



BRIGHT FUTURES HANDOUT ► PATIENT

18 THROUGH 21 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you.

✓ HOW YOU ARE DOING

- Enjoy spending time with your family.
- Find activities you are really interested in, such as sports, theater, or volunteering.
- Try to be responsible for your schoolwork or work obligations.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Talk with us if you are worried about your living or food situation. Community agencies and programs such as SNAP can help.
- Don't smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

✓ YOUR FEELINGS

- Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat breakfast.
- Drink plenty of water.
- Make sure to get enough calcium every day.
 - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Wear safety equipment when you play sports.
- Get enough sleep.
- Talk with us about managing your health care and insurance as an adult.

✓ HEALTHY BEHAVIOR CHOICES

- Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
- If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

Helpful Resource: National Domestic Violence Hotline: 800-799-7233

18 THROUGH 21 YEAR VISITS—PATIENT



STAYING SAFE

- Always be a safe and cautious driver.
 - Insist that everyone use a lap and shoulder seat belt.
 - Limit the number of friends in the car and avoid driving at night.
 - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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Health Care for College Students: What Your Pediatrician Wants You to Know



Starting college is an exciting time in your life. New worlds are opening up to you, and there are many choices to make: what classes to take, what to major in, what kind of work you want to do when you graduate. All of these choices are now *yours*. This is both a great freedom and a huge responsibility.

In much the same way, you are now largely in charge of your health and well-being. You probably have a lot of questions about keeping healthy while in college. This brochure will answer some of your questions about how to take care of yourself.

Your pediatrician and the student health service

Your pediatrician will not abandon you just because you are starting college. He or she may give you a physical before you start school (some colleges require you to have a physical before you can attend classes). Your pediatrician will also make sure that all your immunizations are up-to-date and all your medical records are complete. You will still be able to call your pediatrician if you have any questions. If you continue to live near your pediatrician, you may still want to see him or her for your care. But if you are going to live on campus, and the school provides a student health service, it may be the first place you go for health care. If one is not available, most schools will provide you with a list of health services in the community.

What is a student health service?

The student health service is an important part of the college or university you are about to attend. It is there for you when you need medical care, advice, information, or counseling. Student health services are not Band-Aid stations. Their medical, nursing, and counseling staffs are familiar with the problems and needs of college students. They also know pediatricians and other physicians in the community in case you need additional care.

Yet, if you are used to going to your pediatrician for your health care, the student health service may seem a bit strange at first. You may see a team of health care providers, which may include doctors, nurse practitioners, therapists, and health educators. This system will work best if you keep open the lines of communication between yourself, your parents, the student health service, and your pediatrician.

Things to do before you go

Get your medical and immunization records. Make sure the student health service has the following information about your medical history:

1. A complete list of every medication you take, including its dosage and strength
2. A list of your allergies, significant past medical problems (including surgeries and hospitalizations), and special needs (such as chronic conditions and disabilities)
3. A record of any mental health problems
4. Relevant family medical history
5. A record of which immunizations you have received, including type of vaccine, date given, and any reaction

Make sure you have health insurance. If you will still be on your parents' policy, take a copy of the insurance card with you. Find out what type of plan you have (HMO, PPO, etc), what the policy covers, how to file claims, and what to do in case of an emergency. Talk this over with your parents. Remember that if you are on your parents' insurance policy, they will be notified each time the insurance company is billed for something.

Take extras of any prescription medications you need. Also, find out the name of a pharmacy near your school and how to obtain prescription refills when you need them.

Get a book. Everyone should own a book on personal health care.

Things to take with you

A good first aid kit is a useful thing to have in case you do not feel well or you have a small emergency. Your first aid kit should contain the following:

- Bandages for small cuts and scrapes
- Gauze and adhesive tape
- An elastic bandage for wrapping sprains
- Liquid soap
- Antibacterial/antibiotic ointment
- A digital (not mercury) thermometer
- An ice pack or chemical cold pack
- Medicine for an upset stomach
- Acetaminophen or ibuprofen for aches, pains, and fever
- Medicine for diarrhea
- Medicine for allergies
- Sore throat lozenges or spray

The basics of staying healthy

There are many things you can do on your own to keep yourself healthy.

