

*From A(norexia) to Z(its): Providing Health Information to Teens*  
NN/LM GMR

Exercises

1. Where can I find help for drug addiction? Who can I turn to?
2. I have a friend who is really depressed. I think she might be thinking of suicide, but I don't know how to ask her. What can I do to help before it's too late?
3. Can I go swimming while I'm having my period?
4. I've been told condoms don't work unless you put them on right. How hard could that be? Do you know anywhere that describes how to put them on?
5. I have to translate for my grandmother who only speaks Russian. The doctor says she has colon cancer. I don't know how to explain that to her – can you help me find something in Russian on colon cancer?
6. My mom drinks a lot and then she and dad get into big fights. Is there someone I can talk to?
7. Everyone picks on me because I'm small and they think I'm gay. What should I do? My parents tell me not to get into fights and I'm so small I'd lose anyway.
8. My mom keeps trying to get me to wear a helmet when I ride my bike. It makes me look stupid and it messes up my hair. No one else wears a helmet. Can you find me something that shows my mom that almost no one gets into a serious accident on a bicycle that a helmet would prevent?