

International Adolescent Health Week 2020

Transforming Risk into Wellness

Healthy Lifestyle

Helping Youth Make Healthy Decisions



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How to use this toolkit:

This toolkit has been created to make it easy for a variety of organizations interested in adolescent health to participate in International Adolescent Health Week (IAHW) an annual, international week of dynamic participatory events to inspire adolescents and their communities to advocate for a successful transition into adulthood. You are free to use and adapt any of the materials herein for your International Adolescent Health Week activities; however, use of these materials is not required in order to promote adolescent health during International Adolescent Health Week. Participating organizations are at liberty to celebrate International Adolescent Health Week in any manner they wish, and are encouraged to be creative in adapting these ideas to meet the needs of the adolescents you wish to reach. Approval for activities or educational materials is not required.

Background:

More than 1.1 million adolescents aged 10-19 years died in 2016, mostly from preventable or treatable causes. Even though adolescence is a time of relative health for most, this simple fact highlights the importance of preventive care and encouraging healthy behaviors for adolescents. Behaviors and choices made in adolescence, have both immediate and long-term effects on individual health. And many of the health problems in adolescence are preventable but often overlooked or neglected.

Teenagers experience major physical and emotional changes as they grow into adulthood. Sexual development is, of course, an essential part of human growth and development. It's important that adolescents have access to accurate and unbiased information so that they can understand their bodies and the changes they are experiencing.

Adolescents comprise more than 20% of a country's population in many places. Leading causes of death in this large age group include injuries (from road traffic accidents and drowning), interpersonal violence (accounting for nearly a third of male adolescent deaths in some regions of the world, and with a third of adolescent females a victim of emotional, physical and/or sexual violence by their partner), suicide, HIV and complications from pregnancy and childbirth. Almost 1 in 10 births world-wide are to adolescent females between 15 and 19.

Adolescents have health needs in addition to those that prevent premature death. Access to comprehensive sexual health education and health care is needed to prevent early unplanned pregnancy and to decrease rates of STDs/STIs including AIDS, as well as turning around the rapidly increasing rates of chlamydia and gonorrhea in youth. Healthy perspectives on sexuality – and a destigmatized approach to sexual development – are important to address adolescent health needs. Too many adolescents are unaware of the details around sex and pregnancy, and how to prevent unwanted pregnancies and sexually transmitted infections. And most alarming, too many adolescents are unprepared to seek help or know where to find it when they need it.

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Adolescents may experience undernutrition, overnutrition, or obesity with undernutrition due to the consumption of calorically dense, nutritionally-deficient foods. Worldwide, the number of obese adolescents and children has been increasing steadily over the past 40 years: rates of obesity in children ages 5-19 has increased 10-fold over this period of time. Nearly 1 in 5 adolescents around the world are overweight, with rates higher than 30% in some regions of the world. If these rates continue, obesity will take over underweight by 2022 among young people as a major nutritional health issue. Obesity is well known to be associated with an increased risk of various health issues, both in adolescents themselves, as well as later in life as adolescents develop into adults. For instance, obesity is associated with diabetes, numerous types of cancer (which comprise almost half of cancers diagnosed): thyroid, breast, kidney, liver, colon and others. Contributing to this problem is time spent performing sedentary activities, such as computer use. Time spent in such activities increases as adolescents age, with a coincident decline in physical activity. Although it is recommended that adolescents participate in 60 minutes of moderate to rigorous activity daily, only one 5th of adolescents achieve this goal.

Substance use and abuse is a health issue that affects adolescents around the world. There are immediate, direct effects of substance abuse such as risk of overdose, impaired driving, and death, but also substance use and abuse affect decision making, increasing the risk of unhealthy decisions around sexual activity and risk taking. It has been well documented that the earlier substance use starts, the bigger is the risk of it leading to substance use disorder. Adolescents can struggle with addiction, and there remains stigma amongst families and communities about adolescent addiction, which hinders access to treatment. Substance misuse and abuse in adolescents can have lifelong effects and often is attributable to underlying disorders. Critical to understanding and preventing adolescent substance abuse is understanding that addiction is not due to a weakness nor moral failing. There are well described risk factors for adolescent drug abuse. Risk factors particular to this age group include individual factors (early substance use, poor coping skills, disengagement at school or with peer groups), family factors (parenteral substance use, lack of supervision or limits), and community factors (easy accessibility and normalization toward substance abuse, lack of mentors, peer group). Risk factors often coexist, as do protective factors, meaning that the presence of one often predicts the presence of other associated factors. Therefore, addressing individual factors alone will be ineffective to improve rates of substance use and abuse amongst adolescents. It is imperative that our communities focus on community and family factors in addition to individual risks in order to effectively decrease substance abuse in this vulnerable population.

