

# TEENS ON COURSE™ THE ROAD OF LIFE

PROACTIVE PARENTS/GUARDIANS GUIDE

REAL ISSUES  
REAL ANSWERS™

SMOKING



*SLOW  
BIG DECISIONS AHEAD*



DRIVE WITH CAUTION

# FACTS UP FRONT

A **teenager** is a creature that is sometimes irrational, dramatic and can scream for no clear reason. He or she has a deep need for both independence and parental love and care. After infancy, the brain's greatest growth spurt happens in adolescence. You've been warned.

## WHAT WE DID

We created a book called **Teens on Course™: The Road of Life** with useful info on everyday life lessons for teens. Full of straight-up facts and advice, **Teens on Course™** serves as an easy and quick reference for getting up to speed on many practical matters.

## WHAT YOU DO

Use this special **Proactive Parents/Guardians Guide** to **Teens on Course™: The Road of Life** for helpful ways to teach your teen about the subjects in the book. You know your teen better than anyone, so take this info and apply it to best meet your teaching and parenting needs.

**DISCLAIMER.** This book provides general information about various teen-related issues. This information is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical or medical concerns.

# TEENS ON COURSE™ THE ROAD OF LIFE

**PROACTIVE PARENTS/GUARDIANS GUIDE**

REAL ISSUES  
REAL ANSWERS™

## TABLE OF CONTENTS

- 2) Self-Esteem
- 4) Hormones
- 6) Personal Hygiene and Grooming
- 8) Bullying
- 10) Healthy Eating
- 12) Exercise
- 14) Smoking
- 16) Drugs and Alcohol
- 18) Female Health
- 20) Male Health
- 22) Dating
- 24) Birth Control and STDs
- 26) Domestic Violence
- 28) Chatting and Texting Safety
- 30) Money and Finances
- 32) Driving and Public Transportation
- 34) Buying a Car
- 36) Washing Clothes
- 38) Cooking and Cleaning
- 40) Resources for Teens

## Resources for You



# SELF-ESTEEM AND DEPRESSION

## FACTS UP FRONT

Seventy-five percent of girls with low self-esteem report taking part in harmful activities like cutting, bullying, smoking, drinking or disordered eating. This compares to 25 percent of girls with high self-esteem.

### SERIOUSLY

Sadness and feeling cranky every now and then is one thing, but teenage depression is a serious condition. If left untreated, it can lead to:

- **Problems at home and school**
- **Drug abuse**
- **Self-loathing**
- **Violence toward others**
- **Suicide**

Teens' bodies and brains are going through widespread changes. These changes can bring about massive mood swings that even they don't understand.

The good news is teenage depression can be treated. Learn the symptoms of depression and show concern when you see warning signs. Talk about the problems with your teen and offer support.

### SIGNS OF TEEN DEPRESSION TO WATCH FOR

- **Sadness or feeling hopeless**
- **Feeling irritable, angry or hostile**
- **Frequent crying**
- **Withdrawal from friends and family**
- **Loss of interest in activities**
- **Changes in eating and sleeping habits**
- **Lack of enthusiasm and motivation**
- **Fatigue or lack of energy**
- **A hard time concentrating**
- **Thoughts of death or suicide**



## TEEN STRESS FACTORS

Keep these causes of teen depression in mind and understand their daily burdens:

- **Grades and school performance**
- **Social level and peer pressure**
- **Sexual identity**
- **Family life**
- **Family medical history**
- **Substance abuse**
- **Peer pressure and daily stress**



## IF LEFT UNTREATED...

Teenage depression can lead to problems at school, running away, substance abuse, low self-esteem, eating disorders, Internet addiction, self-injury, reckless behavior, violence and suicide.

## WARNING SIGNS OF SUICIDE

- **Talking or joking about committing suicide**
- **Saying things like, “I’d be better off dead,” “I wish I could disappear forever,” or “There’s no way out.”**
- **Speaking positively about death or romanticizing dying (“If I died, people might love me more.”)**
- **Writing stories and poems about death, dying or suicide**
- **Engaging in reckless behavior or having a lot of accidents**
- **Giving away prized possessions**
- **Saying goodbye to friends and family as if for good**
- **Seeking out weapons, pills or other ways to kill themselves**

*Teens on Course™* has ideas for helping teens think positively about themselves and improving their self-esteem. Encourage your teen to play music, get outside and become active, exercise, start a new hobby or set some goals.



**National Suicide Prevention Lifeline: 1-800-273-TALK**

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

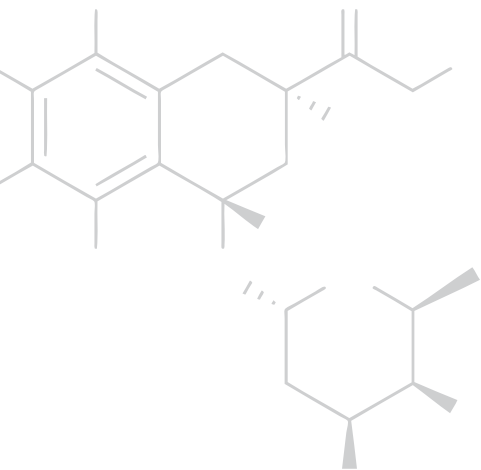
**Mental Health America: Depression in Teens:**

[mentalhealthamerica.net/conditions/depression-teens](http://mentalhealthamerica.net/conditions/depression-teens)

# HORMONES

## FACTS UP FRONT

Hormones are chemicals that cause the physical growth and sexual development that bridge teens into adulthood. As they take over the body, your emotions, moods and sexual feelings become much stronger.



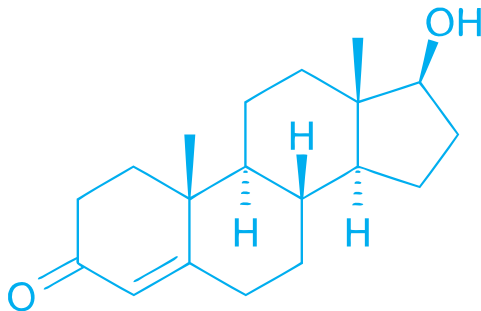
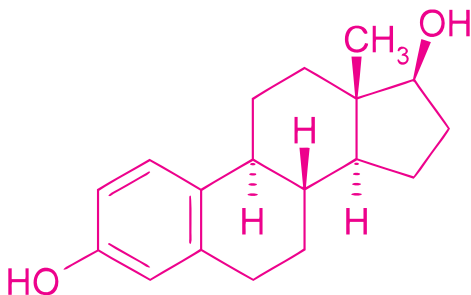
### CHEMICALS AT WORK

Seems like teens have enough to worry about with school, jobs, changing bodies, zits, relationships and mood swings. Now here come hormones to further complicate matters. Hormones are the endocrine system's little chemical messengers that go out and tell the body to grow, burn food for fuel, develop sex organs and sexual drive, and more. Because of hormones, your teen's body changes greatly. It's such a dramatic time of change in a person's life they came up with a name for it: puberty.

### Q: WHEN DOES PUBERTY HAPPEN?

**A:** It can vary from person to person. Girls start puberty before boys, usually between ages 8 and 14. Boys start the puberty process between 10 and 12 most often. Puberty usually lasts until about age 16.

Stress to your teen the importance of hormones and how they help boys become men and girls become women. **Estrogen** in girls gives them a curvier shape, tells their breasts to start growing and initiates their periods. For boys, **testosterone** makes body parts bigger, tells hair to grow everywhere and makes erections and ejaculation possible.



THE NEW NORMAL

As a parent or guardian of a teen or preteen, your job is to reassure your child that their bodies and these changes are normal. Everyone is different and change is good. Being different is the new normal when it comes to puberty. Hormones are doing their thing. And right now their main gig is to usher your teen’s body into adulthood.

You can help by teaching your teens to develop healthy feelings about their bodies.

| PUBERTY FOR GIRLS                                  | PUBERTY FOR BOYS  |
|--|---|
| Breast “buds” develop                              | Sex organs grow larger  |
| Soreness and swelling around the nipples           | Body hair will appear on face, chest and underarms                  |
| Pubic hair begins growing                          | Pubic hair begins growing   |
| Menstruation begins usually between ages 10 and 16 | Erections occur more often; wet dreams begin at about ages 12 to 16 |
| Fastest growth spurt happens at about age 12       | Fastest growth spurt happens at about age 14                        |

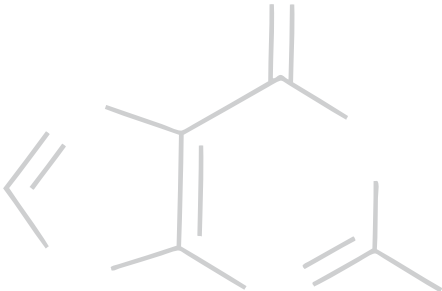


Hormone Health Network: What are Hormones, and What Do They Do?

