

myHealth for Teens and Young Adults

February 2023 Newsletter



myHealth wishes everyone a happy, healthy Winter! Staying well means staying well-informed. Take a peek at what will be in the newsletter below.

What's New at myHealth

- Growing Up: Kids and Caregivers Connecting Workshops

What We're Celebrating

- Black History Month
- Eating Disorder Week
- Teen Dating Violence Awareness Month

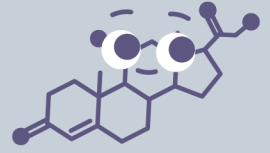
Healthy Youth

- myHealth stands with trans youth
- Youth Risk Behavior Survey



myHealth's Upcoming Events

ALL ABOUT PUBERTY JOIN OUR GROWING UP WORKSHOPS!



Puberty can be both an exciting and challenging time for growing young people – and their adults! Join myHealth for a workshop of fun, learning, activities as kids and their trusted adults find ways to connect during an important and transitional time in their life, as well as managing feelings about growing up! We will take some of the mystery out of social, mental, and physical changes, and talk about ways for young folks to be supported – all through games, art, activities, and more!

Caregivers & Daughters Connecting

Saturday March 11th, 2023

9am–12pm @ Minnetonka Community Education Center

This workshop is for primarily for girls and their caregivers! We welcome anyone ages 9–12 of any gender.

Caregivers & Sons Connecting

Saturday April 22nd, 2023

9am–12pm @ Minnetonka Community Education Center

This workshop is for primarily for boys and their caregivers! We welcome anyone ages 9–12 of any gender.

Caregivers & Kids Connecting

Saturday April 29nd, 2023

9am–12pm @ Minnetonka Community Education Center

This workshop is for young folks of all genders & their caregivers! We welcome anyone ages 9–12 including girls, boys, and kids who are nonbinary, gender nonconforming, or other genders.



Can't make it to the workshop?
Check out our workbook for at-home learning!

Email us about how to get a copy at info@myhealthmn.org



What's New at myHealth?

Eating Disorder Awareness Week February 27 - March 5th

Eating Disorders don't look one way, and can affect anyone of any gender, weight, race, or age. Eating disorder symptoms and concerns vary widely for different people and can be difficult to recognize in teens and young adults. Many folks with disordered eating behaviors often go months or years living with an eating disorder prior to receiving treatment. For those who face multiple layers of marginalization and face discrimination in the medical community, they may go unrecognized for even longer. myHealth counselors are here to help anyone who is or has a loved one affected by disordered eating. You don't have to go through it alone!

According to National Alliance for Eating Disorders, 28.8 Million Americans have an eating disorder at some point in their lives. Eating disorders are a complex and serious concern – one that often needs professional help. For young people looking for help with their eating disorders, myHealth counselors are here for you.

Other resources:

- National Alliance for Eating Disorders, text "ALLIANCE" to 741741
- The Emily Project (MN Organization)
- Academy for Eating Disorders

CDC's Youth Risk Behavior Survey

According to the CDC's most recent Youth Risk Behavior Study, many students are facing increased levels of mental health concerns, including eating disorders, signs of depression, thoughts of suicide, and more. Teens are reporting a decreased use of protection methods like condoms when sexually active, and STI testing is down for teens.

It is evident that Teens and Young Adults need supports, both from community organizations and adults in their lives.

The CDC recommends various tools in order to help achieve supportive environments for teens and young adults, such as school connectedness, parental monitoring, and parent-adolescent communication. (source linked below)

myHealth offers mental health counseling, medical care, sexual and reproductive care, school-based clinics, and school-based health mentorship, youth leadership programs and more. The best supports begin at home. Having trusted and caring adults in a person's life can add many protective factors for youth. Stay connected with myHealth to find parental support, and check out our parent resources linked below.

Teen Dating Violence Awareness Month

Unhealthy relationships don't look one way.

Media, movies, Tik Tok trends, Instagram gurus, and online life in general can make it difficult for anyone, especially young people, to navigate friendships and relationships. Creating healthy behaviors in relationships can be challenging when a person doesn't have the tools to know what goes into a healthy relationship. myHealth celebrates Teen Dating Violence Awareness month by encouraging young folks and adults to learn more about unhealthy and healthy relationships in all areas of their lives, including their friendships, romantic relationships, familial relationships, and beyond.

