



Non-Violent Conflict Resolution

Everybody will have a difference of opinion on occasion and that's perfectly normal. You and a friend may not see eye to eye on something but that doesn't mean you can't listen to each other and respect the other's viewpoint. Of course agreeing with others is always easier, but you can learn more by listening to your friend's perspective. Sometimes you may want to just avoid the conversation completely; other times you might want to lose your temper. But there are ways to help keep the conversation positive.

Keep these things in mind:

1. If you get mad, keep in mind that you are not upset with the person. Instead you are upset with the idea being discussed.
2. Always use respectful language. Never put someone else down for their different ideas.
3. Keep your cool. By yelling or using sarcasm, it will most likely only lead to defensiveness.
4. Listen. Try not to interrupt while your friend is talking and when it's your turn to talk, calmly discuss why you disagree.

Respect goes a long way. Following these tips will help others see you are considerate of their feelings and you'll have a better chance at being "heard" by your friend.

Additional Resources

TeensHealth: <http://kidshealth.org/en/teens/tips-disagree.html?WT.ac=ctg#catproblems>

Obsessive Compulsive Disorder

Teens have lots of thoughts. Some of those thoughts may be about getting sick, dying or other bad things happening. Some teens may have thoughts about hurting someone or other thoughts that are scary. These thoughts can cause feelings of worry, guilt or shame. Some teens think about these things so much they have a hard time doing everyday things. These unwanted ideas, intrusive thoughts or images may be obsessions.

Some teens may also have things they do over and over. Washing, cleaning, counting, touching, ordering and checking are some of those actions. These teens may feel they have to repeat these behaviors until they feel better. They become so important they make everyday life difficult. These behaviors are called compulsions.

People with obsessions and compulsions may have obsessive compulsive disorder (OCD). If you or someone you know may have OCD, encourage them to get help. Talk to your primary care provider (PCP). Talk to a mental health professional. Be well-informed. OCD is difficult and stressful for teens and their families. Getting help is the most important thing you can do.

Additional Resources

International OCD Foundation: www.iocdf.org/wp-content/uploads/2014/10/OCD-in-Children-and-Teenagers-Fact-Sheet.pdf

TeenMentalHealth.org: www.teenmentalhealth.org/learn/mental-disorders/obsessive-compulsive-disorder-ocd/

Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. These are typical teen pressures. Worrying about them is normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem. Mental health problems are real, painful, and sometimes severe. Mental health problems can be treated.



Where to Find Help

If you or someone you care about is in crisis, please seek help immediately:

- Talk to your parents or an adult you trust.
- Call 911.
- Visit a nearby emergency department or your health care provider's office.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Driving Safety



As you grow from your pre-teen years into a teenager, it's important to think about ways to keep yourself safe. Driving safety is one way to do just that. Here are a few of the driving safety tips you should think and know about:

- What a driver should and shouldn't do while they are driving
- What a passenger or pedestrian should or shouldn't do while someone else is driving. And how drivers can help keep passengers and pedestrians safe
- What can happen when a driver drinks or takes drugs and then drives

- What can happen when a driver uses a cellphone—especially texting—while driving
- How seat belts can save lives—of drivers and passengers

Other Safety Concerns

Getting to drive a car can be a big deal in a teenager's life. But, the dangers of driving are not the only thing teenagers will face as they grow up. Here are some of the other things you should think about.

Teens need to know that using drugs or alcohol—even just once—can end in death. Starting with something small or having just a little can lead to more and more and

more. Trying drugs and alcohol can lead to abusing them, or even becoming addicted to them.

Pressure from family, school, social groups, peers, and friends is sometimes too much for pre-teens and teens to handle. The need to be accepted can be strong. And the feelings you have when you're not accepted can weigh you down. It can lead to depression, self-harm or suicide.

If you have these feelings or concerns, talk with your primary care physician (PCP) or a mental health professional.

Get the Skills You Need to be Independent

It's a big step to live on your own. It's an exciting time. UnitedHealthcare OMW™ (UnitedHealthcare On My Way) is an interactive website that helps explain what you need to know to get ready to live independently.

OMW takes you on a fun journey. You'll learn how to plan out important areas of your life:

- Money: Learn about budgets and taxes.
- Housing: Compare housing options.

- Work: Create a resume and learn interview tips.
- Discover new information on health, education, transportation and more.

OMW also gives you rewards. You'll earn points for each activity and correctly answering bonus quizzes. You'll earn badges when you complete each step. And you can compete against other teens in Tennessee for bragging rights!

OMW is designed for you. It's totally free. Just sign up at www.uhcOMW.com.

The website is completely secure. You'll have an online vault where you can upload and store important documents. You'll like having the convenience of being able to safely access your documents at any time from anywhere.

OMW gives you a reliable, go-to resource you can use throughout your journey toward independent living. Check out the site at www.uhcOMW.com and get started on your way.

What About Oral Piercings?

