

# THE SCOOP

NEW

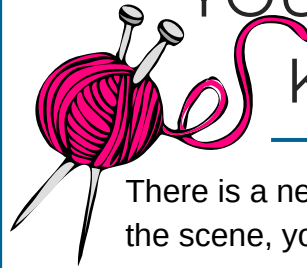
on Adolescent and Reproductive Health

● EDITION 5 ●

JANUARY 2024 ●

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## YOUTH TRENDS: KNITTING

There is a new generation of crafters on the scene, young people! Knitting and crocheting teaches people to celebrate imperfect first tries and practice patience, whether its struggling to learn a new stitch or untangle a knotted ball of yarn. This could be why many young people are trying this craft. The repetitive motions provide mental health benefits by allowing your mind to take a step back from whatever is causing you stress. You get to zone out while your mind just focuses on that repetitive motion. Even [Olympic Diver Tom Daley](#) attributes his success in winning the Gold Medal in the Synchronized Diving event at the Tokyo Olympics in 2021 to knitting. He celebrated by making a special pouch for his Gold Medal!

### 5 MENTAL HEALTH BENEFITS OF KNITTING



1. Reduces Stress and Anxiety.
2. Good for Your Memory and Ability to Focus.
3. Improves Social Skills and Boosts Self-Confidence.
4. Can Help Break Unhealthy Habits and Keep You Busy.
5. Is a Great Way to Give Back!

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

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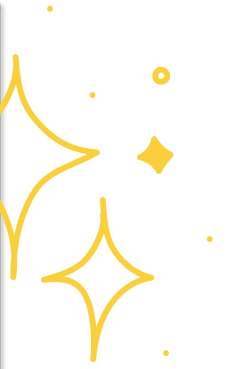
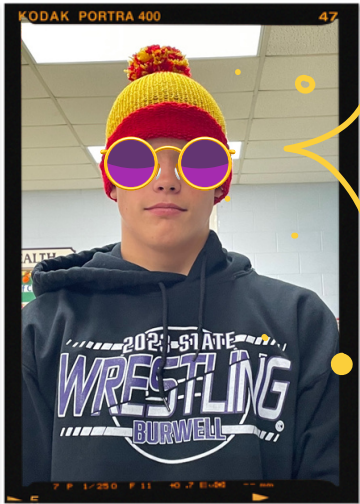
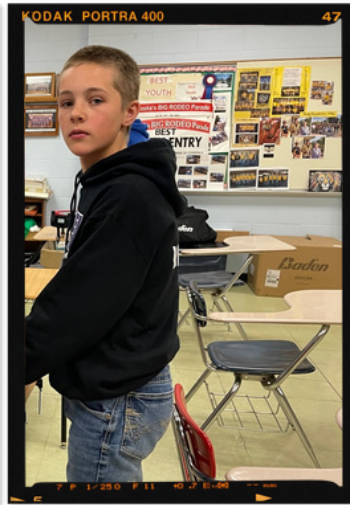
## Positive Youth Channel

The 7th Grade GLW Teen Outreach Program® (TOP®) Club in Burwell has knitted 58 hats and counting for people experiencing homelessness. With the use of knitting machines, they have transformed the hat making process!

Some students knitted the hats in teams, others made pom pom toppers, and some knitted scarves! One student struck a pose, modeling one of the finished hats. So stylish!



Pom Pom making!



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## Positive Youth Channel



### World Kindness Day

To celebrate World Kindness Day, the TOP® club at Scottsbluff Middle School facilitated by Community Action Project of Western Nebraska, decorated rocks with positive messages.



It's Cool to be Kind



Then they placed them around town to help spread kindness in their community.



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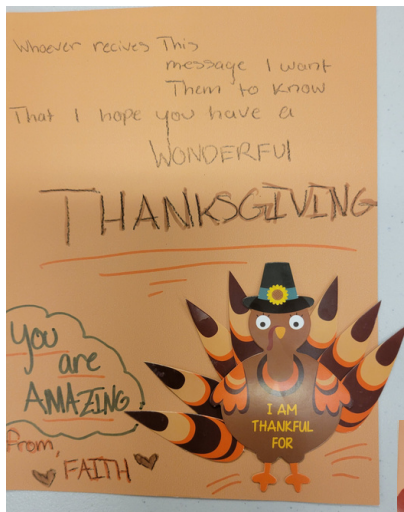
## Positive Youth Channel



The GLW TOP® Club in Burwell created fall inspired scarecrow hat decorations. These jovial creations were then hung in the lunchroom at the nursing home in Burwell.



