

# THE SCOOP

NEW

on Adolescent and Reproductive Health

● EDITION 9 ●

JANUARY 2025 ●

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## Multiple Intelligences

Traditional measures of intelligence, such as the IQ test, only look at single scholarly subjects like reading and math. In the 1980s Howard Gardner

presented his contrasting Theory of Multiple Intelligences (MI). This theory conceives of intelligence as a series of inherited potentials and skills. Each individual has unique intellectual strengths and has the capacity to develop several intelligences at once.

**Each intelligence is of equal importance and there are 8 distinct intelligences:**

- Linguistic Intelligence (word smart)
- Logical-Mathematical Intelligence (number/reasoning smart)
- Spatial Intelligence (picture smart)
- Bodily-Kinesthetic Intelligence (body smart)
- Musical Intelligence (music smart)
- Interpersonal Intelligence (people smart)
- Intrapersonal Intelligence (self-smart)
- Naturalist intelligence (nature smart)

Throughout 2025 we will explore all of the MIs.

*continued...*

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## Bodily-Kinesthetic Intelligence

Coordinating your mind with your body is the basis of Bodily-Kinesthetic Intelligence aka “body smart”. This ability uses one’s whole body, or parts of the body (like the hands), to solve problems or create products. Actors, athletes, and dancers use their whole bodies in this way, much the same way that craftspeople, sculptors, and mechanics use their hands. Some additional career options for those who possess Bodily-Kinesthetic Intelligence as a strength are: surgeon, carpenter, physical therapist, and physical educator.

“body smart”



### How to incorporate Bodily-Kinesthetic Intelligence in working with youth:

- Incorporate games like Simon Says and Scavenger Hunts
- Lead movement breaks with lesson themes
- Practice balancing and other motor development activities
- Incorporate physical activity into sedentary content
- Manipulate objects like blocks or incorporate movement in non-movement content

## Interpersonal Intelligence



Interpersonal Intelligence is the ability to sense and perceive the moods, feelings, temperaments, motivations, and needs of others. Essentially this strength is all about the ability to interact effectively with others like a negotiator. Sometimes this intelligence is called social intelligence or being “people smart.” Possible careers for youth who have interpersonal intelligence: Salespeople, teachers, counselors, and any of the helping professions. Also psychologists, managers, and public relations are great options for those with interpersonal intelligence.

### How to incorporate Interpersonal Intelligence in working with youth:

- Work in groups and use teamwork
- Students practice active listening (Socratic seminar)
- Integrate effective leadership techniques
- Utilize technology for communication
- Designate mentors for newer or absent students
- Assign research topics/exercise form to explore and have students teach-back

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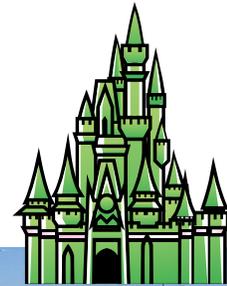
## Positive Youth Channel

The 7th and 8th Grade GLW Teen Outreach Program® (TOP®) Clubs in Burwell, Nebraska have crafted warm and cozy blankets (pictured below) for the senior residents at their local assisted living community.



The YWCA TOP club members in Hastings, Nebraska, held another successful cookie sale which happened to coincide with The Wizard of Oz day at school. Proceeds were raised for the From the Heart fund at the Morrison Cancer Center.

The From the Heart Fund helps cancer patients and their families pay for everyday essentials such as rent, groceries, gas, wigs, and other expenses not covered by insurance.



Come on and ease on down the yellow brick road ....to COOKIES!!!



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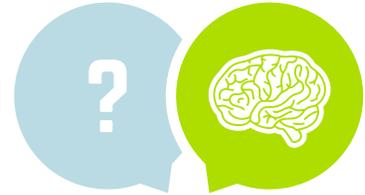
## [Youth E-Cigarette Use Drops to Lowest Level in a Decade](#)

The annual National Youth Tobacco Survey (NYTS) of middle and high schoolers, showed there was a

significant drop in the number of students who reported current e-cigarette use. A decrease from 2.13 million (7.7%) youth in 2023 to 1.63 million (5.9%) youth in 2024. While vaping may be on the decline, youth nicotine pouch use did not show a statistically significant change from 2023 (1.5% in 2023 and 1.8% in 2024).

[A recent study](#) on using an Opt-Out strategy for Syphilis testing in Emergency Departments shows an increase of cases being diagnosed. The majority of people diagnosed with syphilis did not have symptoms, suggesting that symptomatic testing strategies aren't sufficient to screen for the disease. This new strategy could help close gaps in diagnosing syphilis, particularly among pregnant individuals, the researchers concluded.

