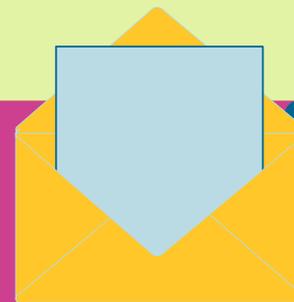


The SCOOP

ON ADOLESCENT AND
REPRODUCTIVE HEALTH



Issue 12



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ZOODEMIC

A Zoonotic disease is one that spreads from animals to humans causing illness. Examples include rabies, malaria, and Lyme disease. To help young people learn more about these types of infectious diseases in a fun and engaging way, the team at [University of Nebraska Medical Center](#) developed a game called Zoodemic. This educational game leads players on a journey to destroy the Zoonotic viruses while obtaining powerups by correctly answering trivia questions. Topics explored are basic hygiene, epidemiology, and disease prevention. It is the team's vision that this game will help promote excitement in young people about science or inspire career paths in human, animal, or even environmental sciences! To play Zoodemic, download the game from the Apple App Store or Google Play.

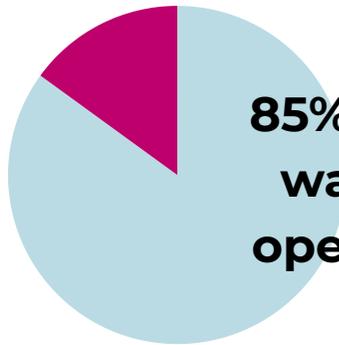


NEBRASKA

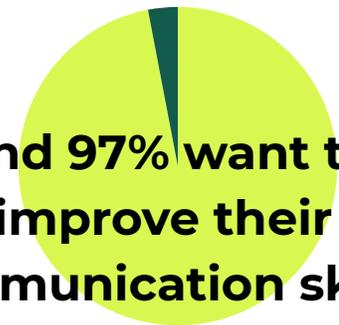
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

OWN THE AWK



85% of young adults want to talk more openly about sexual health and relationships.



And 97% want to improve their communication skills.

Communication is key for healthy and strong relationships. It helps people feel seen, heard, and valued by openly expressing their thoughts and feelings. Good communication helps to build trust and bring people closer. Real talk helps form a real connection. But for many young people there are barriers to having open and honest conversations about their relationship such as the fear of their partners' reaction, lack of knowledge about how to start the dialogue, and embarrassment. As a result, these important discussions are often anxiety-filled, awkward, or avoided.



Own the Awk is here to help young people build their skills by teaching the basics of good communication and how to navigate these anxiety inducing chats. They have the expert advice young people need to turn those tongue-tied cringe inducing moments into meaningful connections and make navigating their dating life way less mortifying. Young people can find free scripts, videos, and digital card deck games on reproductive health and relationship topics at

OwnTheAwk.org



WHAT IS LOOKSMAXXING?

Looksmaxxing is an online trend where young men and boys focus on maximizing their appearances to become their most attractive self. The focus is on obtaining a strong jawline and a lean muscular body. A top inspiration for this lifestyle is depicted in the film *American Psycho* in which the main character, Patrick Bateman (pictured top right), has an extensive morning routine where he performs 1,000 crunches while wearing an ice pack on his face. This scene is featured as a “Get Ready With Me” style of video on YouTube with over 17 million views! This lifestyle is seen as aspirational to young men, with many trying to have their own looksmaxxing glow up by clearing up acne and building muscle. Striving for the desired male body image may manifest in behaviors commonly known as muscle dysmorphia. This quest for gym gains can become obsessive resulting in disordered eating behaviors. “In the United States, about 60% of all boys report purposefully manipulating dietary practices in the pursuit of greater muscularity.” Learn more about the signs of muscle dysmorphia. 