Continuing to spread good cheer to elders, the North Omaha Area Health TOP® club at Girls, Inc., in Omaha crafted Thanksgiving cards for nursing home residents that may not have family visit them for the holiday.



**GIVE THANKS**

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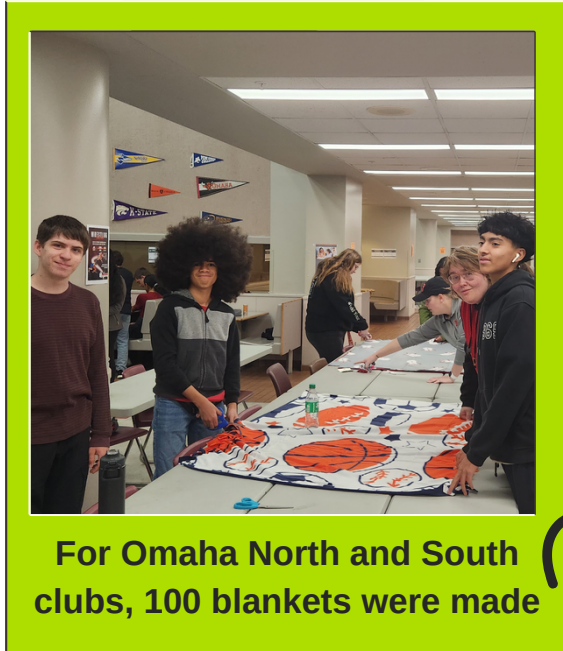
## Positive Youth Channel

COZY  
Vibes

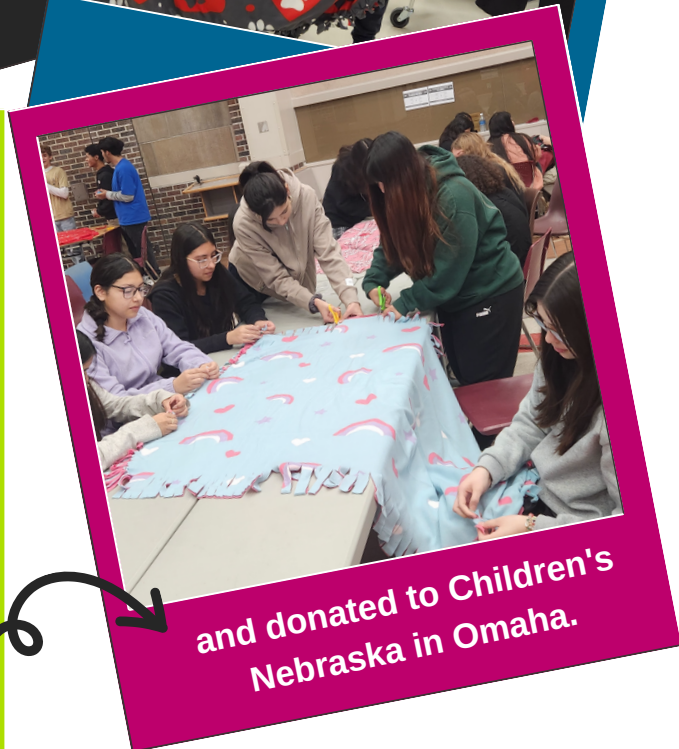
The UNL Nebraska College Preparatory Academy TOP® clubs held multiple tie blanket events. The top two photos are from the Grand Island Senior High clubs. The bottom two pictures are from the combined event with both Omaha North and South High School clubs.



Grand Island made 34 blankets!!!



For Omaha North and South clubs, 100 blankets were made



and donated to Children's Nebraska in Omaha.

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## Positive Youth Channel

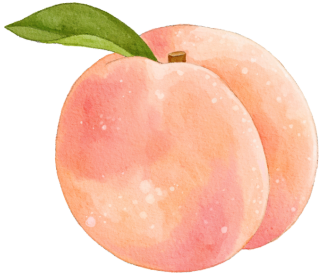
The Burwell GLW TOP® Club youth were busy spreading good cheer. They knitted jolly scarves to donate, created festive tree ornament wall hangings to brighten up the nursing home in Burwell, and hung wreaths around the square with care!