[hormone.org/hormones-and-health/what-do-hormones-do](http://hormone.org/hormones-and-health/what-do-hormones-do)

KidsHealth: Talking to Your Child about Puberty:

[kidshealth.org/en/parents/talk-about-puberty.html](http://kidshealth.org/en/parents/talk-about-puberty.html)





# PERSONAL HYGIENE & GROOMING

## FACTS UP FRONT

Hygiene means keeping your hands and body clean, being careful when handling food, taking care to not sneeze or cough on others, throwing away tissues and things that could have germs and wearing protection such as gloves and condoms to ward off infection.

### KEEPING IT CLEAN

*Teens on Course™* offers some tips for fighting off filth and staying clean. Pass these along to your teen or preteen.



**Showering:** Once your child reaches puberty, daily showering is pretty much a necessity. Tell them to use a mild soap and use it on the face, feet, hands, underarms, groin, bottom and fingernails.

**Washing hair:** Daily hair washing with shampoo is a good idea, especially if your teen has oily or greasy hair, which can cause acne or make it worse. Those with dry hair may want to skip a day here or there and use a conditioner each time.



**Putting on deodorant/antiperspirant:** Sweat glands shift into overdrive when puberty hits, becoming more active as the chemical compound changes and starts to smell stronger. Using a deodorant should be a daily routine.

**Changing clothes:** Wearing clean clothes each day is an important part of teen hygiene. Cotton clothes especially can absorb and trap dirt and odor pretty effectively, so just like showering each day, changing into clean clothing is always a good idea.





**Preventing acne:** It's a good habit to start your child on a daily face-washing routine in the preteen years, before the drama of zits flares up. Again, a mild soap and gentle washing will help prevent acne and keep the skin from becoming dry, irritated and cracked.

**Shaving and hair removal:** Introduce the types of razors and their good points and drawbacks. Call out the safety precautions of working with such a sharp tool.



**Maintaining good oral health:** Brushing and flossing are critical in preventing tooth decay and bad breath. If your teen can't brush after meals, enforce brushing at least twice a day, in the morning and again at bedtime. Once-a-day flossing is best.

**Understanding the body:** With good hygiene comes a working knowledge of the changes going on in a young adult's body during puberty: breast development and menstruation for girls, erections and wet dreams for boys. Take control and talk about these topics openly and honestly, or lead them to the right books and websites for help.

**MYTHS EXPOSED**

Your teen may have heard these and took them as gospel truth. Not so. Make sure he or she knows the realities from the rumors.

|  |       |
|--|-------|
| Shaving makes hair grow back faster and thicker        | FALSE |
| Girls need to douche or else they'll smell             | FALSE |
| Greasy foods and chocolate cause acne                  | FALSE |
| Getting a tan will cure acne                           | FALSE |
| Masturbation causes blindness, hairy palms and madness | FALSE |



**WebMD: Teen Hygiene Tips:**  
[webmd.com/parenting/features/teen-hygiene](http://webmd.com/parenting/features/teen-hygiene)

**TeensHealth: Hygiene Basics:**  
[kidshealth.org/en/teens/hygiene-basics.html](http://kidshealth.org/en/teens/hygiene-basics.html)

# BULLYING

## FACTS UP FRONT

More than 3.2 million students are victims of bullying each year in the U.S.



## A LOAD OF BULLY

Bullies come in all shapes and sizes. Confide in your child so he'll share with you concerns about unsafe situations with other children. Bullies use threats and peer pressure, try to get others in trouble, ridicule, play pranks and taunt their peers. And many of them don't stop being bullies when they grow up.

## THREE TYPES OF BULLIES

| PHYSICAL   | VERBAL  | EMOTIONAL   |
|--|---|---|
| Hit, punch, kick, shove, pull hair, damage or destroy things, resort to violence | Name call, use bad language, make fun of people, treat their victims cruelly with harsh words | Act mean, uncaring, superior, spread rumors, exclude others from events, are thoughtless and unremorseful |

## WAYS TO STOP A BULLY

Make sure your teen knows these proven ways of dealing with bullies.

- **Make friends with them and try to understand why they need to bully.**
- **Stay away from places where bullies hang out.**
- **Act confident. Don't give a bully ammunition.**
- **Report bullying behavior to an adult.**
- **Stand up to a bully and defend those being abused.**

## CYBERBULLYING

Now that we're firmly entrenched in the digital age, it's only natural that bullies would find ways to ply their craft online. Cyberbullying is bullying that happens with the use of electronic technology. They use social media sites, text messages and emails, embarrassing pictures, videos, fake profiles and other electronic means to do their dirty work.

No doubt your teen spends a fair amount of time on their devices. Know about what he or she is doing online and with their phone.

**FACT:** Children who are cyberbullied are often bullied in person, too. It's sometimes hard for children to escape that kind of behavior.

Cyberbullying can happen anytime, day or night. It can happen to guys or girls, when they're with friends or alone. Know that a cyberbully can post harmful messages or pictures anonymously. In no time, the posts can be sent to a large audience, with the source sometimes impossible to track down.

If your child is the victim of cyberbullying:

- **Support your child during this time. Don't brush off the incident.**
- **Alert the school. Principals and guidance counselors may be able to keep an eye on the situation and those involved.**
- **Make your child feel safe.**
- **If the incident is serious enough, alert law enforcement.**



**StopBullying.gov: Warning Signs**  
[stopbullying.gov/at-risk/warning-signs](http://stopbullying.gov/at-risk/warning-signs)

**Cyberbullying Research Center:**  
[cyberbullying.org](http://cyberbullying.org)

# HEALTHY EATING

## NUTRITION AND DIETING

### FACTS UP FRONT

A dramatic increase in appetite around the age of 10 in girls and 12 in boys foreshadows the growth spurt of puberty.

### EATING GOOD IN THE NEIGHBORHOOD

One of the biggest parenting challenges is making sure your children are eating healthy. The right foods help fuel the changes teens go through at this important stage. But eating right is not always easy to do at this age. With fast-paced and fully loaded schedules, fast food on every corner and snack food vending machines everywhere, it's tough for teens to always make the right diet choices.

# 7

### EASY STEPS TO MAKE SURE YOUR TEENS ARE EATING RIGHT

1. Have them eat three meals every day.
2. Replace the white bread, oils and sugars in their diet with veggies, whole wheat and fruit.
3. Make sure they get some dairy into their diet.
4. Have them choose cereal/healthy snack bars instead of candy or chips.
5. Instead of eating on the run, stress that they slow down so as to not overeat.
6. Tell them, "If your tank is full you don't add more fuel, so if your stomach is full, don't eat anymore."
7. Watch that they limit the sugar, caffeine, soda and fried foods.

### DISCIPLINE, NOT DIET

Dieting isn't a good idea for teens. Any diet that provides fewer calories than one needs can be harmful. Everyone needs some fat in their diet, and teens especially should steer clear of fat-free diets. Have your teen see a doctor before starting a diet.

Let your teen know that dieting can...

- **Make them feel weak.**
- **Stunt their growth.**
- **Make them grouchy and lose focus at school.**
- **Make their bones weak, make them lose their hair and make their skin rough.**

# HYDR-8!

Don't forget to push water on your teens. Drinking enough water keeps the body hydrated and functioning at its best.