PUMP UP YOUR KNOWLEDGE



In this new video from [AMAZE.org](https://www.amaze.org), “we meet Liam, a 15 year old boy using testosterone gummies he bought from a LooksMaxxing influencer online to try to get ripped quickly. Liam goes behind the scenes of online LooksMaxxing influencers, tries to figure out what girls really want from a guy, and learns the difference between healthy workouts and anxiety-producing scams.”



THE ART OF WELL-BEING

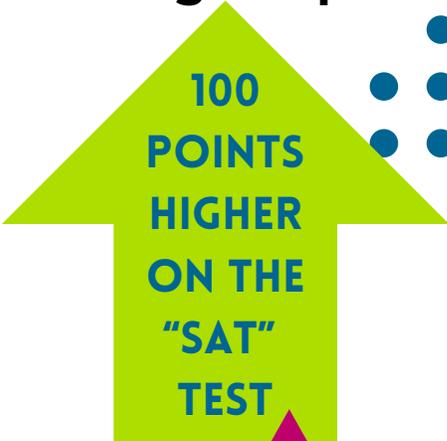
What does engaging with music, visual art, theater, dance, and media arts have in common with positive health outcomes? Participating in any art form activates the reward center of the brain, which in turn makes us feel good and the activity is seen as fun and joyous. Thus engaging in and creating art has shown to lower stress and anxiety.

Partaking in art also teaches innovation and creativity. It sparks new ways of thinking and inventing. Research has shown that creative thinkers generate more solutions to problems with CEOs stating this skill is essential in the increasingly complex and evolving world.

Students who are excited about what they are studying in school, stay in school. Incorporating creative youth development into activities enables young people to unleash their imagination while strengthening their ability to solve problems creatively. By investing in youth arts programs, academic performance is improved, there is a reduction in neighborhood crime, and an increase in lifetime earning potential. And when art is done together there can be an increased sense of community and social belonging which improves overall wellbeing.

You don't have to be an artist to reap the benefits of making art! No matter your skill level, art is for everybody. An easy way to incorporate more art into your day is by doodling. Doodles start by using basic shapes such as circles that then create more elaborate drawings. Try these easy things to draw on the next page for a doodle brain break or to add some artistic flair to journal reflections.

The Impact of Art on Young People:



