

USER-FRIENDLY ANTICIPATORY GUIDE ADOLESCENT

Adapted from: Teen (for Teens)/ Nemours Kidhealth

<https://kidshealth.org/en/teens/>

Body Image and Self Esteem

How Can I Accept the Way I Look?

- Realize that nobody's perfect. Everyone has "flaws,"
- Do not body-shame yourself. Be kind and respectful to yourself.
- Do not compare yourself with other people.
- Accept compliments. When someone gives you a compliment, say "thank you."

How Can I Like My Body?

- Find things to like about your looks.
- Focus on what your body can do. There is more to your body than your looks. Be amazed and thankful.
- Be aware of your body. Listen to it when it needs food or rest.

How Can I Take Care of My Body?

- Eat healthy foods.
- Get good sleep.
- Be active every day.
- Keep a healthy weight.



Sport and Exercise Safety

The equipment you wear while participating in sports and other activities is key to preventing injuries.

- Helmets reduce the risk of head injuries 75%–85%. Always wear a helmet made for the sport you are playing.
- Eye protection also is a must for many sports. Sports participation is the leading cause of eye injuries in teens,
- Mouthguards are recommended for all contact sports to reduce dental trauma.
- Elbow and wrist guards can prevent arm and wrist fractures, and knee guards can shield your knees from cuts and breaks.
- All kinds of sports, use pads. There are shin, knee, elbow, wrist, chest, shoulder, hip, and thigh pads.
- And last but not least, the right footwear can keep you from tripping and falling.

*Wearing the right equipment with the right fit greatly lowers your risk of getting hurt.

Warming Up and Stretching

- Do not rush into any sport or exercise without warming up first. Muscles that have not been properly prepared tend to be injured more easily.
- Start out with some light cardiovascular activities, such as jogging, jumping jacks, shuffling, high knees, or butt kicks.
- Follow your 10-minute warm-up with some dynamic stretches. These include toe walking, heel walking, forward lunges, side lunges, toy soldier, inchworm, and arm circles.
- Do static stretching after activity to avoid stretching the muscles too much for hard work. Slowly stretch a muscle to the point of mild discomfort and then hold the position for 30 seconds.
- Besides warm-ups and stretches, practice sessions are also excellent preparation for many sports or activities.



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Abusive Relationships

Am I in an Abusive Relationship?

Here are some warning signs. You might be in an abusive relationship if someone:

- harms you physically in any way. This includes hitting, pushing, shaking, or kicking.
- threatens to harm you if you leave the relationship
- threatens to harm themselves if you leave the relationship
- forces you, or tries to force you, into any type of sexual act that you don't want
- tries to control parts of your life, like how you dress, who you hang out with, and what you say
- often shames you or makes you feel unworthy
- twists the truth to make you feel you are to blame for their actions
- demands to know where you are at all times
- often acts jealous or angry when you want to spend time with your friends
- makes mean or rude comments on social media
- demands or asks for your sign-in information for your social media accounts

How Can I Get Out of an Abusive Relationship?

- Know that you have the right to be safe. You have the right to be treated with respect. Knowing this is the first step.
- Confide in someone you know. Tell a parent, trusted adult, health provider, or friend what you are going through so they can help.
- Get help and support from experts. Going through abuse can leave you feeling confused, scared, or exhausted.

If You Need Help Right Away

If you have been physically hurt, get medical care from the nearest clinic or hospital

Sexual Harassment

What Are Examples of Sexual Harassment?

Sexual harassment and bullying include things like:

- joking about someone's sexual orientation or making sexual jokes, comments, or gestures
- spreading sexual rumors (in person, by text, or social media)
- posting sexual comments, pictures, or videos
- taking or sending sexual pictures or videos
- asking someone for naked pictures of themselves ("nudes")
- asking for sex or offering to have sex
- touching or grabbing someone in a sexual way
- This can happen in person or online.

What Should I Do if I am Sexually Harassed?

- 1) If you or someone you know is going through this, tell a trusted adult like a parent, friend's parent, relative, coach, teacher, school counselor, or doctor.
- 2) When you speak up — and get the right adults involved. If talking with the first adult does not work, keep telling other adults until it does stop.

Here are some things that can help in most situations:

- Know the truth. Remind yourself that it's not your fault. You have a right to feel safe.
- Tell the person to stop. When it happens the first time, let the person know the behavior is not OK with you.
- Report it. If this happens at school or at your job, report it to an adult in charge. Most schools and workplaces have a sexual harassment policy or a bullying policy to protect you.
- Get support by talking with a therapist or counselor.



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Online Safety

Being Smart Online

1) First rule: Check your mood! Are you feeling upset or angry? Then it's not the time to be messaging or posting on a social media site.

2) Second rule: When you're on a website, try to remain as anonymous as possible. That means keeping all private information private.

Private information that you should never allow the public to see includes:

- your full name
- any type of photograph (even of your pet!)
- your current location (some phones have automatic GPS apps built in that may need to be turned off)
- home or school address or the address of any of your family or friends
- phone numbers
- Social Security number
- passwords
- names of family members
- credit card numbers

3) Think carefully before you create an email address or screen name. Use a combination of letters and numbers in both that do not identify whether you are male or female.

4) When messaging or using video apps, use a nickname that is different from your screen name.

5) Keep online friendships in the virtual world. Meeting online friends face to face carries more risks than other types of friendships.

6). If you ever get involved in any messaging or online chats that make you feel uncomfortable or in danger for any reason, exit and tell a parent or other adult right away so they can report it. You also can report it to the website

Other Things to Consider

If you do not recognize the sender of a document or file that needs to be downloaded, delete it without opening it to avoid getting a virus on your device. Virus protection software is a must for every computer and should be updated regularly.

When you are out and about with your devices, keep them secure. Do not let other people use your phone unless you are with them. Do not leave your phone where someone else might pick it up, and turn your laptop or tablet off when you are not using it. Do not make it easy for other people to get a look at your personal information.

Finally, remember that any pictures or text messages that you send could be leaked as soon as you hit send. Think about whether the words you have written or the pictures you are about to share are ones that you would want other people reading or seeing.

A good rule is that if you would not want your grandmother to see it or read it, you probably should not send it or post it.



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