## TEEN EATING DISORDERS

**Anorexia nervosa** and **bulimia nervosa** are serious psychological eating disorders.

|                            |  |
|----------------------------|--|
| <b>Teens with Anorexia</b> | <ul style="list-style-type: none"> <li>• Refuse to keep a normal body weight</li> <li>• Fear gaining weight</li> <li>• Are at least 15 percent below ideal body weights</li> <li>• Believe the main gauge of self-worth is their body image</li> </ul> |
| <b>Teens with Bulimia</b>  | <ul style="list-style-type: none"> <li>• Binge eat, followed by vomiting or use of laxatives to purge the food</li> <li>• Keep the problem a secret</li> <li>• Experience the disorder in late teens or early adulthood</li> </ul>                     |

## WARNING SIGNS

| BULIMIA   | ANOREXIA  |
|---|---|
| <ul style="list-style-type: none"> <li>• Preoccupation with being overweight</li> <li>• Strict dieting followed by high-calorie eating binges</li> <li>• Overeating when distressed</li> <li>• Disappearing after a meal/eating in secret</li> <li>• Depressive moods</li> <li>• Alcohol or drug abuse</li> <li>• Frequent use of laxatives or diuretics</li> <li>• Excessive exercising</li> <li>• Irregular menstrual cycles</li> <li>• Skipping meals</li> <li>• Forcing herself to vomit after eating</li> <li>• Using diet pills or laxatives</li> </ul> | <ul style="list-style-type: none"> <li>• Dramatic weight loss</li> <li>• Preoccupation with weight, food, calories, fat grams and dieting</li> <li>• Refusing to eat certain foods</li> <li>• Comments about feeling "fat" despite weight loss</li> <li>• Denying feeling hungry</li> <li>• Making food rituals (such as, eating foods in a certain order, chewing a lot, rearranging food on a plate)</li> <li>• Making excuses to stay away from meals or situations involving food</li> <li>• Excessive exercise routine</li> <li>• Withdrawing from friends and activities</li> </ul> |



### BetterHealthUSA: Healthy Eating Tips for Teens:

[betterhealthusa.com/public/268.cfm](http://betterhealthusa.com/public/268.cfm)

### allrecipes: Healthy Recipes for Teens:

[allrecipes.com/recipes/17204/healthy-recipes/kids](http://allrecipes.com/recipes/17204/healthy-recipes/kids)

### TeensHealth: eating Disorders:

[kidshealth.org/en/teens/eat-disorder.html](http://kidshealth.org/en/teens/eat-disorder.html)

### Nutrition.gov

# EXERCISE

## FACTS UP FRONT

Overweight teens often grow up to be overweight adults, more likely to develop serious illnesses.

### NOTHING BUT BENEFITS

Your teens may have a lot of things going on in their lives that they feel are important. Don't let your kid slide on keeping physically fit.

## 6 KEY BENEFITS OF EXERCISING:

1. Controls weight
2. Fights health conditions and diseases
3. Makes moods better
4. Boosts energy
5. Promotes better sleep
6. Can provide fun



### OVERWEIGHT, OUT OF SHAPE

American children are in worse physical shape than those of 25 years ago. Because the typical teen spends about 30 hours a week watching TV, playing video or computer games and eating fatty snacks, their metabolism slows down, resulting in lethargy, weight gain and a higher chance of sickness.

### JUST GET UP AND DO IT

Find activities that your teen will enjoy and encourage them to work exercise into their regular routine.

- Walking
- Running
- In-line skating
- Bicycling
- Hockey
- Basketball
- Tae Bo
- Soccer
- Tennis
- Baseball
- Softball
- Rowing
- Ice skating
- Swimming
- Handball
- Racquetball
- Jogging
- Elliptical training
- Jumping rope
- Hiking
- Cross-country skiing
- Trampoline
- Martial arts
- Field hockey
- Push-ups
- Rock climbing
- Aerobic dancing
- Kickboxing
- Judo
- Taekwondo

*American teens should raise their heart rates for 20 minutes without stopping at least three times every week.*

– The American Heart Association

## EXCUSES, EXCUSES

Use these helpful arguments to answer your teen's excuses for not exercising.

**HIM:** Exercising just isn't convenient. It's a chore.

**YOU:** Running and walking are convenient. You open the door, step out and then just execute a series of leg motions, placing one foot in front of the other consecutively. It's so easy even a toddler can do it.



**HER:** My time is too valuable. I need that time I'd waste exercising to be with my friends.

**YOU:** Oh please. Kill two birds with one basketball and mix socializing and working out. Your friends could use the exercise too.



**HIM:** I need my alone time to think and be creative.

**YOU:** Exercising is the perfect time to do that. You can unleash your inner genius and think creative thoughts, ideas for school papers, what you want to do with your life, all kinds of imaginative stuff.



**HER:** Exercising is hard. I don't have the stamina. And it's painful.

**YOU:** The more you exercise, the more energy you'll have. After a few weeks, your body will kick into overdrive and you'll feel more energized. And if you do it right, it shouldn't hurt. With every workout, your muscles will gain power and strength. Your lungs will hold more oxygen and your heart will pump blood throughout your body better. You'll look awesome! You won't need to diet because your metabolism will burn the extra fat.



**WebMD: How regular Exercise Benefits Teens:**  
[teens.webmd.com/benefits-of-exercise](https://teens.webmd.com/benefits-of-exercise)

**KidsHealth: Fitness and Your 13- to 18-Year Old:**  
[kidshealth.org/en/parents/fitness-13-18.html](https://kidshealth.org/en/parents/fitness-13-18.html)



# SMOKING

## FACTS UP FRONT

Most adult smokers start as teen smokers.  
Ninety percent of smokers began before age 19.  
Tobacco is the leading cause of preventable death  
in the U.S.

### SMOKE SCREEN

Your teens are faced with dozens of impulses to try cigarettes or start smoking. Thankfully, there are a million reasons why it's a bad idea. Here are some tips to help you help your child stay away from the harmful habit of smoking.

### LAY DOWN THE LAW AND SAY NO TO TEEN SMOKING

Tell your teen that smoking isn't allowed. At all. Ever. Teens whose parents set the firmest smoking restrictions tend to smoke less than teens whose parents don't.

### UNDERSTAND THE ATTRACTION

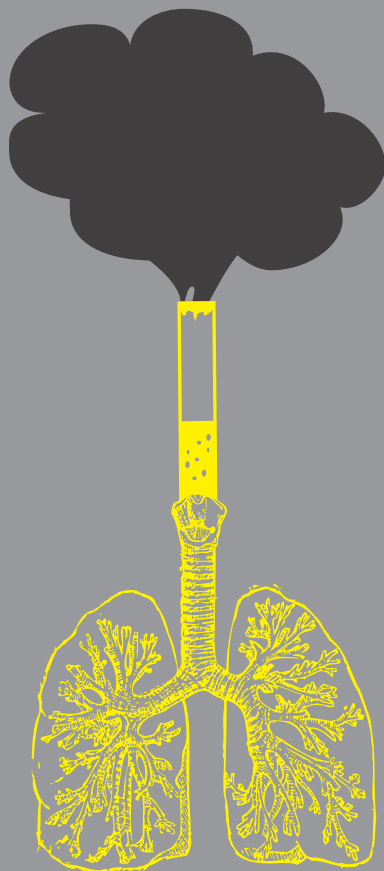
Teens smoke as a way to rebel or to fit in with a certain group, for weight loss, to feel cool or free, or to feel better about themselves. Applaud your teen's good choices and talk about the consequences of bad choices. Talk about how tobacco companies try to influence ideas about smoking.

### DEAL WITH PEER PRESSURE

"No thanks, I don't smoke." Teach your teen to say that simple phrase and to stick to it. Smoker friends can be influential, but you can give your teen the tools he needs to refuse cigarettes.

### PLAY ON YOUR TEEN'S VANITY

Stress to your teen that smoking is dirty, smelly and far from glamorous. It gives you bad breath, stains teeth and fingers and causes wrinkles. It can leave you with a chronic cough and take away energy for sports and other enjoyable activities.



### **BE A GOOD EXAMPLE**

It's more common for a teen to smoke if his parents smoke. If you don't smoke, don't start. If you do, quit.

### **ADD IT UP**

Help your teen figure out the cost of smoking a pack a day and she'll soon discover how expensive the habit is. Compare the cost with that of the latest electronic devices and discuss the worth of both.

### **GET SERIOUS ABOUT ADDICTION**

Teens often believe they can stop smoking anytime they choose. The truth is they become just as addicted to tobacco as adults do.

### **LOOK INTO THE FUTURE**

Explain the potential long-term effects of smoking, such as cancer, heart attack and stroke. Make sure they understand that these very real outcomes have a high rate of probability after smoking for a while.

### **GO BEYOND CIGARETTES**

Don't let your teen think that alternative forms of smoking are safer. Smokeless tobacco, e-cigs and vaping, clove cigarettes, hookah pipes and candy-flavored cigarettes can still be addictive and cause serious health problems.

### **BECOME INVOLVED**

Take a stance against smoking. Take part in local anti-smoking campaigns. Work to make public places smoke-free and raise taxes on tobacco products, which can help reduce the odds that your teen will become a smoker.



#### **Smokefree/teen:**

[teen.smokefree.gov](http://teen.smokefree.gov)

#### **American Lung Association: Tips for Talking to Kids about Smoking**

[lung.org/stop-smoking/smoking-facts/tips-for-talking-to-kids.html](http://lung.org/stop-smoking/smoking-facts/tips-for-talking-to-kids.html)

# DRUGS AND ALCOHOL



## FACTS UP FRONT

Children who learn about the risks of illegal drugs from their parents are 50 percent less likely to use them.



## POWERFUL YOU

You're the most powerful influence in your teen's life.