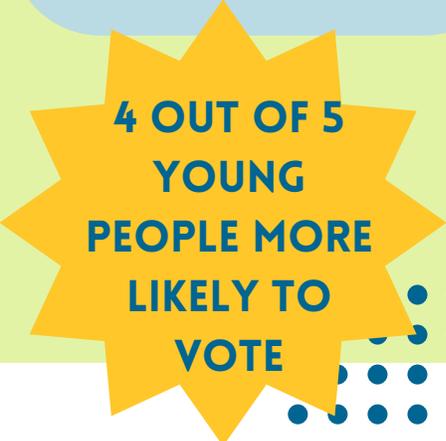
100
POINTS
HIGHER
ON THE
"SAT"
TEST



5 TIMES
LESS LIKELY
TO DROP OUT

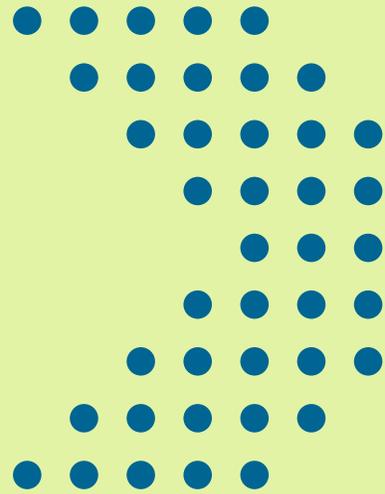


2 TIMES AS
LIKELY TO
GRADUATE
COLLEGE



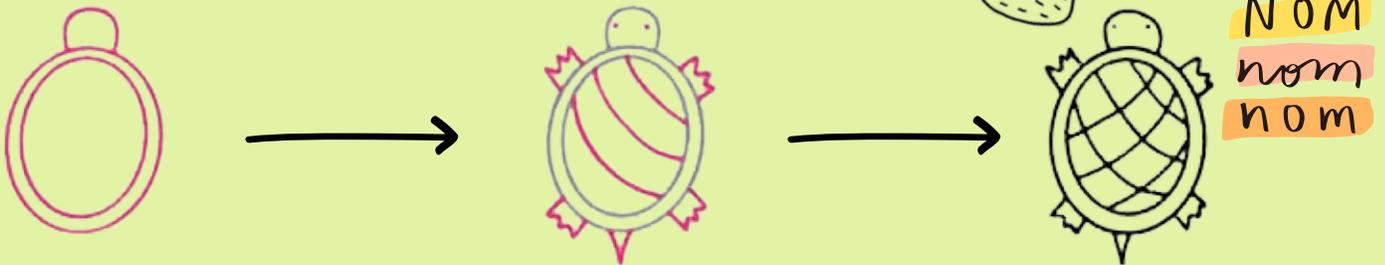
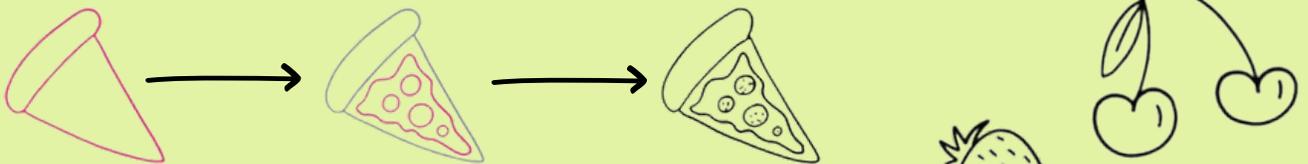
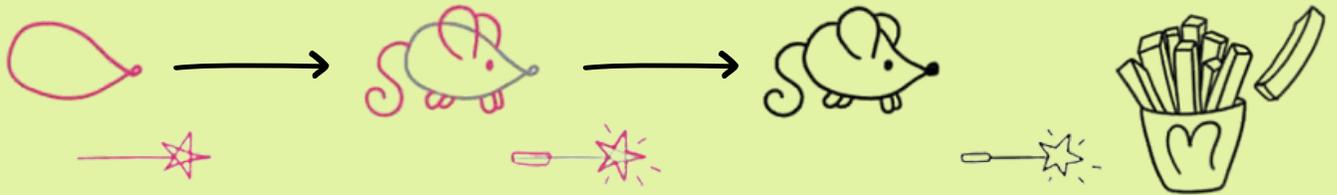
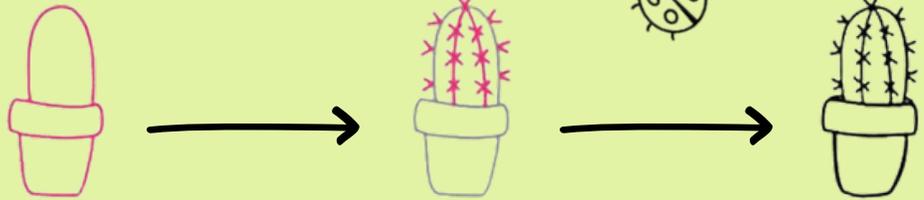
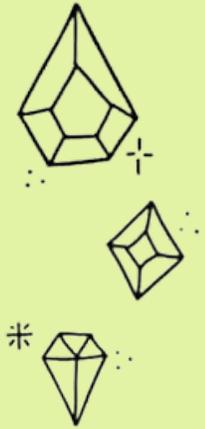
4 OUT OF 5
YOUNG
PEOPLE MORE
LIKELY TO
VOTE

DOODLE IDEAS

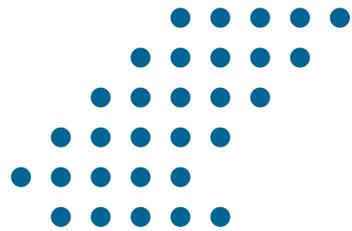


Supplies needed:

1. Pencils, erasers, pens, and/or markers
2. Paper
3. Curiosity



[Check out more easy things to draw](#)



POSITIVE YOUTH CHANNEL

Wyman's Teen Outreach Program® (TOP®) club at the YWCA of Adams County has been busy this fall spreading joy in their community. The young people painted rocks with positive messages and took them to the park. They also baked cookies and held a bake sale. All of their collected proceeds were distributed to Start Over Rover, a no-kill animal shelter in Hastings, Nebraska.



