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# MAKING HEALTHY CHOICES

## YOUTH AND YOUNG ADULTS

Staying healthy as you get older will allow for you to have more freedom in making your own choices, as well as prevent other health issues from developing.

### Helpful Tips

- **Exercise**
  - Exercise helps your whole body. It causes the body to make chemicals that can help you feel good, sleep better, and lowers the risk of some health problems.
- **Substance Use**
  - As you get older, it will be up to you to decide whether to use alcohol, tobacco, and marijuana. Even though it might seem like everyone else is using them, not everyone is. You can say no without a reason, blame your parent or another adult, or arrange with your parent/caregiver to pick you up if you need help.
- **Self-Esteem**
  - Self-esteem is about how much you feel you are worth and how much you feel others value you. Feeling good about yourself can affect how you feel and how you act.
  - People with high self-esteem know themselves well. They are realistic, allow themselves to make mistakes, and find friends that value them for who they are. Knowing what makes you happy and how to meet your goals can help you feel strong and in control of your life.
- **Nutrition**
  - Eat at least five servings of fruit or vegetables each day. Try to eat a rainbow of colors to give your body the nutrients it needs!
- **Sexual Health**
  - Although it might be uncomfortable, talk to your parent, caregiver, or other trusted adult about what a healthy, consensual relationship looks like.
  - Talk to your parent, caregiver, or other trusted adult about puberty and the changes you will start seeing in your body. Talk about how to take care of your body and what good personal hygiene looks like.
- **Sleep**
  - Stay active during the day, as it will help you become tired and have better sleep.
  - Avoid alcohol and drugs, which may disrupt sleep and increase your chances of waking up in the middle of the night.
  - Avoid excessive electronic use at the end of the day to shut your brain off and help you fall asleep (and stay asleep) faster.