- **Talk and listen on a regular basis**
- **Be actively involved in your teen's life**
- **Be perfectly clear that you don't want him/her drinking or using drugs**
- **Set limits and enforce them**

Let your teens know that without drugs they won't get addicted, won't make fools of themselves, won't lose all of their money and won't run the risk of getting busted and going to jail.

## SUSPICIOUS MINDS

If you suspect your teen of using drugs, it's critical to get involved right away.

**CASUAL USE ➡ DRUG ABUSE ➡ DEPENDENCE/ADDICTION**  
**➡ HEALTH ISSUES, LEGAL TROUBLE, ACCIDENTS**

## GETTING TREATMENT

If drug use is a reality with your teen, take the necessary steps to get him or her treatment.

- **Get a screening and in-depth assessment**
- **Take care of yourself so that you remain strong, healthy and clear-minded**
- **Educate yourself about substance abuse treatment**
- **Network with friends, relatives, medical professionals and other parents**

## DRINKING AND DRIVING HOME THE POINT

For most parents, it's not easy to discuss the subject of alcohol. But it's a vastly important topic to address. Take some time to educate yourself on the points you want to make before you start. You may begin the talk by asking your teen what he/she knows about alcohol. Ask why he or she thinks teens drink. Listen without interrupting. Then share these...

## **Important Facts about Alcohol**

- Alcohol is a drug that slows down the body and mind. It gets in the way of coordination, vision, clear thinking and judgment, and slows down reaction time.
- Anyone—even teens—can develop a serious alcohol problem.
- Beer and wine aren't safer than hard liquor. A regular can of beer, glass of wine, and shot of hard liquor all contain the same amount of alcohol. They have the same effects on the body and mind.
- It takes about two to three hours for a single drink to leave a person's system. Drinking coffee, taking a cold shower or walking it off won't speed up the sobering process.
- It's hard to judge how seriously alcohol has affected most people. So those who drive after drinking may think they can control a car but in reality can't.

## **GOOD REASONS NOT TO DRINK**

### **Because alcohol affects young people differently than adults.**

Drinking while the brain is still growing may lead to lifelong mental conditions. It may even increase the chances of developing a dependence on alcohol later in life.

### **Because you want your teen to stay away from alcohol.**

Clearly state what you expect of your teen when it comes to drinking. While she might not always show it, your values matter to your teen.

### **Because you want him or her to maintain self-respect.**

Appeal to your teen's self-respect. Let him know that he's way too smart and has too many creative talents to need the crutch of alcohol. Teens are likely to heed examples of how alcohol can lead to embarrassing situations that might harm their self-respect.

### **Because drinking is illegal.**

Alcohol use under the age of 21 is illegal. Getting caught may mean legal problems. The loss of freedom, loss of friends and loss of respect are at stake.

### **Because drinking can be harmful or deadly.**

Alcohol is the major contributor to teen deaths by way of car crashes. Drinking makes a young person more vulnerable to sexual assault and unprotected sex. Alcohol fouls up good judgment, so a drinker is much more likely to think risky activities won't be harmful.



**LiveScience: The Drug Talk: 7 New Tips for Today's Parents**

[livescience.com/36148-talk-kids-drugs-alcohol-tips.html](http://livescience.com/36148-talk-kids-drugs-alcohol-tips.html)

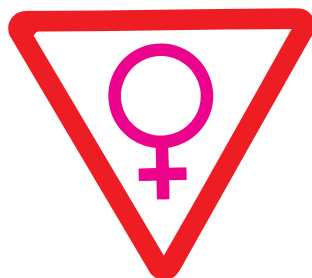
**tooSMARTtoSTART: Tips on talking to Teens and Tweens**

[toosmarttostart.samhsa.gov/families/talking/default.aspx](http://toosmarttostart.samhsa.gov/families/talking/default.aspx)

# FEMALE HEALTH

## FACTS UP FRONT

Although most girls get their first period between 11 and 14 years old, some start as early as 8 and as late as 17.



## A PERIOD OF CHANGE

It can be a difficult and confusing time in the life of a girl whose body is beginning to go through the changes of puberty. Menstruation is one of those challenges. It's important to let her know that this process is normal, expected and necessary for growing up and becoming a woman.

**Teens on Course™** is a great place for a girl to learn the basics of becoming a young woman. The book discusses menstruation, why women have monthly periods, tampons versus pads, toxic shock syndrome and PMS.

## THREE SIGNS THAT YOUR DAUGHTER'S FIRST PERIOD IS ON ITS WAY

Teach your daughter to watch for the clues that forecast her first period.

### 1. Breast development

Teach: "The first sign of a girl's first period is breast buds. At this time you might feel more comfortable wearing a training bra. Your breasts can then take up to four years to fully develop. In general, you'll start your period one to three years after your breasts begin developing."

### 2. Hair growth

Teach: "You'll start growing more body hair around the time your breasts bud. Pubic hair will grow below your lower stomach and between your legs. Underarm hair might grow in coarser and darker. Your period will usually start one or two years after your pubic hair develops."

### 3. Vaginal discharge

Teach: "This is a big sign that you can expect your first period. You'll begin to have vaginal discharge that will be either white or yellowish. Don't worry, this is completely normal. Your period will likely start between about six and 12 months after discharge."

## A DIALOGUE WITH YOUR DAUGHTER

**YOU:** You're at the age when your body is going to start changing.

**HER:** Like how?

**YOU:** Each month, a woman's ovaries produce a tiny egg that travels to the uterus. That's called ovulation.

**HER:** OK.

**YOU:** If that egg isn't fertilized, the walls of the uterus shed off. During that time there will be bleeding from the vagina while that wall sheds off.

**HER:** Uh...really?

**YOU:** This is called a period. It usually starts out with spots of blood, gets heavier and lighter throughout those days. It lasts for about three to seven days. Then the whole process repeats itself about every 28 days.

**HER:** It sounds kinda creepy.

**YOU:** It isn't. And every woman experiences it. It's all a part of how a woman's body prepares to have a baby.

**HER:** But I'm not ready to have a baby!

**YOU:** Me either.

## DEALING WITH PMS

Premenstrual Syndrome is a normal condition. Your teenage daughter may experience these symptoms before her period:

- **Mood swings**
- **Tender or swollen breasts**
- **Belly aches and cramping**
- **Bloating around the belly**

Help her during these times by making sure she stays away from sugar, caffeine, fats and salty foods, sleeps, exercises lightly and avoids stress.



**Center for Young Women's Health:**  
[youngwomenshealth.org](http://youngwomenshealth.org)

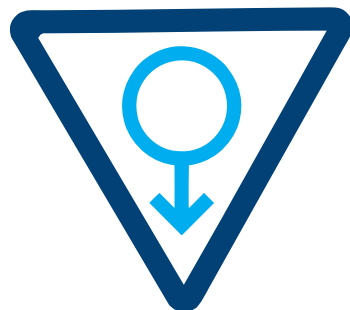
**[girlshealth.gov](http://girlshealth.gov)**

# MALE HEALTH

## FACTS UP FRONT

Most boys start puberty at about 12, but there's no strict timetable. It can happen anywhere between 9 and 14, depending on the person.

The process takes about six years in all.



## CHANGES REVISITED

The changes that happen on a young man's body during puberty are just as dramatic as those going on for young women. They're getting bigger and stronger, their voices are getting deeper and hair is growing all over them.

The best ways for them to handle these changes:

- **Get enough sleep**
- **Eat healthy food**
- **Exercise**

## HAIR WE GO AGAIN

During this time, your son is going to start sprouting hair: face, armpits, legs, crotch, back. Let him know it's a normal process that every boy experiences when he starts becoming a man. Also tell him that when hair starts growing on his body he'll sweat more. And with this sweat comes odor. Glands are working hard to make all these changes. Long story short: he's going to have to bathe more often. Make sure he's using deodorant or antiperspirant regularly, especially after a shower.





## SURPRISE!

During this time, your teenage boy may wake up to find his underwear and bed wet. This is a wet dream. This happens when semen is discharged from the penis during sleep. This surprise ejaculation is completely natural and nothing for him to be embarrassed about.

## TESTOSTERONE AND PUBERTY

Those hormones we mentioned a few chapters back are about to kick into high gear. For boys, it's testosterone. In boys, this amazing hormone is responsible for:

- **Growing the penis and testes larger**
- **Growing facial, pubic and body hair**
- **The voice getting deeper**
- **Building muscles and strong bones**
- **Getting taller**
- **Making sperm to be able to have babies**

## INFO OVERLOAD

All of this can be quite a lot for a young man already dealing with so much. But let him know there are answers for all his questions, and that the right answers come from you or his doctor. The word on the street is never very reliable.