[The Lancet has published a new study](#) discussing the dramatic increase over the past 30 years of childhood and adolescent overweight and obesity rates. The highest increase (95.9%) was observed among female adolescents aged 15 - 24 between 1990 and 2021. Because obesity in adolescence rarely resolves, these youth will likely acquire health comorbidities as they age, such as diabetes, cardiovascular disease, infertility, and mental health disorders, which highlights the urgent need for action.



Last edition's answer:

What is a common period/menstruation euphemism from Germany?



## Strawberry Week

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

- A) Accidents
- B) Homicide
- C) Cancer
- D) Suicide

*\*Answer in next edition*

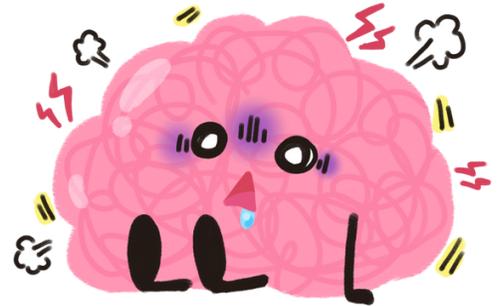
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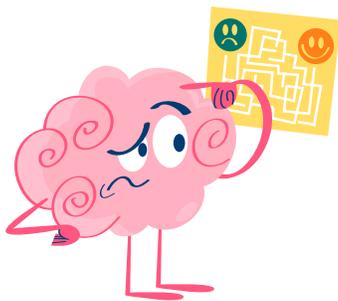
## Youth's Media Skills in a Brain-Rot World

Young people in the US spend nearly 5 hours each day on social media platforms immersing themselves in a torrential stream of entertainment, advertisements, news, rumors, and conspiracy theories. This near constant technological engagement can lead to [Brain Rot, which is coincidentally the Oxford University Press's word/phrase of 2024](#). Brain Rot is described as a condition of mental

fogginess and fatigue, reduced attention span, and cognitive decline that results from an overabundance of screen time. Every day hours are spent online consuming huge quantities of data. Trying to absorb and cope with massive amounts of content creates the conditions for Brain Rot. This can lead to a drop in motivation, focus, productivity, and energy over time, especially in young people. In such a complex information environment where Brain Rot runs amok and excessive consumption of low-quality online content becomes increasingly prevalent, developing critical thinking skills and understanding the impact of digital media is crucial for navigating the modern information landscape.



**An overwhelming majority of teen news consumers (83%) say they get news on social media such as YouTube, TikTok, or Instagram.**



### Misinformation

*is false or inaccurate information—getting the facts wrong.*

### Disinformation

*is false information which is deliberately intended to mislead—intentionally misstating the facts.*

A recently published study, [News Literacy in America: A survey of teen information attitudes, habits and skills](#) examines the media literacy landscape among US youth. One of the key findings revealed that regardless of age, young people struggle to distinguish between different types of information. Less than 2 in 10 young people (18%) correctly answered all three questions asking them to identify different types of information; news, opinion pieces, advertisements, and entertainment.

*Continued...*



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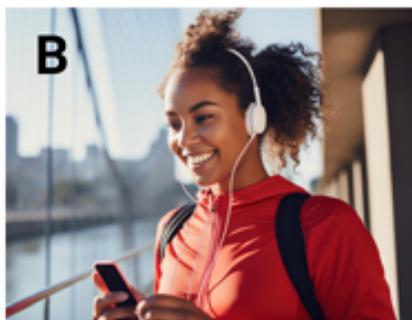
## Youth's Media Skills in a Brain-Rot World

Another important discovery from the study revealed that there is widespread exposure to conspiracy theories. 8 out of 10 young people on social media reported seeing posts that spread or promote conspiracy theories. Among youth exposed to conspiracy theories, 81% admitted to believing at least one. The most prevalent conspiracy theories captivating young people's attention are:

- Public Health Topics,
- Political Matters,
- Celebrity Rumors, and
- International Subjects.

**Most teens (69%) are able to distinguish a real photo from an AI-generated image.**

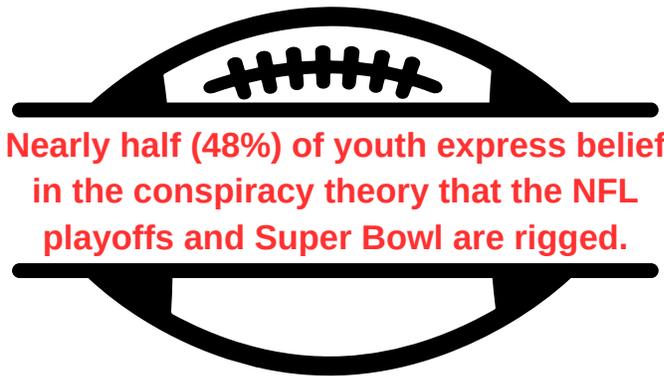
Can you spot the AI image below?



