

THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 10

APRIL 2025

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TAX BASICS FOR YOUNG PEOPLE



The 2025 “Tax Day” is Tuesday April 15th.

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Whether a young person had a summer job, is working part-time, or even babysitting every once in a while - it's important to know how to file your taxes or if they need to file them at all! A young person will need to make sure that they are not claimed as a dependent. They may still file a separate tax return but if they are being claimed as a dependent by others, they cannot claim themselves. Filing taxes for the first time doesn't need to be a stressful experience, check out this [tax preparation checklist](#) to guide first time tax filers!



Free Tax help resources:

[The Internal Revenue Service \(IRS\)](#)

[The United Way](#)

Your Local Public Library

Discover ARH websites

[Adolescent Health](#)
[Reproductive Health](#)

NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES

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Multiple Intelligences

Intrapersonal Intelligence

is a profound understanding of one's inner world, encompassing a keen awareness of personal emotions, aspirations, and concerns. This form of intelligence enables individuals to introspect effectively, allowing them to plan and act in alignment with their unique characteristics and values. This introspective capacity serves as a compass, guiding one through life's challenges and opportunities with greater clarity and purpose. Possible careers for young people with this strength are therapist, psychologist, entrepreneur, life coach, clergy, and meditation/yoga instructor.



How to incorporate Intrapersonal Intelligence in working with youth:

- Have youth connect lesson to own personal experiences
- Journaling, goal setting, and scrapbooking
- Track moods and emotions
- Have students reflect why they do things and what matters to them
- Maintain health logs, such as sleep, nutrition, stress, and/or physical activity
- Lead youth through a body scan meditation



Linguistic Intelligence

is characterized by an individual's exceptional ability to express themselves with language by finding the perfect words to convey one's intended message whether its written or spoken. Those with this intelligence understand the subtle meanings of words, appreciate the importance of word order, and recognize the musical qualities inherent in language, such as sound patterns, inflections, and meter. Possible careers for young people with this strength are broadcaster, speaker/host, author, lawyer, journalist, curator, storyteller, politician, comedian, and writer.

How to incorporate Linguistic Intelligence in working with youth:

- Write letters, stories, poems, or scripts
- Memorize lessons verbally
- Debate a topic
- Incorporate word games
- Tell a story about a lesson
- Have youth create a descriptive video

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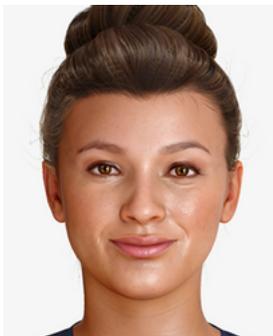
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A [new research study](#) suggests that Bacterial vaginosis (BV) should be reclassified as a STD. BV infections affect nearly 1 in 3 women globally and is currently viewed as a women's

health issue, thus leaving their partners untreated. For about half of women with BV, the infection returns after they complete their antibiotic treatment. This study treated both the women with BV and their partners. This treatment strategy proved effective when BV reoccurrence rates were reduced by 60%.

Lincoln-Lancaster County Health Department has [expanded their hours at its Sexual Health Clinic](#) starting in March. They've added clinic hours on Wednesdays and expanded their hours on Thursday.

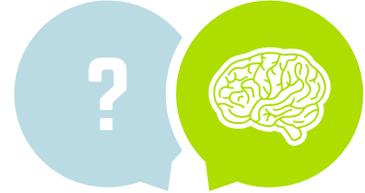


[Meet SARAH a Smart AI Resource Assistant for Health.](#) 

SARAH is a digital health promoter from the World Health Organization. She can provide tips to destress, eat right, quit tobacco and e-cigarettes, as well as give information on

several other health topics in eight languages!

Want to learn more about how to recognize misinformation? Signup for [Rumor Guard](#) alerts from the News Literacy Project. Each fact-checked viral "rumor" contains concrete tips to help you build your news literacy foundation and confidently evaluate claims you see online.



Last edition's answer:

What is NOT a leading cause of death among adolescents in the US age 15-19?

Cancer is **NOT** a leading cause of death. The top three causes are:

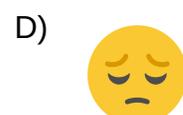


Accidents (unintentional injuries)

Homicide

Suicide

Can you guess which emoji shows you're "officially old", according to adolescents ?



**Answer in next edition*

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Alcohol Awareness Month

Alcohol is the most commonly used substance among high school students in the U.S. often leading to risky behaviors such as impaired judgment. It ranks as the third leading cause of preventable death, with about 4,000 youth under the age of 21 dying from excessive drinking primarily due to accidental injury, suicide, and homicide.