### **WebMD: The Facts about Puberty (for Guys)**

[teens.webmd.com/boys/features/the-facts-about-puberty-for-guys](https://teens.webmd.com/boys/features/the-facts-about-puberty-for-guys)

### **Young Men's Health:**

[youngmenshealthsite.org](http://youngmenshealthsite.org)

# DATING

## FACTS UP FRONT

Since 2001, the number of 12th-grade students who report dating often has gone down steadily, reaching a new low of 17 percent in recent years, while those who report not dating at all has gone up to 38 percent.

### DANGER: CLIFF AHEAD

Once she was your little princess. It was all dance class and pajama parties and piano lessons and soccer games. Now it's boys and dating. The whole dynamic just shifted and left you standing on the edge of a cliff. Pretty scary stuff. It's hardly even called "dating" anymore. But ushering in the dating years doesn't have to be quite so harmful.

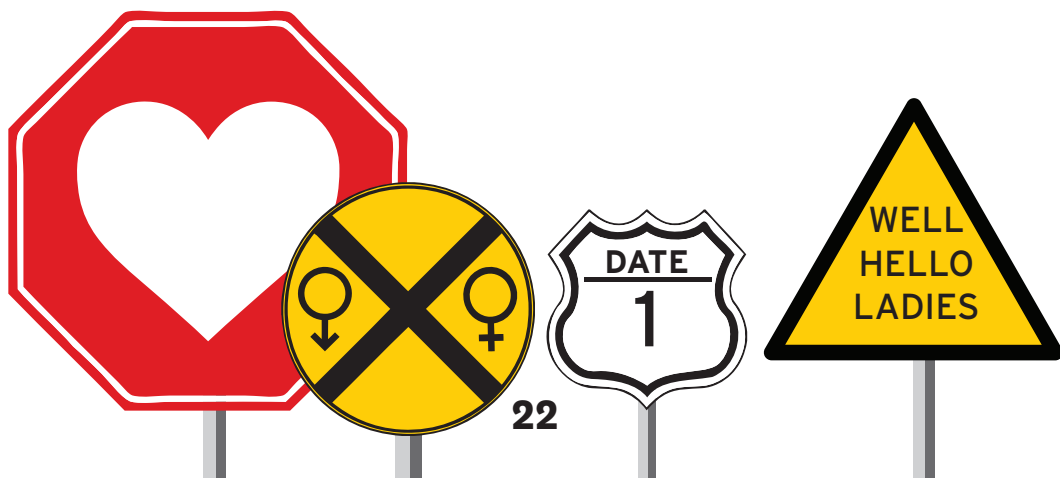
Your teen will want to test the waters of dating. Sadly, most teens go out into that world without the proper training. Talking to them, teaching them and giving your advice is the right approach.

**Set a good example.** Model your relationship with your partner for your teen. Show him or her how to behave with others. Abuse begets abuse and respect begets respect. So showing good and respectful actions speaks much louder than words. Show respect and love, as well as give and take.

**Tell them to listen to their inner voice.** Teach them to trust their judgment and listen to that inner voice that wisely alerts them to uncomfortable situations. They need to know how to ward off unwanted sexual advances.

"Son, having sex doesn't make you a man."

"Daughter, having sex doesn't make you popular."



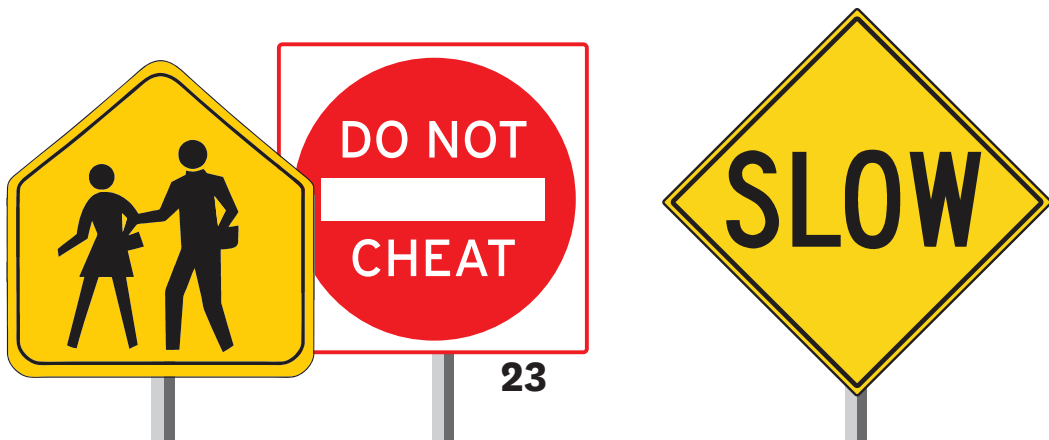
**Warn them to watch for the danger signs.** Let your teens know they can come to you if they feel at all threatened by their boyfriend or girlfriend. Abusive relationships may involve being put down, pushed around, slapped, kept apart from others or other forms of manipulation.

**Tell them that no means no.** Your dating daughter must be able to say no, firmly and clearly. Anything less than that may convey that she can be pressured into doing something she's not ready for. Your dating son needs to know that if he proceeds after being told no, it can be considered rape. See the Domestic Violence chapter ahead for more on this subject.

**Have the sex talk.** Start by letting them know they shouldn't be having sex yet. Make sure they have a clear picture of the consequences of sex. Discuss contraception and sexually transmitted diseases, covered in the next chapter. Stress that you want them to wait on sex, but if they don't, you want them to be protected. Encourage them to talk privately with their doctor. Let them know they can come to you with questions and concerns, and that you'll listen and help, instead of lecturing.



**mom.me: Teen Dating 101:**  
[mom.me/parenting/167-teen-dating-101](http://mom.me/parenting/167-teen-dating-101)



# BIRTH CONTROL AND STDs

## FACTS UP FRONT

The teen birth rate has declined steadily over the past 20 years. Still, the U.S. teen birth rate is higher than that of many other developed countries.

Young people between the ages of 15 and 24 account for 50 percent of all new sexually transmitted diseases, although they represent just 25 percent of the sexually experienced population.

## PROCEED WITH CAUTION

Birth control and sexually transmitted diseases are realities for young adults today. While these realities have been trending down over the last two decades, they remain issues of concern for young adults. Informed teens will be better armed to meet the demands of their oncoming adulthood.

## STRESS ABSTINENCE

The best form of birth control and preventing STDs is to not have sex at all.

**Abstinence:** refraining from sexual intercourse.

It prevents pregnancy 100 percent of the time and is the most effective form of birth control. There are no side effects or health risks.

But if your teens talked about sex with their partner and have decided they're ready, using condoms with another type of birth control is the safest thing to do.

## WARNING!

Make sure your teen knows the dangers of unprotected sex:

- Sexually transmitted diseases
- Unwanted pregnancy





# THE FACTS OF LIFE



Stress to your teen that **IF YOU HAVE SEX, YOU CAN BECOME PREGNANT OR GET SOMEONE PREGNANT.**

## TYPES OF BIRTH CONTROL

*Teens on Course™* discusses these types of contraception. Explain to your teen how each one works.

- **Condoms**
- **Birth control pills**
- **Intrauterine device (IUD)**
- **Other Hormonal Release Products (shot, patch, vaginal ring)**

## THE DOCTOR IS IN

Make sure your child knows that the doctor is there to help. He or she is a lifeline to good health and info. If your teen has had unprotected sex, urge him or her to get checked out. Daughters should get a pregnancy test at your doctor's office.

## HAVE YOUR TEEN SEE THE DOCTOR RIGHT AWAY IF HE/SHE EXPERIENCES:

- **Pain with urination (peeing)**
- **Change in urine**
- **Change in vaginal discharge (fluid), especially if it's green or yellow, appears frothy, or has a bad smell**
- **Discharge from the penis**
- **Belly pain**
- **Fevers and chills that last longer than a few hours**



### **Stay Teen.org: Abstinence**

[stayteen.org/sex-ed/abstinence](http://stayteen.org/sex-ed/abstinence)

### **Centers for Disease Control and Prevention: Reproductive Health: Teen Pregnancy:**

[cdc.gov/teenpregnancy](http://cdc.gov/teenpregnancy)

### **WebMD: Teens and STDs: Get the facts:**

[teens.webmd.com/features/teens-stds-get-facts](http://teens.webmd.com/features/teens-stds-get-facts)

# DOMESTIC VIOLENCE

## FACTS UP FRONT

One out of every 11 youths has reported being the victim of physical dating abuse. One in five girls in high school has experienced physical or sexual abuse. More than half of all high school students report dating abuse among fellow students.

## A HISTORY OF VIOLENCE

Relationships can be tough to manage, and different personality types can clash, creating unstable situations. Helping your teen understand these differences can prevent abuse.