During your teen years, body piercing is often used as a way of expressing yourself. All types of piercings can affect your overall health. Oral piercings most often involve the tongue (most common), lips and cheeks. Oral piercings can be especially dangerous. Regardless of how you feel about how great they look, some of the risks are:



- Chipped teeth
- Swelling
- Infection
- Allergic reactions
- Pain and discomfort
- Drooling
- Loss of taste
- Nerve damage

As you can see, there are many risks involved. Your safest bet is to say no to oral piercings. If you choose to get an oral piercing, please see your dentist at the first sign of pain or problems, in addition to your regular checkups. Be cautious about oral piercings and visit your dentist every six months for a checkup, so your teeth will stay healthy and your smile will be bright!

Additional Resources

Colgate: www.colgate.com/en/us/oc/oral-health/basics/threats-to-dental-health/article/oral-piercings

If you need help finding a dentist, call DentaQuest at **1-855-418-1622**.

Introduction to KidsHealth

Get healthy facts at your fingertips.

UnitedHealthcare and KidsHealth have teamed up to provide advice you need, when you want it. Get answers to your health questions at www.UHCommunityPlan.com/TNkids.

- **TNrents**—Find answers you can trust. Get doctor-approved advice without the medical mumbo jumbo.
- **Kids**—Find fun health quizzes, games, and videos. Learn how your body works, what's happening when you're sick, and how to get or stay healthy.
- **Teens**—Find straight talk and personal stories. Get answers and advice on questions about your body and mind.

Visit us at home, school, the library, or anywhere in between.

- Use any computer or smartphone with access to the internet.
- Search by topic, read or listen to articles, or watch videos.
- You can even download an easy link for your smartphone.

For healthy facts at your fingertips, visit www.UHCommunityPlan.com/TNkids today.



Is it a cold or the flu? Can the weather affect my child's asthma? Visit www.UHCommunityPlan.com/TNkids for answers to these and many other health-related questions.

Metabolic Syndrome

Oftentimes teens live in the moment. Tonight there is a dance. Tomorrow night is the big football game. You may not think about how the things you do today can affect your long-term health. Metabolic syndrome in teens is one of those conditions that can affect your future health if you have several risk factors. Metabolic syndrome consists of having 3 of the following risk factors that can lead to diabetes and heart disease.

- a. Excessive belly fat
- b. High blood pressure
- c. Abnormal levels of fat in your blood
- d. High blood sugar

While it seems like these risk factors are usually an adult condition, teens can have them, too.

But there are ways to help prevent metabolic syndrome and many times it's just a lifestyle

change that's needed. Your primary care provider (PCP) may recommend:

- a. Losing weight
- b. Becoming more physically active
- c. Eating healthier
- d. Increasing your fiber intake
- e. Not smoking

So remember, you have the power to positively change the course of your health! Make good choices. Staying physically fit and eating the right foods can help ensure a healthy future.



Additional Resources

KidsHealth: www.kidshealth.org/en/parents/metabolic-syndrome.html#

TennCare Kids Screening

All teens need an annual TennCare Kids checkup each year. If you just got your annual checkup, great job! If you haven't had your checkup up, it's never too late!

You might think "If it's not broke, don't fix it" but TennCare Kids exams monitor your general health. That means going to see your Primary Care Provider (PCP) even if you're not sick. These checkups are free but if you don't go, it can cost you your health.

Here are just some of the reasons to get your checkup each year.

1. You can find red flags that might indicate illness.
2. You can start treatment early if problems are found.
3. Your general health information will stay up-to-date.
4. You can ask questions and calm your fears if something concerns you.
5. You can prevent health issues by getting vaccines, lab tests and screenings.

6. You can address invisible problems that can be found only through lab tests.

7. You can set goals such as a diet or exercise plan.

While it might be tempting to only go to the PCP when you're sick, remember your age, health and family history, and lifestyle choices all impact your well-being. Call today for an appointment. If you don't have a PCP, we can help you find one.

Additional Resources

KidsHealth: www.kidshealth.org/en/teens/your-body/?WT.ac=t-nav#cattake-care

Intermountain Healthcare: www.intermountainhealthcare.org/blogs/2015/06/how-important-is-an-annual-physical-exam-to-your-health/

Your Center: <http://yourcenter.uvacancercenter.com/importance-doctors-ten-reasons-get-checkup/>

Checkup Check List

My next checkup is due _____.

Not sure when it is due?

Call your Primary Care Provider (PCP) and ask.

Not sure who your PCP is?

To find out, call your health plan at
1-800-690-1606.

Be prepared for your checkup.

Write down questions for your PCP.

One question I have for my PCP is:

OR

Something my PCP needs to know about me is:

Need a ride to your checkup?

Call 1-866-405-0238. This service is free to all members younger than 21. If you are younger than 18, you can have a parent or guardian ride with you. Your parent or guardian needs to schedule the ride.



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Are You Dealing with Abuse?

Abuse of children can take many forms. All forms of abuse are serious. It may be emotional, sexual, verbal or physical. **There is nothing that you can do or say to deserve being abused. The abuse is never your fault.** Everyone has the right to a safe and healthy relationship.

To report suspected child abuse, call **1-877-237-0004.** If you are in immediate danger, call **911.** You do not have to have proof that abuse has occurred. Each concern will be reviewed on a personal basis.



UnitedHealthcare Plan of the River Valley, Inc.