Binge drinking, defined as consuming excessive alcohol in a short period (4 - 5 drinks in a row), is associated with numerous serious health complications. Some of the health risks associated with alcohol are heart disease, inflammation of the pancreas, and exposure to sexually transmitted infections. When individuals drink excessively, they also increase the likelihood of getting seriously injured. Car accidents, falls, and burns are common.

According to the 2023 Youth Risk Behavior Surveillance Survey, [10.8% of Nebraska high school students](#) report current alcohol use which is defined as consuming least one drink in

About 1 in 10
Nebraska High Schoolers
Currently Drink Alcohol



the last 30 days. Additionally, [8.8% of high schoolers](#) reported engaging in a binge drinking event. These figures are significantly lower than in previous years, with current alcohol use showing a sharp decline in 2023. The [Healthy People 2030 goal](#) is to reduce the proportion of adolescents who drank in the last month to 6.3%. While Nebraska's current rate is higher than this target, the downward trend in alcohol consumption among high school students is encouraging.

[Some reasons why youth and young adults binge drink:](#)

- **Peer Pressure:** Youth and young adults are searching for a sense of belonging and may drink to fit in.
- **Stress:** Some young people may not learn how to cope with stress and turn to alcohol.
- **Marketing:** Youth exposed to alcohol ads are more likely to engage in binge drinking.

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MAY 2025

Skin Cancer Awareness and Prevention Month

Skin cancer is the most common cancer in the U.S. with over 5 million new cases each year. Many cases of skin cancer could be prevented if people practiced sun protection and stopped using tanning beds. When found early, skin cancer is treatable!

Sun protection is important every day of the year because you can get sunburned on a cloudy day or during the winter. Sunburns during childhood or adolescence can increase the odds of developing melanoma, an aggressive type of skin cancer, later in life. Experiencing five or more blistering sunburns between ages 15 and 20 increases one's melanoma risk by 80% and nonmelanoma skin cancer risk by 68%.

Melanoma is the second most common form of cancer among 15 - 29 year olds.

The 2024 American Academy of Dermatology (AAD) survey revealed that Gen Z adults (ages 18 - 28) were less likely than adults in other generations to know key facts that can help them protect their skin from the sun. Check out the below resources from the Skin Cancer Foundation for educating youth on sun safety!

[Sun Smart U Rays Awareness: Preventing Skin Cancer Lesson](#)



[Skin Type Quiz: Are You at Risk for Skin Cancer?](#)



Women who have ever tanned indoors are *six times* more likely to be diagnosed with melanoma in their 20s than those who have never tanned indoors.



*JAMA Dermatology

Ways to protect your skin:

Cover up by wearing a hat and sunglasses



Use a broad-spectrum (UVA/UVB) sunscreen at least SPF 30



Seek the Shade, especially from 10am to 4pm



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JUNE 2025

National Internet Safety Month

June marks National Internet Safety Month, a crucial time to focus on protecting young people from the ever-evolving risks of the digital world. As technology advances and social media becomes increasingly integral to daily life, it's essential to educate youth on how to navigate these platforms safely.

[The Social Institute's](#) 2025 Student Insights report, highlights several challenges faced by students in grades 3 - 12. These include excessive time spent on social media, comparing themselves to others, managing the balance between social media and other activities like schoolwork, and distinguishing between real and fake content.

In today's connected world, it's essential for young people to think critically about what they encounter online. To support this work, the Family Online Safety Institute has created these [Media Literacy Flashcards](#), designed to teach key principles of safety and digital literacy.

START THE CONVERSATION WITH...

How can you tell when something online is suspicious?

Some additional safety tips to ensure young people's safety with technology:

Parents should regularly review and engage with new apps and device features to understand their capabilities. Setting up parental controls with secure passwords is crucial to limit access to unwanted content and connections. Teach youth responsible use of photo, video, and audio recording features. Regular software updates are important for maintaining security. Avoid public Wi-Fi networks and restrict personal data sharing by apps. Pre-program devices to limit communications to trusted contacts. For GPS devices, configure alerts and safe zones to monitor your adolescent's movements. When in doubt, opt out of sharing personal information or use substitute details if necessary.



Young People's favorite social media platforms are:



YouTube,



TikTok,

Action Games,



Snapchat,

Instagram,



and Roblox.



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ADDITIONAL RESOURCES

America's Health Rankings: [Alcohol Use - Youth in Nebraska](#)

CDC National Center for Health Statistics: [Adolescent Health](#)

Child Development Institute: [Multiple Intelligences](#)

[Multiple Intelligences Oasis](#)

Simply Psychology: [Howard Gardner's Theory of Multiple Intelligences](#)

Tax Act: [Tax Basics for Teens: Filing Your First Tax Return](#)

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