Domestic abuse can involve:

- **Insults and name-calling**
- **Physical harm or threats**
- **Property destruction**
- **Sexual assault**
- **Stalking**



## WARNING SIGNS

Teach your teen to know the warning signs of an abusive relationship. He or she needs to watch out for these traits in a boyfriend/girlfriend:

- **Looks at her/him in ways that provoke fear**
- **Acts jealous or possessive**
- **Criticizes or insults**
- **Tries to make all the decisions**
- **Texts or IMs all of the time**
- **Blames her/him for his/her hurtful behavior**
- **Threatens to harm or even kill if left or dumped**
- **Tries to stop her/him from seeing friends and family**
- **Tries to force sex before she's/he's ready**
- **Hits, slaps, pushes or kicks**

# DO THIS!



Have your teen take the quizzes offered at **loveisrespect.org**. Personal assessments like *Is My Relationship Healthy?*, *Can Abusers Change?*, *Am I a Good Partner?* and *How Would You Help?* can give your teen a glimpse into his or her own situation.

**THE BAD NEWS:** Teen victims of dating abuse are subject to long-term consequences such as alcoholism, eating disorders, promiscuity, thoughts of suicide and violent behavior. Educating your teen and helping him/her get out of and stay out of abusive relationships can turn this forecast around.

## WAYS TO GET HELP

Make sure your teen knows there is help out there and how to get it.

- **911** for any emergency
- National Teen Dating Abuse Helpline: **1-866-331-9474** / Text **LOVEIS** to **22522** / [loveisrespect.org](http://loveisrespect.org)
- National Domestic Violence Hotline: **1-800-799-SAFE (7233)**
- National Sexual Assault Hotline: **800-656-HOPE (4673)**



### **Do Something: 11 Facts about Teen Dating Violence:**

[dosomething.org/us/facts/11-facts-about-teen-dating-violence](http://dosomething.org/us/facts/11-facts-about-teen-dating-violence)

**[breakthecycle.org](http://breakthecycle.org)**



# CHATTING AND TEXTING SAFETY

## FACTS UP FRONT

Eighty-eight percent of teens ages 13-17 say they have a cellphone, and 90 percent of them say they use them to text. The average teen sends and receives 30 texts per day, not including app notifications.

### THIS JUST IN...

Teens and tweens are growing more and more dependent on their devices and media. Obviously. Chances are your child is no different. Social media sites, music video players, apps, games, texting with friends and instant messaging all have teens fairly affixed to their smartphones, tablets and laptops. But with that media overload must come some rules. That's where you come in. Here are some tips to help you talk to your children about responsible device use.

**Learn about the technologies yourself.** Know what apps, sites and social platforms your teens are using. Create a profile and "friend" your child. This will help you monitor their activity.

**Talk about their daily technology use.** Hold your children accountable for their daily device use, what sites they visit, apps they use and amount of time spent on each.

**Keep the computer in a public part of your home.** The family room or kitchen works well so you can check on what your children are doing online and the amount of time spent.

**Talk with other parents about what social media their children are using.** Compare notes and ask your teens about those technologies to kick off a discussion. Stay informed and up-to-date.

**Stress heavily that everything sent out online or from a smartphone can be shared with the whole world.** Make sure they know to use their best judgment before sending messages, pictures or info they wouldn't want to be seen by the rest of the world.

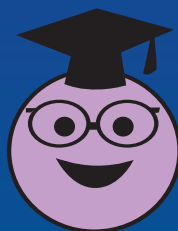
**Set time limits for online or device use.** Too much time devoted to social media and devices can quickly lead to a rash of other problems.



## WARNING SIGNS YOUR CHILD MAY BE SPENDING TOO MUCH TIME WITH THEIR DEVICE

- Skipping activities, meals and family functions
- Missing homework assignments
- Weight gain or loss
- Not getting enough sleep
- Drop in grades

Ask your doctor for advice if your child is showing any of these warning signs and their online or texting use is on the rise.



## SEXTING

Sexting means sending text messages featuring inappropriate language and images. A recent survey revealed that about 20 percent of teens have sent this type of message. Sexting can cause great emotional pain, as well as legal trouble. It surely won't be an easy talk to have with your children, but alerting them to the serious dangers of underage sexting can save you both a lot of grief, embarrassment and hardship later on.



## BC = BE COOL

Get to know the acronyms teens use when texting and chatting online. See this site for a helpful list: [safesurfingkids.com/chat\\_room\\_internet\\_acronyms.htm](http://safesurfingkids.com/chat_room_internet_acronyms.htm)



## National Children's Advocacy Center: Internet Safety Tips for Kids and Teens:

[nationalcac.org/prevention/internet-safety-kids.html](http://nationalcac.org/prevention/internet-safety-kids.html)

# MONEY AND FINANCES

## FACTS UP FRONT

When it comes to what teens spend most of their money on, it's a tie between food and clothing.

### NIGHT OF THE LIVING DEBT

The world of finance can be overwhelming and scary. Savings accounts, checking accounts, interest, credit cards, debit cards, mortgages, loans, credit reports, budgets. Imagine your teen trying to figure out all this stuff. *Teens on Course™* offers useful introductions to these topics to get your young adult's financial feet wet.

### ON ACCOUNT OF I HAVE MONEY

So your teen got a job and is starting to earn money. The first thing you'll want to do is help her set up checking and savings accounts at your bank. With a **checking account**, she can deposit money and write checks on that money to pay for stuff. A debit card can be used instead of writing checks. A **savings account** won't allow her to write checks or withdraw her cash as easily but it allows her to save for bigger items, and the bank pays interest on the money kept there.

### PICK A CARD

Getting a credit card and paying it off in a timely manner is a great way to start establishing good credit. Credit cards can be helpful in emergency situations, but it's easy to get into trouble, making it harder to get future loans. Since the banks charge heavy fees to use their cards, it's easy to end up paying a lot more for an item.

## THE INSURANCE GAME

Insurance comes in many forms. Figure out what your teen will need.

- **Car**
- **Health**
- **Renter's**
- **Homeowner's**
- **Life**



## TIPS FOR TEACHING ABOUT PERSONAL FINANCES:

- **Give your child an allowance or pay for chores and help him manage that money as if it was a regular paycheck.**
- **Help her get a part-time job.**
- **Teach budgeting and create a personalized weekly or monthly budget chart.**
- **Get him a low-limit credit card and monitor its use, making sure your teen pays off any balances timely.**
- **Share your monthly bills with your teens. The reality of bills, food and typical household responsibilities will help prepare them for living on their own one day.**



**eHow: How to Teach Someone How to Save Money:**

[ehow.com/how\\_2111373\\_teenagers-good-personal-finance-habits.html](http://ehow.com/how_2111373_teenagers-good-personal-finance-habits.html)

**MoneyAndStuff.info**

# DRIVING AND PUBLIC TRANSPORTATION

## FACTS UP FRONT

Sixteen year olds have higher crash rates than drivers of any other age.

### REALITIES OF THE ROAD

Here are some sobering stats to impress upon your new driver:

- **About nine teenagers die from car accidents EVERY DAY.**
- **Driving fatalities are the leading cause of death for teens.**
- **One in five of 16 year olds has an accident within the first year of driving.**
- **More than half of all teen drivers say they talk on the phone while driving.**
- **With each mile above the speed limit, crash risks increase dramatically.**

### HANDS AT TEN AND TWO

Driving doesn't come without a lot of training and practice. There's much to teach a teen in order to pilot a two ton vehicle down the street. Most teens learn to drive from their parents or a trusted relative. **The National Safety Council** has *Resources for Parents of Teen Drivers* on their website at **nsc.org**.