There are significant differences in rates of adolescent health threats across the globe, thus IAHW encourages regions to highlight the most significant and impactful health issues affecting their youth. Healthy lifestyle choices include decisions about food choices, activity, sexual behaviors, whether to use substances, and how to prevent noncommunicable and communicable diseases. This toolkit contains a variety of ideas to promote healthy behaviors as well as to educate youth about these topics. Encouraging adolescents to make healthy decisions will look the same in many countries, but also can require quite a different focus in others. The ideas herein are to give IAHW participants a start and will not be suitable for all adolescent populations. Ideas are grouped by topic area.

Nutrition and Fitness Activities and Resources

Setting or Outlet	Suggested activities or ideas
Medical Practice Ideas	<ul style="list-style-type: none"> • Wear lime green to celebrate the week. • Submit a letter to the editor to local press about importance of physical education, recess or access to nutrition and fitness opportunities for adolescents. • Partner with a local school to share educational materials about healthy diet and exercise. A good starting point is reaching out to gym and health teachers. • Plan a local event – a community yoga class, a healthy food fair, etc. Promote your event (and your practice / expertise) with local newspapers, television and radio media. If you can be interviewed by local media / morning news use the opportunity to share information about how communities can support adolescents in making healthy diet and exercise choices. • Recommend patients download a phone time tracker so that they can see how much time is spent with sedentary phone usage.
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. • Offer granny smith apples (lime green!) as a healthy snack favor. • Have a dance-a-thon. • Have a free-throw contest. • Create an obstacle course competition or an exercise-based scavenger hunt and have grades or classes compete against each other in teams. • Publish a student-written article in the school newspaper or blog about nutrition and fitness and how it can benefit students. • Student Government can make a statement, facilitate a discussion between students and administrators, or host an event about improving the diet and activity levels of their peers (through extending recess, having physical activity options or clubs separate from athletic teams).
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 a Tasty-Style video featuring a healthy food recipe and post on social media https://animoto.com/blog/video-ideas/tips-tasty-style-recipe-video • Have students bring in health recipes and put together a “cook-book” or a blog or share via social media. Include pictures!

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Setting or Outlet	Suggested activities or ideas
	<ul style="list-style-type: none"> • Create “advertisements” to “sell” healthy foods. Adolescents can use the tricks they see in all sorts of advertising. Ads can be images, announcements, skits, videos. • Discuss 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: www.mypacer.com • Encourage students to download or activate a phone usage timer app to increase awareness of time spent sitting while on a phone. • Create a Jeopardy style game using a free online resource such as www.jeopardylabs.com or use a premade game with nutrition and fitness facts.
Social Media ideas (#IAHW2020)	<ul style="list-style-type: none"> • Post pictures of activities to school or university social media or to dedicated Adolescent Health Week social media pages using #IAHW2020. • Post pictures of healthy snack creations or Tasty Videos to school social media. • Create a SnapChat or Instagram story showing healthy food choices or activities over the course of a day, or a story about cooking a healthy recipe with funny cooking messes, etc.
Tweets	<ul style="list-style-type: none"> • Shocker: 2 - 20oz sugar sweetened drinks a day seriously increases your risk of diabetes. Diabetes can mean shots. And who like shots?! #IAHW2020 • Problems: Stress, anxiety, feeling tired. What helps: Exercise, exercise, exercise. #GetUpAndMove #IAHW2020 • Ever heard of "Eating the Rainbow"? Orange carrots, red tomatoes, blueberries, green lettuce. Colors=nutrients. #IAHW2020 • A can of soda has 10 + teaspoons of sugar?!? So do juice drinks! Pick water first to quench your thirst. #IAHW2020 • Hate working out? Love music? Know you should exercise? Turn up the tunes and dance! C'mon, no one's looking! #IAHW2020
Facebook posts	<ul style="list-style-type: none"> • What’s exercise good for? Well: <ul style="list-style-type: none"> ○ Problem: Stress - What helps: Exercise ○ Problem: Anxiety - What helps: Exercise ○ Problem: Fatigue - What helps: Exercise ○ Problem: Back pain - What helps: Exercise

