fact based informational posters about different substances to be posted in bathrooms or other school locations where drugs and alcohol may be used illicitly. Students can enter the posters into a school-wide contest.
Social Media ideas (#TeenHealthWeek2016 or #PATeenHealthWeek)	<ul style="list-style-type: none"> Have a contest with creating fact based educational images to share on Instagram. Most likes wins. Share images or ideas of cool ways to have fun that don’t involve substances. Most likes wins. Start a post series of #whatididntknowabout and then have the student pick a substance and a fact. (“#whatididntknowabout weed is that it can be addictive”) Share the posts and see if they can get them to go viral. Or put onto designated Teen Health Week social media page specifically for your school.
Tweets	<ul style="list-style-type: none"> DYK more teens drive after using weed than alcohol? And that weed affects your driving too? #DesignatedDriversNeeded #PATeenHealthWeek Just cuz it's a prescription drug, doesn't mean you can use it if it wasn't meant for you. Your using it is abusing it. #PATeenHealthWeek Think that water filters out all the bad stuff when you Hookah? It doesn't! #PATeenHealthWeek

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Facebook posts	<ul style="list-style-type: none">• So, DYK that one Hookah session is usually like smoking half a pack of cigarettes? More surprising facts like this here: http://goo.gl/FJVBGy• Have LOTS of questions about drugs? Want answers and no judgment? Check out NIDA for Teens here: https://teens.drugabuse.gov/• What is exactly is ONE drink? These are all = to ONE drink: 12 oz beer or wine cooler = 8 oz malt liquor = 5 oz wine = 1 shot (1.5 oz) of hard liquor – 80 proof – rum, vodka, whiskey, etc. And grain alcohol is even stronger. For more information on alcohol poisoning and what to do if you think a friend is in trouble: http://goo.gl/IE4eBW
Resources and links	<ul style="list-style-type: none">• Lessons and activities to teach teens about drug use and addiction and to help them develop a curiosity about neuroscience: https://goo.gl/2AA2mz• Cool blog from NIDA for Teens about all sorts of drugs and substances: https://goo.gl/1tcdwh• Test your knowledge about drugs and alcohol with this interactive quiz: https://goo.gl/gmEcew• Variety of blog posts written for teens about alcohol, drugs and other substances: http://goo.gl/AxOHS3

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Additional References and Resources

- Health for the World's Adolescents. A second chance in the second decade. World Health Organization 2014: <http://goo.gl/I9NmQ5>
- The Adolescent Health section of Healthy People 2020 includes background information as well as National objectives for adolescent health improvements: <http://goo.gl/HmEkYM>
- Since 1989, the Commonwealth of Pennsylvania has conducted a survey of school students in the 6th, 8th, 10th and 12th grades to learn about their behavior, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence. The 'Pennsylvania Youth Survey,' or PAYS, is sponsored and conducted every two years by the Pennsylvania Commission on Crime and Delinquency. The most recent survey results can be found here:
<http://www.pccd.pa.gov/Juvenile-Justice/Documents/2013%20PAYS%20State%20Report%20Final%2006112014.pdf>
- Finding and Evaluating Online Resources on Complementary Health Approaches: <https://goo.gl/IZKaQB>
- How to Evaluate Health Information on the Internet: <http://goo.gl/PWRMnh>