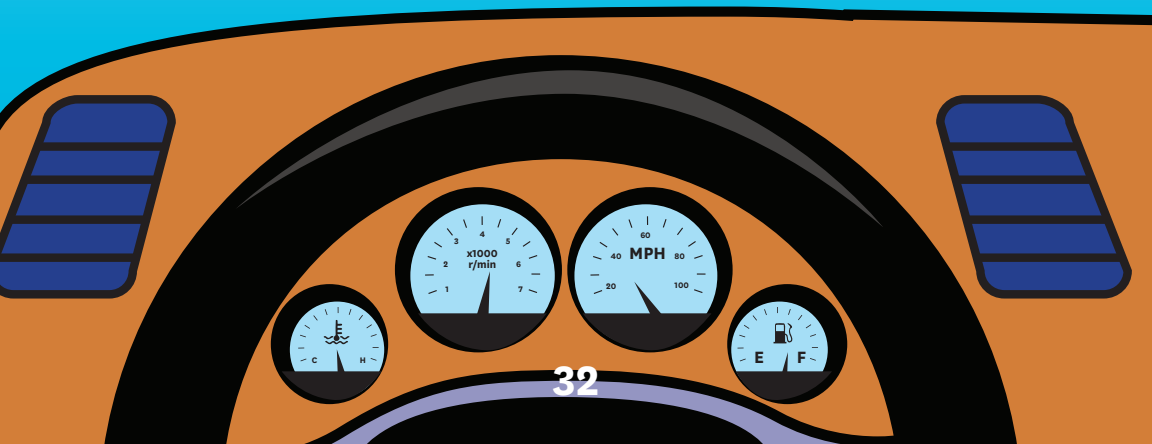
### SEAT BELTS = SAVED LIVES

Make sure your teen knows the importance of always wearing a seat belt in a car, whether driving or riding as a passenger. Seat belts save money, time and lives. They help you:

- **Get where you're going on time**
- **Save money by not getting traffic tickets**
- **Prevent disabling injuries**
- **Stay alive**

**Every 15 seconds, someone is injured in a traffic crash. Buckle up!**

**TRUTH BE TOLD:** Talking on a cellphone can double the chances of an accident, as well as slow a young driver's reaction time down to that of a 70 year old.



## IT ALL ADDS UP

*Teens on Course™* tries to alert its readers to the other considerations they may not have known. Driving costs money.

- **Car payments**
- **Auto insurance**
- **Gas**
- **Oil changes, maintenance and repairs**
- **License fees**

## LEAVE THE DRIVING TO THEM

Sometimes it's easier and cheaper to take **public transportation** instead of owning a car. Buses, trains and subways run in most cities. Educate your child as to how these work and where to find schedules. Taxis are more expensive but can get your teen places when he or she is in a pinch. New ride services like Uber and Lyft can be a cheaper and more convenient alternative to taxi cabs.

## SAFETY FIRST

Make sure your teen knows the safety precautions when riding public transportation:

- **Know your route**
- **Use well-lit stops where people are nearby**
- **Travel with a friend**
- **Stay aware of who is around you**
- **Know the schedule so your wait time is shorter**
- **Sit near the bus driver**
- **Have your money or pass ready when you board**
- **Don't sleep**
- **Don't share a taxi with a stranger**

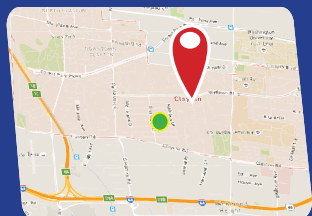


### TeenDriving.com: Tips for Parents:

[teendriving.com/driving-tips/tips-for-parents](http://teendriving.com/driving-tips/tips-for-parents)

### Safety.com: Public Transportation Safety for Kids:

[safety.com/articles/public-transportation-safety-kids](http://safety.com/articles/public-transportation-safety-kids)



**SRS**  
AIRBAG

# BUYING A CAR

## FACTS UP FRONT

The biggest roadblock to getting a car is a lack of credit history. Getting that first car loan can be hard without the help of an adult with good credit.

### CASH AND BURN

Cars, whether new, used, preowned or leased, can cost a lot of cash. Making the car payment and accounting for insurance, gasoline, repairs and maintenance calls for a smart budget. It's important for your teen to know that nothing about owning a car is cheap.

### Q&A

Ask your teen these questions before he or she starts the car shopping process:

- Q:** How are you going to pay for your car?
- Q:** Who will finance you?
- Q:** Have you gotten insurance quotes?
- Q:** Did you budget over \$100 a month in gas?
- Q:** How about regular maintenance like oil changes?
- Q:** Did you think about unexpected expenses?



### INSPECT AND TEST-DRIVE

Most new cars are expected to perform well. Confirm that the car really is in new condition with a casual inspection. Used cars should be given more careful consideration. It's not always possible to know what kind of life that car led with previous owners. Inspect these carefully. If you know someone who has car smarts, get his or her opinion on the used car you and your teen are considering.

Carefully look the car over inside and out, top to bottom. New or used, always check it out during the day when paint flaws, repair work or other troubles can be easily seen. You're making sure the car is in the condition the seller claims it is.



## CLOSE THE DEAL

Help your teen negotiate the best deal. You want the best deal when buying a car, but the dealer wants to make money, so help your child be prepared to battle with the dealership to land the best deal. Cash, loan or lease, figure out the best option for his or her financing plan.

Visit these online resources with your child before settling on a car:

Car safety ratings: **[nhtsa.gov](http://nhtsa.gov)**

Info on gas economy: **[fuelconomy.gov](http://fuelconomy.gov)**

Used car listings: **[usedcars.com](http://usedcars.com)**

Consumer Reports: **[consumerreports.org](http://consumerreports.org)**

Car Buying Tips: **[carbuyingtips.com](http://carbuyingtips.com)**



## MUST-HAVE SAFETY FEATURES

Whether it's new or used, insist on these safety features for your teen's car:

**Antilock brake system (ABS):** These prevent the wheels from stopping completely when hard braking. Even on slippery surfaces, they let the driver stay in control of steering.

**Electronic stability control (ESC):** This keeps a car from sliding sideways, such as when going through a turn too fast. ESC is a great feature to have in bad weather. All new passenger cars have ESC. Make sure it's on the used car your teen wants.

**Head-protecting side airbags:** Side and side-curtain airbags provide protection in a side impact, such as when T-boned by another car crossing an intersection.

**OUCH!** The highest car insurance rates are for single males under 25 years old.



**Kelley Blue Book:**

[kbb.com](http://kbb.com)

**NADA Guides:**

[nadaguides.com](http://nadaguides.com)

**Car Buying Tips:**

[carbuyingtips.com](http://carbuyingtips.com)



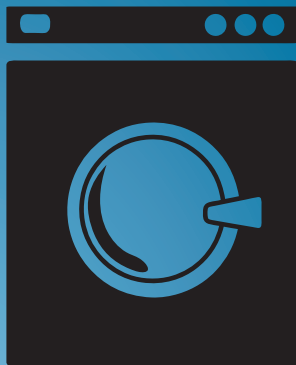
# WASHING CLOTHES

## FACTS UP FRONT

Unless you're washing towels, all laundry should be done in cold water. This helps clothes keep their color and shape.



WASHER



DRYER

## KEEP IT CLEAN

It's a dirty fact of life that nothing accumulates faster than dirty laundry. Getting your teens to take responsibility and keep their clothes clean can be a real chore. Here are the basics of washing and drying clothes to quiz them on:

### Ready, Set, Wash!

1. Sort clothes into darks/lights/types (check labels for special washing instructions).
2. Load the washing machine.
3. Add your laundry detergent.
4. Adjust your load size and temperature settings.
5. Wash.

### Now Dry...

1. Load the dryer (check for any special drying instructions).
2. Add a dryer sheet if you'd like.
3. Adjust temperature to the appropriate setting.
4. Clean the lint screen in the dryer before beginning a load to prevent a fire hazard.
5. Dry.
6. Fold and/or hang up your clothes as soon as possible after drying.

## ADVANCED TIPS TO KNOW

**Don't overdo it with the detergent.** Most people use too much laundry detergent. Check where the fill line is in the cap and back it off a bit. Your clothes will get clean and you won't have to buy detergent as often. Using too much can build up over time and clog the washing machine.

**Wash on cold.** Almost everything can be washed on the cold setting. It gets clothes clean and saves on energy costs when you don't have to heat up the water.

**Wash older clothes together.** Once new jeans and colorful shirts and dresses have been washed a few times, they can be mixed in loads of older clothes without the risk of the colors bleeding or running.

**Soak extra dirty clothes.** Clothes that are really dirty can be soaked overnight before washing. This will loosen up dirt and grime for better results in the washing machine.

**Turn clothes inside-out.** Turning clothes inside-out before washing helps keep the colors brighter and fresher longer. This works great for jeans.

**Don't dry stains.** Take a close look at stains before putting it in the dryer. Drying the stain is likely to set it in, making it harder or impossible to get out.

**Make ironing easier.** Before you put clothes in the dryer, be sure to tuck pockets back in, straighten any sleeves or pant legs. This will keep them from drying in the wrong spot. Then take the clothes out of the dryer and shake them out before hanging.



**WikiHow: How to Teach Your Children to Do Laundry:**

[wikihow.com/Teach-Your-Children-to-Do-Laundry](http://wikihow.com/Teach-Your-Children-to-Do-Laundry)

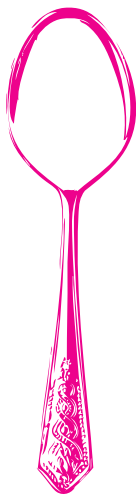
**Your Teen: How to Do Laundry:**

[yourteenmag.com/weekly-digest/how-to-do-laundry](http://yourteenmag.com/weekly-digest/how-to-do-laundry)

# COOKING AND CLEANING

## FACTS UP FRONT

The English word *dinner* comes from the French word for breakfast, *disnar*.