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	<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: https://nccd.cdc.gov/dnpabmi/Calculator.aspx #IAHW2020• A picture is worth a thousand words! Look at this to compare how much sugar is in your favorite beverages! https://www.hsph.harvard.edu/nutritionsource/how-sweet-is-it/ #IAHW2020• It's #IAHW2020! Get a pedometer app and track those steps! Goals: More than 10,000 a day! Compete with your friends! 2 free apps for iPhone and Android: www.mypacer.com• What's YOUR favorite fruit or vegetable? Share your fruit or vegetable emoji for #IAHW2020• Not sure where to start with healthy food choices? Start here: http://www.eatright.org/resources/for-teen #IAHW2020

Substance Use and Abuse Activities and Resources

Activities and Resources

Make sure VAPING is here

Setting or outlet	Suggested activities or ideas
Medical Practice ideas	<ul style="list-style-type: none"> • Wear lime green to celebrate the week. • Submit letter to the editor to local press about importance of addressing, preventing and treating addiction and substance abuse in adolescents as a medical issue, not a moral failing. • Partner with a local school to share educational materials about addiction, recovery, rehab, and substance abuse. A good starting point is gym and health teachers. • Partner with a local celebrity who is outspoken about addiction or other substance abuse issues and host a special event for youth. Promote your event with local newspapers, television and radio media. • If you can be interviewed by local media / morning news use the opportunity to share information about adolescent substance misuse and abuse and what you are doing to improve it in your community.
School-wide ideas	<ul style="list-style-type: none"> • Utilize an anonymous Care and Concern box where students can identify anonymously peers about whom they are worried. The goal would be to provide resources and offer to refer to treatment, not to punish students who misuse substances. Make it clear to students this is the intent. • 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 the remainder of the school year. • Publish a student-written article in the school newspaper or blog about how substance abuse or addiction impacts the school community and include links to local addiction treatment resources.
Health Class activities	<ul style="list-style-type: none"> • NIDA for Adolescents for lesson plan ideas for young people of all ages: https://adolescents.drugabuse.gov/teachers/lessonplans#/questions • Do a “Mythbusters” with students about substances with abuse potential (Marijuana; prescription pain medicine; alcohol, etc)

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	<ul style="list-style-type: none"> • Have students take the NIDA Drug and Alcohol IQ quiz (10 minutes): https://adolescents.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2015 • 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. • Use this example to help students calculate how many drinks cause alcohol poisoning: realtalkwithdroffutt.org/drugs-and-alcohol/what-is-the-maximum-of-alcohol-a-person-can-drink • Develop schoolwide recommendations to keep students safe on prom night and to insure no substances come into the dance. Students have the best ideas how to approach these types of problems! • Students can review tobacco smoking advertisements from different countries to see how safety information is presented. Are some countries’ advertisements more engaging than others’? Do all countries include health risks of smoking in advertising? What do you like or dislike? • Create a Jeopardy style game using a free online resource such as www.jeopardylabs.com or use a premade game with facts about drug, alcohol, and other substances.
Social Media ideas (#IAHW2020)	<ul style="list-style-type: none"> • Have a contest for youth to create fact based educational infographics about popular substances (alcohol, tobacco, e-cigarettes, cannabis). The winners will be posted or shared through organizations’ social media or website. • Draw or take pictures to show exactly what ONE drink consists of (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) and then share these comparisons on Insta. Or put together a Snap story doing the same thing. • Start a post series of #didntknowthat and then have the student pick a substance and a fact. (“#didntknowthat weed can be addictive”) Share the posts and see if they can get them to go viral. Or put onto designated Adolescent Health Week social media page specifically for your school.
Tweets	<ul style="list-style-type: none"> • ONE DAY! DYK that’s all it takes for your brain to rewire itself from a SINGLE dose of nicotine? And, one pod has 20 doses. #IAHW2020 • Buzzed driving is drunk driving. Stoned driving is drunk driving too. Seriously. #DesignatedDriversRock #IAHW2020 • Show me a way to have fun without using substances. Reply with a photo and we’ll follow you back! #IAHW2020