Check your answer [here on page 58](#)



*Conspiracy Theory is an unfounded explanation of an event or situation.*



**Nearly half (48%) of youth express belief in the conspiracy theory that the NFL playoffs and Super Bowl are rigged.**

It can be incredibly challenging for anyone, let alone young people, to identify accurate, quality information online from a source they can trust. Explore the [News Literacy Project's available resources](#) to help stop misinformation and empower young people to become more discerning consumers of digital media and resist the spread of misinformation.



***The Truth is Out There!***

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JANUARY 2025

## Mental Wellness Month

Wellness is a dynamic, ever-changing process and making the right choices for your health and well-being can be challenging. That's why January's Mental Wellness Month highlights the importance of self-care.

There are [8 Dimensions of Wellness](#), they are:



- **Physical** - caring for your body.
- **Intellectual** - being curious and expanding your knowledge and skills.
- **Emotional** - Understanding and respecting both yours and other's feelings, values, and attitudes.
- **Social** - Maintaining healthy relationships.
- **Spiritual** - Finding purpose, value, and meaning in your life.
- **Vocational** - Contributing your unique gifts, skills, and talents to work.
- **Financial** - Managing your resources (\$\$\$).
- **Environmental** - Demonstrating commitment to a healthy planet.

Attention must be given to all eight of the dimensions, as neglect of any one over time will adversely affect the others, and ultimately one's health, well-being, and quality of life. A great goal for this month is to focus on one dimension in your life that you want to improve!



The third Monday in January has been coined as "[Blue Monday](#)." No its not for the [New Order song](#), instead it is supposedly the most depressing day of the year, but is it?

Data markers of the public's health such as mortality, absence from work due to illness, and estimates of suicidal deaths or attempts, do not show an increase on or around the third Monday of January each year compared with other days in January. In fact, suicide rates are typically lower during the winter months, including January in the US.

The notion that this day is especially gloomy is the result of the "Blue Monday" myth. This myth has been perpetuated by the media, which can lead to a self-fulfilling prophecy where people feel down simply because they expect to. There is no evidence supporting the claim that this day is inherently more depressing than others.

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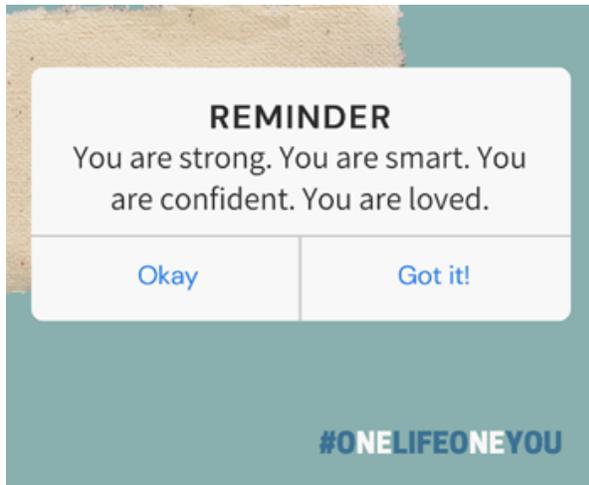
JANUARY 2025

Mental Wellness Month

**Suicide is the second leading cause of death for youth aged 10 - 25.**



[oNE life oNE you](#) is a social media campaign developed by youth for youth to address mental health and suicide. This youth-led initiative aims to provide messaging that targets young people to help raise awareness, promote resources, and reduce stigma



**It's easy to forget your worth. Sometimes we just need a reminder! Share truth with those around you and remember your value.**  
**#OneLifeOneYou #YouMatter #SuicidePrevention**

## MENTAL HEALTH BINGO

Practice deep breathing	Move your body	Reach out to loved ones
Take a break from technology	<b>SUPPORT YOUR MENTAL HEALTH!</b>	Practice gratitude
Prioritize self-care	Get enough sleep	Limit your exposure to news and social media

#ONELIFEONEYOU

**Give yourself permission to rest today.**

**What is your favorite way to take care of your mind and body?**  
**#OneLifeOneYou #YouMatter #SuicidePrevention**

The key messages of the campaign are:

1. Awareness and Education
2. Resources/Help
3. Encourage/Inspire

If you like the two sample posts on this page check out the full oNE life oNE you's toolkit!