### KISS THE COOK

Teach your teen your favorite dishes and watch them develop favorites of their own. Make sure they understand some **basic kitchen safety tips** first.

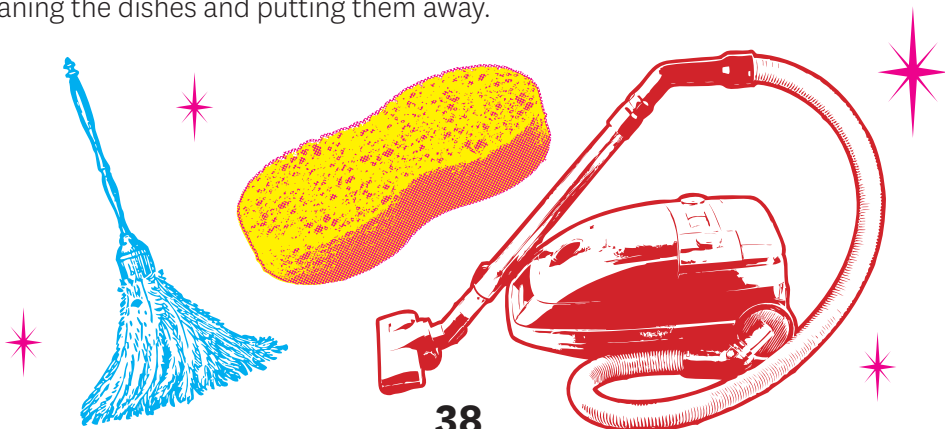
- **Always wash your hands before and after preparing food.**
- **Know where the fire extinguisher is.**
- **Don't sample uncooked foods made with eggs.**
- **Never leave a burner on while unattended.**
- **Use pot holders when handling hot pots and pans.**
- **Be extra careful with knives, blenders and utensils with sharp blades.**

### THE RIGHT RECIPE

Recipes can be found in cookbooks, magazines, on food packages, online and in the grocery store. Show your teen where to look and make sure he/she understands how to interpret the ingredients and follow instructions.

### A LEAN, MEAN CLEANING MACHINE

Keeping the kitchen and living quarters neat and clean can't be overstated. A big part of cleaning is putting things where they belong. Stress the importance of putting clothes away, getting garbage into trash cans, picking up towels and cleaning the dishes and putting them away.



## BUG UGLY

Most children get fairly freaked out at the sight of a bug. So stress the importance of keeping the kitchen clean and free of crumbs. Since bugs are attracted to crumbs, keep them away by not leaving them anything to eat. Make sure your children wipe surfaces with a sponge, hot water and some dish soap.



## THE RIGHT MOTIVATION

Help your teen stay organized and focused on the importance of cleaning. Have him make a cleaning chart as to when each task needs to be completed. A reward system, like an allowance, is often a good motivator.



### **WikiHow: How to Help Your Teenager Learn to Cook:**

[wikihow.com/Help-Your-Teenager-Learn-to-Cook](http://wikihow.com/Help-Your-Teenager-Learn-to-Cook)

### **Cooking with Kids: Ten Favorite Recipes for Teens:**

[cookingwithkids.com/part5/teen-recipes.html](http://cookingwithkids.com/part5/teen-recipes.html)



# RESOURCES FOR TEENS

## **National Suicide Prevention Lifeline**

1-800-273-TALK

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

## **Youth America Hotline**

Live crisis intervention

1-877-YOUTHLINE (1-877-968-8454)

[yourlifecounts.org](http://yourlifecounts.org)

## **Ask Dr. Cullins**

Planned Parenthood's page answering teens' questions about birth control  
[plannedparenthood.org/health-topics/ask-dr-cullins/cullins-bc-5398.htm](http://plannedparenthood.org/health-topics/ask-dr-cullins/cullins-bc-5398.htm)

## **National AIDS Hotline**

1-800-CDC-INFO (1-800-232-4636)

[cdc.gov/hiv//links.htm](http://cdc.gov/hiv//links.htm)

Al-Anon/Alateen

[al-anon.alateen.org](http://al-anon.alateen.org)

## **The National Alcohol and Substance Abuse Information Center**

1-800-784-6776

[addictioncareoptions.com](http://addictioncareoptions.com)

## **Depression and Bipolar Support Alliance**

1-800-826-3632

[dbsalliance.org](http://dbsalliance.org)

## **National Association of Anorexia Nervosa and Eating Disorders**

1-630-577-1330

[anad.org](http://anad.org)

## **National Runaway Safeline**

1-800-RUNAWAY (1-800-786-2929)

[1800runaway.org](http://1800runaway.org)

## **Childhelp USA National Child Abuse Hotline**

1-800-4-A-CHILD (1-800-422-4453)

[childhelp.org](http://childhelp.org)

## **loveisrespect, National Teen Dating Abuse Helpline**

1-866-331-9474

[loveisrespect.org](http://loveisrespect.org)

## **National Domestic Violence Hotline**

1-800-799-SAFE (1-800-799-7233)

[thehotline.org](http://thehotline.org)

## **Rape, Abuse and Incest National Network**

1-800-656-HOPE (1-800-656-4673)

[rainn.org](http://rainn.org)

## **GLBT National Help Center**

1-800-246-PRIDE (1-800-246-7743)

[glnh.org/talkline](http://glnh.org/talkline)

## **Planned Parenthood National Hotline**

1-800-230-PLAN (1-800-230-7526)

[plannedparenthood.org](http://plannedparenthood.org)

## **Mental Health America**

[mentalhealthamerica.net](http://mentalhealthamerica.net)

## **American Pregnancy Helpline**

1-866-942-6466

[thehelpline.org](http://thehelpline.org)

# RESOURCES

**Office of Adolescent Health: Talking with  
Teens**

[hhs.gov/ash/oah/resources-and-publications/  
info/parents/](https://hhs.gov/ash/oah/resources-and-publications/info/parents/)

**CDC: Parent and Guardian Resources**

[cdc.gov/teenpregnancy/parent-guardian-  
resources/index.htm](https://cdc.gov/teenpregnancy/parent-guardian-resources/index.htm)

**National Institute on Drug Abuse**

[teens.drugabuse.gov/parents](https://teens.drugabuse.gov/parents)

**Act for Youth**

[actforyouth.net/adolescence/toolkit/parents.  
cfm](https://actforyouth.net/adolescence/toolkit/parents.cfm)

**HelpGuide: Help for Parents of Troubled  
Teens**

[helpguide.org/articles/teen-issues/helping-  
troubled-teens.htm](https://helpguide.org/articles/teen-issues/helping-troubled-teens.htm)

**Love and Logic®: Parenting Tips**

[loveandlogic.com/articles-advice/parents](https://loveandlogic.com/articles-advice/parents)

**Partnership for Drug-Free Kids**

[drugfree.org](https://drugfree.org)

**Nutrition.gov: Nutrition Information**

[nutrition.gov/life-stages/adolescents/parents-  
caregivers-and-teachers](https://nutrition.gov/life-stages/adolescents/parents-caregivers-and-teachers)

**Planned Parenthood**

[plannedparenthood.org](https://plannedparenthood.org)

**Family Education: Teaching Your Teenager  
to Drive**

[life.familyeducation.com/teen-driving/  
teen/32797.html](https://life.familyeducation.com/teen-driving/teen/32797.html)

**Al-Anon/Alateen**

[al-anon.alateen.org](https://al-anon.alateen.org)



*We've got you covered.*

*Teens on Course™* has all the info you need.

Your teens have questions about real life issues, and *Teens on Course™* has some real answers.

Use this guide to help prepare your teens for life.

SELF-ESTEEM HORMONES

PERSONAL HYGIENE AND GROOMING BULLYING

HEALTHY EATING EXERCISE SMOKING

DRUGS AND ALCOHOL FEMALE HEALTH

MALE HEALTH DATING BIRTH CONTROL AND STDs

DOMESTIC VIOLENCE CHATTING AND TEXTING SAFETY

MONEY AND FINANCES

DRIVING AND PUBLIC TRANSPORTATION

BUYING A CAR WASHING CLOTHES

COOKING AND CLEANING

**CENTENE®**  
Corporation

ISBN: 978-0-9862116-8-3



MADE IN THE USA

Because Where's It @? Media cares about the environment, this book was printed on recycled paper.

**CREATED BY MICHELLE BAIN  
DESIGN BY DMITRI JACKSON**