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Setting or outlet	Suggested activities or ideas
	<ul style="list-style-type: none"> • Beer? Vodka? Other? How much is too much? Read the answer here: http://realtalkwithdroffutt.org/drugs-and-alcohol/what-is-the-maximum-of-alcohol-a-person-can-drink #IAHW2020 • Did you know that drug overdoses kill more people than car accidents and guns do? #IAHW2020 #OpioidOverdosesAreDeadly • Addiction isn't a moral issue; it's a medical issue. Get help if you need it. Encourage your friends to get help too. #IAHW2020 • More adolescents drive after using weed than alcohol!? And that weed affects your driving too!? #DesignatedDriversNeeded #IAHW2020 • Just cuz it's a prescription, doesn't mean you can use it if it wasn't meant for you. Your using it is abusing it. #IAHW2020 • Think that water filters out all the bad stuff when you smoke Hookah? It doesn't! #IAHW2020
Facebook posts	<ul style="list-style-type: none"> • Fact: Most adults who want to quit smoking and are having a hard time, started smoking before the age of 18 when the brain is still developing. Fact: Teens show signs of addiction at low levels of smoking (like 3 cigarettes (or vaping equivalent) a week. For less than a month. #IAHW2020 • Did you know that in the US drug overdoses kill more people than car accidents? If you or someone in your family struggles with prescription drug abuse or opioid addiction, get some Narcan to have in your first aid kit at home. Or carry some in your bag. #IAHW2020 #OpioidOverdosesAreDeadly. • Why do people think stoned driving is safer than drunk driving? Same problem, different substance. #DesignatedDriversRock #IAHW2020 • So, did you know that one Hookah session is usually like smoking half a pack of cigarettes? And, no, the bad stuff doesn't get filtered out by the water. #IAHW2020 • Have LOTS of questions about drugs? Want answers and no judgment? Check out NIDA for Adolescents here: https://adolescents.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://realtalkwithdroffutt.org/drugs-and-alcohol/wasted-weekend

Sexual Health Activities and Resources

Activities and Resources

Setting or Outlet	Suggested activities or ideas
Medical Practice Ideas	<ul style="list-style-type: none"> • Wear lime green to celebrate the week. • Submit letter to the editor to local press about educating youth about sexual health and about providing young people with confidential sexual health care. • Visit a local government official or a school board member to advocate for accurate and complete sexual health education in schools. Share data that demonstrates that abstinence-based sex education increases the risk of unplanned teen pregnancy and that exposure to comprehensive sexual health education and information decreases risky sexual behavior. • Provide free condoms (in lime green wrappers) to patients along with sexual health facts. • Partner with a local school to share educational materials about sexual health. A good starting point is school nurses and health teachers. • Promote your practice’s participation in Adolescent Health Week with local newspapers, television and radio media. If you can be interviewed by local media / morning news use the opportunity to share information about adolescent sexual health and what you are doing to improve it in your community.
School-wide ideas	<ul style="list-style-type: none"> • Have a showing of this TED Talk by a WHO adolescent health expert: “Why we shouldn’t shy away from sexual education” Dr. V. Chandra-Mouli TEDxChisinau; https://www.youtube.com/watch?v=-7V9S9wdLfc&feature=youtu.be and follow with a moderated discussion. • 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 Adolescent Health Week, or to be used later in the year. • Publish a student-written article in the school newspaper or blog about how sexual health education is done in school and to share students’ impressions of the quality and relevance of what is taught. Close with a statement about the quality of or need to expand and improve upon this topic of health education.