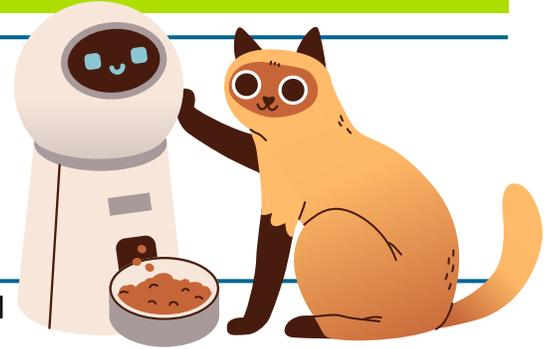
Help spread the word and reduce stigma by posting on your social media accounts!

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FEBRUARY 2025

## National Eating Disorder Awareness Week 24th - 28th



Eating disorders are a potentially life-threatening mental illness that affects the quality of life for those impacted. During puberty, young people's bodies change and grow rapidly. This period of change coincides with evolving nutritional and food requirements, which depend on an individual's caloric needs and their activity level. Additionally young people are being exposed to media messages that show narrow and unrealistic standards of what the "ideal body" looks like. This can lead to **Body Dissatisfaction** which is ongoing negative thoughts about your body that could be based on its weight, shape, or overall appearance.

**45% of adolescent girls stop playing sports  
by age 14 due to low body confidence.**

Most eating disorders involve extreme body dissatisfaction and an obsessive focus on body weight and food, resulting in dangerous dietary routines that negatively affect nutritional intake, causing adverse effects on growth and development. Body dissatisfaction is a serious health issue that can cause depression, anxiety, low self-esteem, disordered eating/eating disorders, or even compulsive exercise. Eating disorders do not suddenly appear. In the US, from 2018 to 2022, health visits related to eating disorders more than doubled among people under the age of 17. Trusted adults play a pivotal role in shaping young people's lives and well-being, thereby helping prevent eating disorders. Youth who feel good in their bodies and with food have better health! Delve into the resources below on supporting youth and promoting healthy body image and eating habits.

### Upcoming Webinar:

[The Evaluation &  
Management of Eating  
Disorders in Adolescents](#)



[Nurturing a Healthy Body  
Image in Adolescents](#)

[With All -  
Resource for Coaches](#)



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MARCH 2025

Brain Awareness Week 10th - 16th

Brain Awareness Week is a global campaign to foster public enthusiasm and support for brain science.

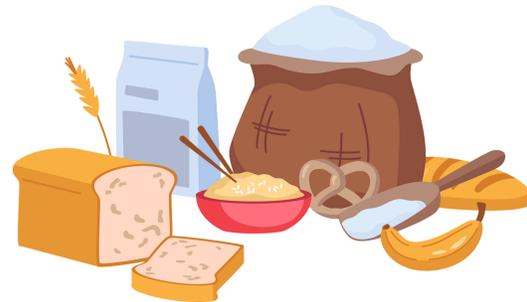


## FUN BRAIN FACTS

Brains can survive for 5 - 6 minutes without any oxygen!

The Brain is Fat! The brain is one of the fattiest organs in the human body, comprising 60% fat.

Human Brains are 73% water, and it only takes 2% dehydration to affect your memory and other cognitive skills.



A daily intake of 130 grams of carbohydrates is needed to cover the glucose (energy) requirement of the brain.

[Glucose and The Brain: Improving Mental Performance](#)



## The Adolescent Brain

Next to infancy, early adolescence (age 9 - 14) is the most dynamic period for brain development. This window of opportunity is an ideal time to gain and maintain new skills. The brain reaches its maximum size in early adolescence and fully matures when individuals are in their mid-20s.

Adolescent brains are also primed for novelty and sensation-seeking, thus risk-taking is a normal part of adolescence. To support healthy risk-taking and positive learning experiences, trusted adults can support opportunities for healthy risk-taking, such as public speaking or trying a new hobby. Explore the fascinating changes happening in [the adolescent brain!](#)



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## ADDITIONAL RESOURCES

American Psychological Association: [Misinformation and Disinformation](#)

Centers for Disease Control and Prevention:

[Fact or Fiction: Suicides Increase During the Holiday Season and Winter Months](#)

Child Development Institute: [Multiple Intelligences](#)

Dana Foundation: [Brain Awareness Week](#)

The European Food Information Council:

[Glucose and The Brain: Improving Mental Performance](#)

The Journal of Pediatrics:

[Alarming Increase of Eating Disorders in Children and Adolescents](#)

[Multiple Intelligences Oasis](#)

National Today: [Brain Awareness Week](#)

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

Newport Institute: [Brain Rot - The Impact on Young Adult Mental Health](#)

Oxford University Press: ['Brain rot' named Oxford Word of the Year 2024](#)

University of Pennsylvania - Annenberg School for Communication:

[Suicides Don't Spike Around the Holiday Season, but Americans Think They Do](#)

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