POSITIVE YOUTH CHANNEL

The TOP club at West Central District Health Department in North Platte put their creativity to use to uplift their community this past fall. This TOP club is filled with artistic talent. The young people used this skill to paint over 200 wooden leaves and pumpkins that became door decorations (top right) for the largest assisted living facility in North Platte.



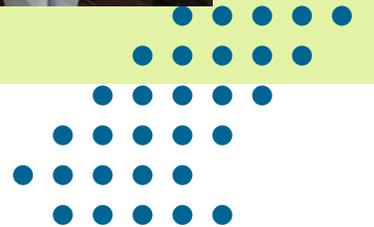
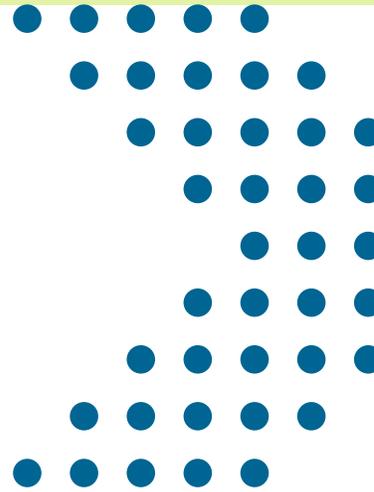
The young people also crafted over three dozen dog and cat toys for the local animal shelter. Dog toys were made from empty water bottles, fabric, and new fuzzy socks. Cat toys were made out of elastic hair ties, string, fleece, and feathers.



The local animal shelter was incredibly grateful for the toys for the animals in their care. The youth's creativity left such a strong impression that a social media post was created to showcase their outstanding service.

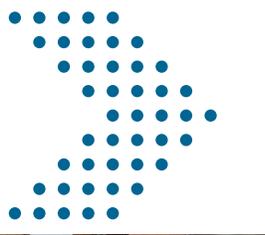
POSITIVE YOUTH CHANNEL

High school members of the University of Nebraska-Lincoln (UNL) Nebraska College Preparatory Academy (NCPA) Omaha South 9th and 10th grade TOP clubs made and distributed over 100 Halloween treat bags and provided an immersive experience for the trick or treaters with face painting, pumpkin painting, and a slime-making section.

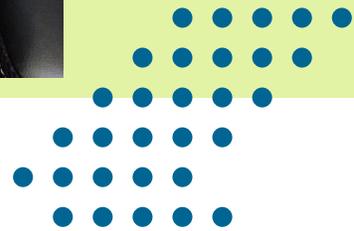


POSITIVE YOUTH CHANNEL

The young people of the Omaha Bryan, Omaha North, and Omaha South 9th and 10th grade TOP clubs made over **70** tie blankets for Little Huskers, which supports students at UNL who are also parents.



The TOP clubs at Omaha Bryan, Omaha North, and Omaha South 9th and 10th grade showed off their artistic and creative abilities by making over **150** Halloween, Thanksgiving, and/or fall cards for an organization called Cards for Hospitalized Kids.



ADDITIONAL RESOURCES

ARH websites

[Adolescent Health](#)

[Reproductive Health](#)

Americans for the Arts: [Arts Impact Explorer](#)

BBC: [Inside looksmaxxing, the extreme cosmetic social media trend](#)

NPR: [Feeling Artsy? Here's How Making Art Helps Your Brain](#)

This resource is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,922,611. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).



This newsletter was supported by Grant Number 2301NEPREP and 2401 NESRAE from the U.S. Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of NEDHHS and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Administration for Children and Families.