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Setting or Outlet	Suggested activities or ideas
	<ul style="list-style-type: none"> • Ask Student Government to make a statement, facilitate a discussion between students and administrators, or host an event about how the school community can promote sexual health in its students. • Put sexual health facts on small posters created by students in bathrooms or stall doors. • Invite an outside speaker for a school assembly to address sexual health issues with humor and facts. • Have a panel discussion with LGBTQ panelists helping students understand how to create an environment of acceptance (proper vocabulary, tolerance) and to answer (moderated) questions from the audience. • Provide free condoms (in lime green wrappers) to students along with sexual health facts in the nurse’s office or health clinic.
Health Class activities / concepts	<ul style="list-style-type: none"> • Have students create a “Safe Sex Haiku”. • Play a game of Contraception Jeopardy. You can create your own using a free online resource such as www.jeopardylabs.com or use a premade game with sexual health facts. • Have students break into groups to list pros/cons of specific types of birth control. Make sure students reference accurate resources. Share with classmates and discuss. • Discuss LGBTQ students’ increased risk for being target of bullying or violence, emphasizing the importance of tolerance and acceptance. • Here are numerous lesson plans for young people of all ages in English and Spanish: http://www.advocatesforyouth.org/for-professionals/lesson-plans-professionals • Create Birth Control or STD infographics, or find some already made by reputable organizations – share on school or Adolescent Health Week social media pages • Focus a class on menstruation – what is normal, why it happens, myths about periods. Provide an anonymous question box so that male and female students can ask questions that might embarrass them. One resource to help: https://www.nhs.uk/Livewell/puberty/Documents/fpa-periods-PDF.pdf
Tweets	<ul style="list-style-type: none"> • Can you get pregnant? Anytime this happens: Penis + unprotected vaginal sex = The answer is YES. No matter when. No matter how. #IAHW2020 • Got a cover to protect your phone? Well, use a cover to protect your.... well, you know. Use a condom. Every time. #IAHW2020

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Setting or Outlet	Suggested activities or ideas
	<ul style="list-style-type: none"> • #IAHW2020 QUIZ: Q: How much blood do you lose during your period? A: Average = 2 tablespoons. What did YOU think? • #IAHW2020 QUIZ: Q: What's the most common STI? A: HPV. Yup, and the good news is, vaccines help prevent it! #GetYourShots #vaccineswork • 70% of people personally know someone who is LGBTQ . Truth. #IAHW2020 • It's an #IAHW2020 Follow Friday! This Friday, follow: @SexEtc, @SexEdHonestly • Got a question? Too embarrassed to ask? Ask Roo here: https://roo.plannedparenthood.org/chat #IAHW2020
Facebook posts	<ul style="list-style-type: none"> • Not sure how to start a conversation about sex with your doctor or parent or partner? This tool from <i>Sex, etc.</i> can help! https://sexetc.org/action-center/communication-tool/?type=partner&topic=communication_pregnancy #IAHW2020 • Getting your first period means yes, you CAN get pregnant! Want to know more about normal periods and what to expect? realtalkwithdroffutt.org/2/post/2014/11/periods-that-time-of-the-month-lady-days.html #IAHW2020 • Got a questions about masturbation, sex, if your body is normal or other things? Too embarrassed to ask? Ask Roo for scientifically accurate and easy to understand answers: https://roo.plannedparenthood.org/chat #IAHW2020 • Each state has different laws about adolescents being able to obtain sexual health care privately. See what the deal is in your state: https://www.gutmacher.org/state-policy/explore/overview-minors-consent-law #IAHW2020 • Too shy to ask how, exactly, to put on a condom? Well, here's a great video about how to put on a sock. (Spoiler alert – yes, this will help). Apply the information as needed: http://realtalkwithdroffutt.org/sexual-development-and-health/more-on-how-to-put-on-a-sock-i-mean-condom #IAHW2020 • Not sure how to understand an LGBTQ friend or family member? This helps: https://www.thetrevorproject.org/about/programs-services/coming-out-as-you/the-spectrum/ #IAHW2020 • Are you or a friend transgender? This is a great app to connect you to trans-friendly health services in the US: http://yth.org/projects/innovate-they2ze/

Preventive Care and Vaccines Activities and Resources

Activities and Resources

Setting or Outlet	Suggested activities or ideas
Medical Practice ideas	<ul style="list-style-type: none"> • Wear lime green to celebrate the week. • Submit letter to the editor to local press about importance of the annual checkup as an opportunity for preventive health care and health education for adolescents. • Partner with a local school to share educational materials about why going to get a checkup is important or how good health choices now prevent disease later. • Use this week to launch a vaccine reminder system for your adolescent patients. Send out a postcard or email during Adolescent Health Week reminding patients they are due for recommended vaccines. • Use lime green bandages after giving adolescent vaccines this week. • Make a point to download customizable resources to facilitate transfer of patient care from the pediatric care setting to the adult care setting here: http://gottransition.org/resourceEditable.cfm
School-wide ideas	<ul style="list-style-type: none"> • Display posters about Adolescent Vaccine Requirements (see additional resources section) – hang posters on walls and in bathrooms. • During morning announcements, share reasons to get an annual checkup and reminders that vaccines are not just for babies. • Consider hosting a vaccine event for students interested in catching up on vaccines (similar to how schools provide flu shots for interested students). • Invite local adolescent medicine health providers talk about the importance of preventive care for adolescents and when to know you are ready to transition from your pediatrician. At the event, allow adolescents to submit anonymous things that they wish their doctors would discuss with them during their annual visit. • Share valid and accurate health websites with students, either with posters around the school, or during announcements. Examples include: choosemyplate.org, bedsider.org, amaze.org, https://www.cdc.gov/HealthyYouth/index.htm • Publish a student-written article in the school newspaper or blog about the importance of prevention in adolescent health, or about what vaccines adolescents need.