According to the 2019 Youth Risk Behavior Survey, 1 in 12 teens report experiencing physical violence in their dating relationships, and in the 2021 Youth Risk Behavior Survey 11% of teens reported experiencing Sexual Violence in the last year.

(2019 and 2021 survey resources linked below)

Perpetrators do not look one way, and it is important to note that anyone of any gender, race, sexual orientation, or age, can be a victim of Dating Violence.

Discussing the importance of Healthy Relationships, demonstrating healthy behaviors, and spreading awareness can be great ways to help young people of any age group learn more about healthy relationships.

What are some ways to show support during Teen Dating Violence Awareness Month?

- Spread the word on social media
- Wear **Orange** to show support
- Check out and donate to organizations spreading awareness about teen dating violence
 - loveisrespect.org
 - teendatingviolencemonth.org
 - RAINN.org
 - Coolnotcoolquiz.org
- Share messages with people around you about the importance of healthy relationships
- Create teachable moments with the young people in your life
 - See the next page for details about how to start the conversation



Healthy Relationships

What's a healthy relationship, anyway?

Healthy relationships can look many different ways. Sometimes media examples do not depict healthy relationships, so having age-appropriate conversations with the young people of any age about healthy relationships can help serve as a protective factor for them, whether or not they are in a dating relationship.

Using examples from real life or media can open the door to conversation. Or, if watching a show or movie, talk to young folks about how they think a character handled a situation, and if whether or not the behaviors shown were healthy.

Need more tips about how to start this conversation? Reach out to myHealth!

Who in your life sets a good example for healthy relationships? Why?

What types of flaws are you willing to accept in a friend or partner? (Ex: if they're messy, if they don't get along with your friends...)

What are the best qualities you would like to have in a friend or partner? What are the best qualities YOU bring to a friendship or relationship?

What types of flaws are dealbreakers / you are not willing to accept in a friend or partner?

Would you still be friends with/ in a relationship with someone who bullies other people?

What examples in media depict healthy relationships? What are examples of relationships in media that aren't healthy behaviors?

According to the 2019 Youth Risk Behavior survey, 1 in 12 teens report violence in their dating relationships. Is this number surprising to you? Why or why not?

In what ways does consent and communicating what you want and show up in your day-to-day life?

Is it okay to kiss someone while they are asleep like in Disney princess movies? Does this show consent?

Use media to help guide your conversations! When watching a movie like "The Notebook" ask if this behavior is a sign of a healthy relationship? If not, what could be done differently?





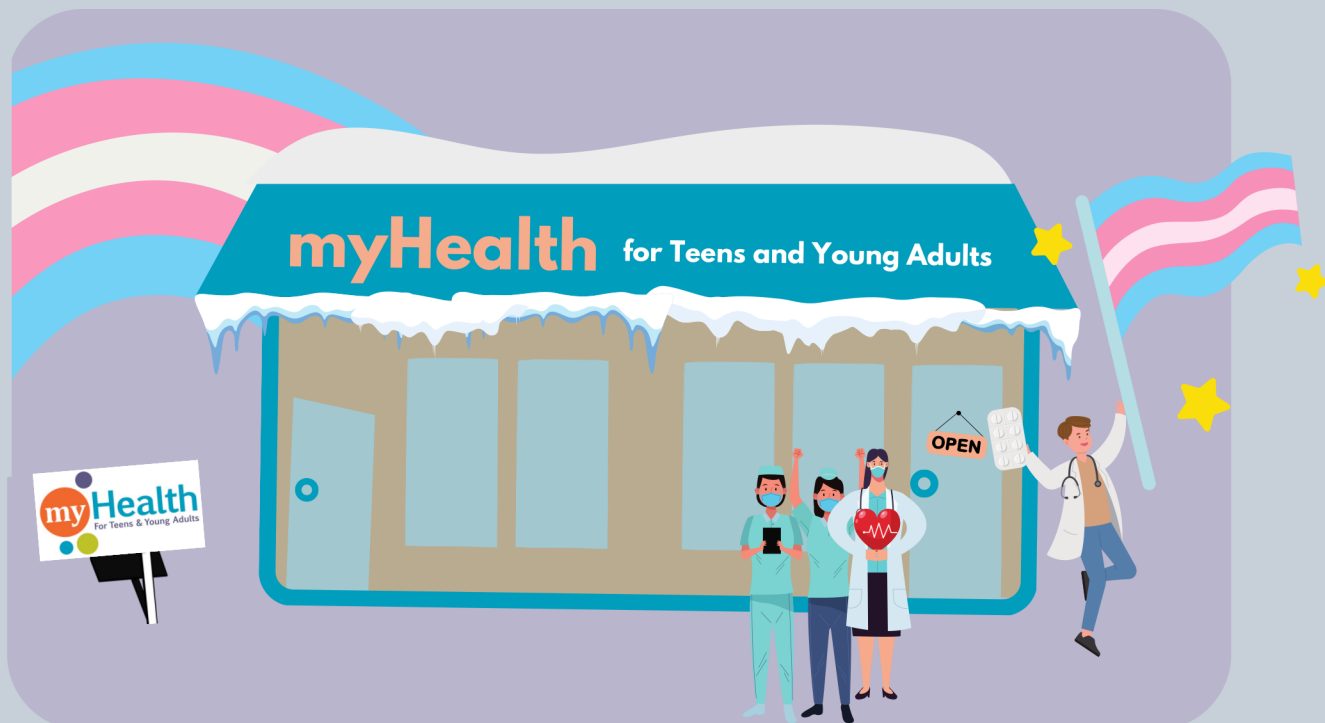
myHealth Stands with Trans Youth, Teens, and Young Adults.

