

Spring 2016 Teen Newsletter



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Bullying

What is a bully?

A bully is a person who tries to hurt others on purpose. A bully can be a boy or a girl. He or she will use strength or popularity to control or hurt others. A bully hurts others over and over again. Bullying can happen anywhere. It most often occurs at school and on social media.

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What are the types of bullying?

- Physical - kicking, hitting, pushing
- Sexual - making you feel uncomfortable
- Verbal - name-calling
- Emotional - spreading rumors

What can you do if you are bullied?

- Tell someone you trust. This can be a parent, teacher, principal or older friend.
- Tell the bully to stop. Use a calm, clear voice.
- Stay in areas of your school that can be seen by teachers.

People who witness bullying are more likely to:

- Smoke, drink or use other drugs
- Miss or skip work or school
- Have mental health problems, such as anxiety and depression

If you have anxiety or depression, talk to your provider. You can get the help you need.

You can help prevent bullying!

- Treat others with respect.
- Be kind to everyone.
- Stop and think before you say or do something that may hurt someone.



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Healthy Habits for a Healthy Weight

Are you at a healthy weight?

During your well care exam each year, the provider will check your Body Mass Index (BMI).

How often should you exercise?

Most children need at least an hour of exercise each day. Limit TV and video games to no more than one hour per day.

What are the health benefits of exercise? Exercise can:

- Build strong muscles, bones and joints.
- Reduce the risk of developing type-2 diabetes.
- Improve mental health.
- Help you sleep better.

What type of exercise do you enjoy?

Find a sport you enjoy, such as:

- Soccer
- Dancing
- Tennis
- Swimming

You are more likely to exercise when you enjoy the activity.

If you want a FREE pedometer, just email us at HealthEducation.MHC@Molinahealthcare.com and we'll send you one in the mail. You can start counting steps and making goals!

What are good eating habits to keep a healthy weight?

- Eat a healthy breakfast each day.
- Have fruits and vegetables at all meals.
- Eat whole grains more often.
- Have non-fat or low-fat (1%) milk, cheeses and yogurt.
- Drink water instead of sugary drinks.
- Keep portion sizes small.
- Limit fast food and desserts.



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Human Papillomavirus (HPV)

What is Human Papillomavirus (HPV)? (pronounced: pap-ah-LO-mah-VYE-rus)

HPV is a sexually transmitted virus. You can get HPV from vaginal, anal and oral sex. HPV affects both men and women.

What are the symptoms of HPV?

There are often no symptoms. Most people who have HPV do not know they have it. HPV can cause genital warts and infection. HPV can lead to cervical cancer. It can cause anal, mouth or throat cancer in both men and women.

How can you lower your risk of getting HPV?

- Get the HPV vaccine. It will protect you from diseases caused by HPV. The vaccine consists of a series of three shots.
- If you are a female, get an HPV test. This test checks for the HPV virus that can cause the cells in your cervix to change. Unhealthy cells can turn into cancer.
- If you are sexually active:
 - Always use latex condoms correctly during sex.
 - Limit the number of your sex partners. It is best to only have sex with someone who is only having sex with you.

Who should get the HPV vaccine?

All boys and girls 11 or 12 years of age should get the vaccine. This will protect them before they are in contact with the virus. If you are between 13 and 26 years of age and have not had any or all of the HPV shots, ask your provider about getting them now.

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Protect Your Health! Get Your Check-Up Today!

The chart below shows the immunizations you will need as you grow through your teen years. Be sure to schedule your yearly check-up today.

	11-12 Years	13-15 Years	16-18 Years
Diphtheria, Tetanus, Pertussis	Tdap		
Meningococcal conjugate	MCV4		MCV4
Human papillomavirus	HPV		
Influenza (Flu)	Influenza (every year)	Influenza (every year)	Influenza (every year)

APP Corner

Eat-And-Move-O-Matic



This is a simple and fun App for both kids and adults. It allows users to compare the calories they eat with the time it would take to burn them off with physical activity. It is available for the iPhone, iPad and iPod. Check it out! Get the App from the Apple App store.

Quick and Healthy Snack

English Muffin Pizza

½ Whole wheat English muffin
1 ½ tablespoons pizza sauce
Cut up veggies (Bell Peppers, mushrooms)
Mozzarella cheese (grated)

Spread pizza sauce on ½ an English muffin. Top with cut up veggies and sprinkle with grated Mozzarella cheese. Heat in the microwave until cheese melts. Enjoy.

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