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Setting or Outlet	Suggested activities or ideas
Health Class activities / concepts	<ul style="list-style-type: none"> • Guide students in a discussion about how health decisions and behaviors now ultimately can help prevent diseases later in life. Examples: healthy weight decreases risk of developing diabetes; quitting smoking (or even better, not starting) decreases risk of cancer, heart problems, amputation, erectile dysfunction); wearing sunscreen helps prevent melanoma, etc. • Do a role play activity where students can practice asking uncomfortable questions to their Doctor. • Have the class create list questions adolescents might want to ask Doctors at their annual checkup. Send list to local medical practices so they know what is on adolescents’ minds. • For graduating students, have them think about when they might be ready to transition from pediatric or adolescent care into adult care. This online quiz can help students see if they are ready for the transition: http://www.gottransition.org/youthfamilies/HCTquiz.cfm • Have a debate about vaccines. Scientific and accurate medical resources must be used as background (not Facebook posts, for instance). • Create a Jeopardy style game using a free online resource such as www.jeopardylabs.com or use a premade game with facts about vaccines or what happens in a regular checkup.
Social Media ideas (#IAHW2020)	<ul style="list-style-type: none"> • Share pictures on social media of students getting recommended vaccines. • Use social media to display the questions or topics adolescents wished Doctors would address during annual checkups. • Do a confidential Twitter or Facebook survey about what health issues most concern adolescents. • Have a Snapchat streak contest for healthy behaviors. Prizes can include a gift card from a healthier food place, lime green spirit wear, etc.
Tweets	<ul style="list-style-type: none"> • 3 in 10 #adolescents remain unprotected against #meningococcal disease. Are you one of them? #IAHW2020 • Did you know that adolescents need annual checkups too? #IAHW2020 • Not sure how to get alone time with your Dr during your checkup? Tips here: http://realtalkwithdroffutt.org/general-health/whats-a-good-way-to-get-time-with-my-doctor-to-ask-questions-without-my-parents-in-the-room #IAHW2020 • Vaccines are for adolescents too! Flu, TDaP, Meningococcal, HPV. Use this week to make sure you’re up to date! #IAHW2020

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Setting or Outlet	Suggested activities or ideas
	<ul style="list-style-type: none"> • Take charge of your annual checkup – make sure you get alone time with your Doctor. #IAHW2020 • Shots aren’t just for babies. Adolescents need vaccines too: https://www.hhs.gov/ash/oah/adolescent-development/physical-health-and-nutrition/vaccines/what-vaccines-do-adolescents-need/index.html #IAHW2020
Facebook posts	<ul style="list-style-type: none"> • Can you believe that almost half of all parents believe their adolescent should only see a doctor when he/she feels sick!? Getting your annual checkup is a great time to make sure you are up to date with vaccines, and to ask all those embarrassing questions you may have! Ask your parent to make you an appointment if it’s been a while! #IAHW2020 • Not sure how private your medical discussions with your Doctor are? In the US each state, and around the world each country has different laws, certain types of healthcare may be more private than others. To give you an idea, here is some information for you from The American Academy of Pediatrics: https://www.healthychildren.org/English/ages-stages/teen/Pages/Information-for-Adolescents-What-You-Need-to-Know-About-Privacy.aspx #IAHW2020 • For adolescents, we know your smartphone is everything. It’s a way to talk, text, take photos, play games, listen to music, read the news, and more. Did you know there is an app called the Medical ID where you can put in your important health information? Helps you keep track of it, and others can access it in case of an emergency! <ul style="list-style-type: none"> ○ iPhone: http://gottransition.org/resourceGet.cfm?id=437 ○ Android: http://gottransition.org/resourceGet.cfm?id=439