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## 2024: A Year of Connection



[Pantone Color Institute](#) has announced the color for 2024 as Peach Fuzz! The velvety gentle peach "...hue that echoes our innate yearning for closeness and connection... A shade that resonates with compassion, offers a tactile embrace, and effortlessly bridges the youthful with the timeless."

The new year is the perfect time to forge new beginnings and connections. One such way is to have effective and affirming (peachy keen) conversations with the young person/s in your life. Adults are key providers of information to young people. Engaging in conversations with the young person/s in your life provides the opportunity to share accurate information, discuss values, and learn skills. This may surprise you, but young people want to have important conversations about health topics with the adults in their lives!

Before starting a meaningful conversation with your young person/s you should take some time to reflect on your own experiences growing up and what information or conversations you wish you had. You may feel more comfortable with some topics than others. For the topics you find more difficult to discuss, practice what you are going to say and possible responses in the mirror, with a friend, or a pet (seriously, they won't judge you!).

**For More Talking Tips:** [7 Expert Tips for Talking with Teens](#)



[Sexual Health Facilitators' Guide to Responding to Youth's Questions About Sex](#)



Last edition's answer:

What is the 1st country where cesarean procedures were consistently survived by both mother and baby documented?



What is the smallest cell in the human body?

- A) Red Blood Cell
- B) Neuron Cell
- C) Muscle Cell
- D) Sperm Cell

*\*Answer in next edition*

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## Caffeine Digest

Most people reach for caffeine first thing in the morning. That is because caffeine is a mild stimulant that energizes and boosts alertness. Caffeine can be found naturally in the plants we use to make coffee, tea, and chocolate. It can also be added to products such as energy drinks and pain relieving medication you might take for a headache.

On average adults in the U.S. consume 135 mg of caffeine daily. The maximum amount recommended for an adult is 400 mg in a day. It is recommended for adolescents 12 and older to limit their intake of caffeine to no more than 100 mg daily.

People have different tolerances and responses to caffeine and can be harmful in large amounts. Recently, excessive use of energy drinks, a favorite among adolescents, has been linked to deaths in the United States and Canada.

### Symptoms of Caffeine Overdose

- Breathing trouble
- Changes in alertness
- Agitation, confusion, hallucinations
- Convulsions (seizures)
- Diarrhea
- Dizziness
- Fever
- Increased thirst
- Increased urination
- Irregular heartbeat
- Muscle twitching
- Nausea, vomiting
- Rapid heartbeat
- Sleeping trouble

### Poison Control Center - Emergency Number

1-800-222-1222

Toll free in the U.S. and operational 24 hours a day

LEARN  
MORE



[Caffeine  
Overdose](#)



[Caffeine  
Chart](#)



1 oz of  
Dark  
Chocolate is  
24 mg



12 oz of  
Soda  
40 mg



Green tea  
28 mg  
Black tea  
47 mg



2 oz of  
Matcha  
powder  
80 mg



8 oz of  
Brewed  
Coffee  
95 mg



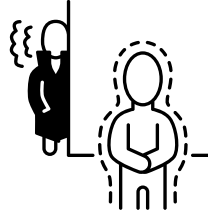
8 oz  
Energy Drink  
85 mg  
and 2oz  
Energy Shot  
200 mg

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JANUARY 2024

## National Stalking Awareness Month



January is National Stalking Awareness Month! Of the millions of people stalked every year in the United States, over half report being stalked before the age of 25. Over 15% of people report it first happened before the age of 18. Despite the reality that young people experience stalking, this crime is often not understood, minimized, and/or ignored. Stalking is a pattern of behavior directed at a specific person that causes fear. Many stalking victims experience being followed, approached, and/or threatened including through technology. Stalking is a terrifying and psychologically harmful crime in its own right as well as a predictor of potentially lethal violence. Stalking raises the risk of



intimate partner homicide by three times. We all have a role to play in identifying stalking and supporting victims and survivors.



January 18th is the Day of Action for Stalking Awareness. Wear something sparkly to start discussion about this issue.

