



Buckle Up

Seatbelts can save lives and help prevent serious injuries in motor vehicle crashes- and it's the law! Two out of five deaths among U.S. teens are the result of a motor vehicle crash. Even though seat belts save over 10,000 lives in America every year, compared with other age groups, teens have the lowest rate of seat belt use.

Tip: Buckle up and make sure other passengers do, too.

Teen Drivers

www.cdc.gov/ncipc/factsheets/teenmvh.htm

Be Smoke-Free

Know the facts about tobacco and smoking. Nicotine in cigarettes, cigars, and spit tobacco is addictive. Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers. Smokers run slower and can't run as far, affecting overall athletic performance. Tobacco smoke can make hair and clothes stink. Tobacco stains teeth and causes bad breath. Despite all the tobacco use on TV and in movies, music videos, billboards, and magazines, most teens, adults, and athletes DON'T use tobacco.

Tip: Take care of your body by avoiding smoking, other tobacco use, and secondhand smoke.

It's Easier Not to Start Than to Stop

www.cdc.gov/tobacco/christy



Straight Talk about Tobacco

www.girlshealth.gov/substance/tobacco.htm

Tobacco Information and Prevention Source (TIPS) for Youth

www.cdc.gov/tobacco/tips4youth.htm

Express Your Health!™

Have Safe & Healthy Relationships

One in ten teens experiences physical violence in their relationships. You may be in an unhealthy or abusive relationship if the person you are dating or are friends with:

- is jealous or possessive of you
- bosses you around
- is physically violent or uses mean language
- pressures you to do something you don't want to do
- uses drugs or alcohol and tries to pressure you into doing the same thing
- blames you for their problems
- insults you or tries to embarrass you
- makes you feel scared of their reactions to things

If you see any of these signs in your relationships, speak to a trusted adult such as a parent, teacher, doctor, nurse, or counselor right away.

Sometimes, leaving an abusive relationship can be dangerous, so it's very important for you to make a safety plan:

- Tell a trusted adult.
- See your healthcare provider if you are injured.

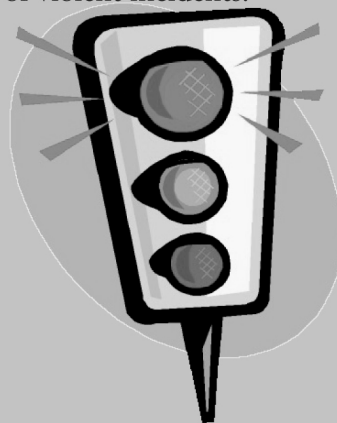
Eat Healthy & Get Moving



To stay healthy, be sure to eat five to nine servings of fruits and vegetables a day, eat less saturated fat, and watch your portion size. Find fun and safe ways to stay in shape like walking, biking, dancing, or playing a sport. Kids and teens should get at least 60 minutes of physical activity on most, preferably all, days of the week. Great snacks to munch

on include: apples, carrots, raisins, trail mix, low-fat yogurt, crackers, and fig bars.

- Use a diary to keep track of violent incidents.
- Avoid contact with the person, spend time with other friends, and avoid walking by yourself.
- Carry a cell phone, phone card, or money in case you need to call for help. Use code words on the phone that you and your family decide on ahead of time to let them know you can't talk openly and need help right away. Call 911 in an emergency.
- Keep the 24-hour National Domestic Violence Hotline with you or program it into your cell phone: 1-800-799-SAFE (7233).



How to be Safety Savvy: Safety in Relationships

www.girlshealth.gov/safety/relationships.htm

Intimate Partner Violence

www.cdc.gov/ncipc/factsheets/ipvoverview.htm

Energize Your Life!

www.cdc.gov/nccdphp/dnpa/physical/

Fuel Up for Fun

www.bam.gov/sub_foodnutrition/fuelup.html

Powerful Bones, Powerful Girls

www.cdc.gov/powerfulbones

Variety, Balance, and Moderation

www.cdc.gov/nccdphp/dnpa/tips/index.htm

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www.verbnow.com