For 50 years, we have made it our priority to serve teens and young adults of all gender identities and sexual orientations in our community, adhering to medical and educational best-practices, and providing confidential and low-cost healthcare. The political atmosphere of the United States creates a battleground in which human rights, the right to exist and take up space, and to receive life-saving healthcare are at stake. myHealth is firm in our belief to continue to stand with and support Trans youth.

Our clinic may be small, but we strive to make our services accessible to trans young adults in various gender-affirming ways, including...

- Services are always (and have always been) confidential
- Low-cost and no-cost healthcare increases accessibility of services
- Our services are inclusive of all genders, and our medical, mental health, and education teams are welcoming, honest, and include information for all genders, whether cisgender or transgender.
- Our Youth Advisory Board gives away free chest-binders using money that they fundraised
- Education that myHealth provides in schools always focuses best-practices, is culturally competent, promotes inclusivity, creating a culture of consent, and focuses on medical terminology rather than gendered hetero-normative and cis-normative language
- We provide Professional Development Education for Medical Staff and Teachers, including how to create gender-inclusive spaces in schools and healthcare settings
- Utilizing our network to help create referrals when client needs fall outside of our scope of services

Trans youth have been the target of fear-mongering articles, debates, legislative bills, and hate-crimes. myHealth supports and stands with Trans Youth, allies, and all people who are exploring what gender means to them. myHealth wishes to empower young people to make the best health decisions for themselves- because we believe everyone knows themselves best!



myHealth celebrates Black History Month!

Happy Black History Month from myHealth!

February marks an important month each year. It is a year to learn about, reflect on, and celebrate Black History.

But why stop there? Instead of making the shortest month of the year Black History Month, let's learn all year! **Black History Month can be every month!**

The sexual health field would not exist without Black educators. We recognize the crucial need for increased diversity and representation in the sexual health education field and beyond. It is vital that we it is important to pass the mic to the Black experts in our lives.

Learning doesn't just stop once you pass History class. Black History can be for anyone of any age. There are great resources and educational tools for kids, teens, and adults alike to learn about Black History, sexuality, health topics, and more! Taking our learning and understanding of intersectionality – from Black voices and experts, can help us to build a more intentional and diverse personal worldview and community.



Black History Month Health Topics Resources for All Ages

Learn about Black History, sexual health, and wellness with resources created by Black educators – it's never too early to start conversations with the young people in your life!

For Kids

Our Skin – A First Conversation About Race

Madison, Ralli, and Roxas

Yes! No! – A First Conversation About Consent

Madison, Ralli, and Roxas

Don't Touch My Hair!

Sharee Miller

For Teens

Amaze.org Video – Intersectionality

Amaze.org Video – HIV and Health Disparities

The Hate U Give

Angie Thomas, Amanda Stenberg

All Boys Aren't Blue

George M. Johnson

For Adults

Pleasure Activism

Adrienne Marie Brown

Unapologetic: A Black, Queer, and Feminist Mandate for Radical Movements

Charlene Carruthers

The Sista Circle – Podcast

Therapy for Black Girls – Podcast