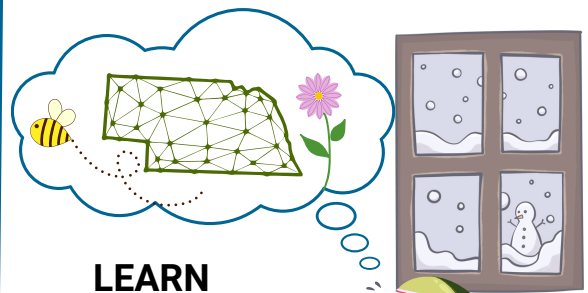


LEARN MORE >> [www.stalkingawareness.org](http://www.stalkingawareness.org)

## MINDFUL MOMENT



Its winter in Nebraska, which means we have to move our fitness and wellness activities indoors. Walk 2 Unlock Nebraska is a free customizable wellness program that can be used in many settings: in classrooms and clubs, at home, work, or in the gym. This program combines exercise (walking) and learning through a fun, virtual platform that rewards physical activity with historical, geographical, and agriculture information about our state. There are checkpoints along the route and even includes virtual fieldtrips!



LEARN MORE



[Walk 2 Unlock Nebraska](#)



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FEBRUARY 2024

## Teen Dating Violence Awareness Month



February is Teen Dating Violence Awareness Month. Teen Dating Violence is a pattern of controlling and abusive behaviors that someone uses against their partner. A type of Teen Dating Violence is sextortion. Sextortion can take different forms, but at its core, it is the threat to expose sexual images to make a person do something. These threats can come from strangers met online, someone the victim knows, or once intimate romantic partners attempting to harass, embarrass, and control victims. Sextortion is a type of blackmail used by offenders to acquire additional sexual content from the individual that can be posted online, coerce them into engaging in sexual activity, or to obtain money from the individual.

**According to the FBI, more than 3,000 cases of sextortion against minors were reported in 2022.**

These online predators are savvy blackmailers, here are some red flags:

- Use tactics to appear very friendly to you through words, GIFs, or compliments.
- Have multiple online profiles or accounts they use to contact you.
- Start out by asking for something small or harmless, like a regular photo of yourself.
- Offer you gaming credit or virtual money in exchange for a photo.

LEARN  
MORE >>

[Sextortion: What Parents  
Should Know](#)

### Want to be Tech-Smart?

Check out the linked information tip sheets. Topics covered: *How to Recognize and Avoid Scams*, *Dangers of Sexting*, and *Online Safety Tips*.

[BEING TECH-SMART](#)



Stay tuned for an upcoming training on Teen Dating Violence!

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MARCH 2024

## ENDOMETRIOSIS AWARENESS MONTH

Endometriosis, sometimes called endo, occurs when the endometrium, the tissue that lines the uterus, grows outside of the uterine cavity in other areas of the body it doesn't belong in such as the ovaries, fallopian tubes, etc. Endometriosis growths are not cancerous though they may swell and bleed in the same way the lining inside of the uterus does every month.



**Endometriosis  
Affects around  
1 in 10  
American women between  
the ages of 15 and 44.**



Pain is the most common symptom as listed below:

- Pain in lower abdomen before and during periods (usually worse than normal menstrual cramps)
- Pain during or after sexual activity
- Painful urination/bowel movements during periods
- Other gastrointestinal upsets such as diarrhea, constipation, and nausea
- Fatigue
- Infertility
- Heavy bleeding
- Allergies
- Chemical sensitivities
- Frequent yeast infections

**LEARN  
MORE**



[Endometriosis  
Awareness Month](#)



[FDA grants approval](#) for the first-ever at-home test for chlamydia and gonorrhea. LetsGetChecked's Simple 2 Test will be available over the counter and is intended for use by people aged 18 and older.

[Rizz: Oxford Word of the Year 2023.](#) The youth slang term rizz, short for charisma. Pertaining to someone's ability to attract another person through style, charm, or attractiveness.

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## ADDITIONAL RESOURCES

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[Caffeine](#) - Harvard School of Public Health

[How Much Caffeine is Too Much for Young Adolescents?](#) - National Library of Medicine

[Endometriosis](#) - Office of Women's Health

[Sextortion](#) - MissingKids

[Sextortion It's More Common Than You Think](#) - Department of Homeland Security

[What do teens need to know about "sextortion" & online predators?](#) - Healthy Child

[What Is Sextortion?](#) - WebMD

[Young people are starting to knit and crochet for mental health](#) - CBC Radio

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