Rest

College students often skimp on rest because there is so much to do. However, trying to get by on too little sleep can cause some serious problems.

What happens when you do not get enough sleep?

- You may be more likely to catch colds and other minor illnesses. Your body cannot fight off germs as well when you are tired and run-down.
- You are more likely to feel stressed or become depressed.
- You may have a hard time staying awake in class.
- You may have trouble concentrating on papers and tests.

Young adults often need a bit more sleep than older adults—sleeping about 8 to 9 hours a night is necessary for most 18-year-olds.

Nutrition

Eating well is just as important as getting enough rest. This means eating enough fruits and vegetables every day; eating lean meats, fish, and poultry; and limiting fried and processed foods. Watching your intake of junk food, fatty

foods, sugar, and salt is important. Also, it is important to consume enough food that is high in calcium, such as low-fat dairy products, to help maintain bone mass and strength.

It is possible to eat a healthy vegetarian diet at college. However, this may require some additional planning to make sure you get all the nutrients you need.

Exercise

Another important part of staying healthy is getting enough exercise.

There are 3 basic types of exercise, and ideally everyone should do all 3.

- **Aerobic** exercise strengthens your heart and lungs (good examples are biking, running, fast walking, swimming, aerobic dancing, and rowing). Three times a week you should get some type of aerobic exercise for at least 20 minutes.
- **Strengthening** exercise tones and builds muscles and bone mass (you can do this by doing sit-ups, push-ups, and leg lifts, or by working out with weights or resistance bands).
- **Stretching** exercise, like yoga, improves your flexibility or range of motion.

There are a number of ways to sneak more exercise into your day. Instead of driving or taking a bus to run errands, walk or ride a bike (wear a helmet when biking). Walking to class can be good exercise, too. Even in-line skating around campus can be a good workout (but make sure you wear a helmet, wrist guards, and knee pads). If you are not used to exercising or if you have a chronic health problem, you may want to talk with your pediatrician or a doctor at the student health service before starting an exercise program.

Sexual health

College is often a time when young people begin to explore their sexuality. This does not mean that all college students are sexually active. In fact, many are not. If you have decided to wait to have sex, you are not alone. Remember, the decision as to when to have sex is yours and yours alone. Do not let yourself be pressured into having sex if you do not want to.

If you are sexually active or are thinking about it, you owe it to yourself to make responsible decisions about sex. Make sure you can talk to your partner about the quality of your relationship and about sexual issues. Discuss whether you will date other people. Find out your partner's sexual history, including exposure to sexually transmitted diseases (STDs). If you are in a heterosexual relationship, talk about birth control and what you would do if it failed. If you cannot talk about these issues with your partner, you should think about whether you should have a sexual relationship with him or her.

College may also be a time for sorting out your sexual identity. If you are questioning your sexual identity, talking with a counselor may help. Many colleges have support and social groups for gay, lesbian, and bisexual students. These groups can help students feel less isolated.

Sexual relationships expose you to the risk of STDs and viruses that can cause cancer and acquired immunodeficiency syndrome (AIDS). The more sexual partners you have, the greater your risk. There are more than 25 diseases that are spread through sexual contact. Some of them are easy to treat, but when left untreated they can cause serious health problems. Others, like herpes, have no cure. AIDS, also sexually transmitted, can kill you. Not having sex is the only sure way to prevent STDs. If you do have sex, the safest way is to have sex with only one person who has no STDs and no other sex partners. Use a latex condom *every time* you have sex.

Common health problems

There are times when you should contact the student health service immediately. Call the health service if you have any of the following:

- A fever of 102.5°F or higher
- A headache accompanied by a stiff neck
- Pain with urination
- An unusual discharge from your penis or vagina
- A change in your menstrual cycle
- Pain in the abdomen that will not go away
- A persistent cough, chest pain, or trouble breathing
- Pain or any other symptoms that worry you or last longer than you think they should

Respiratory infections

Illnesses like colds, the flu, and sore throats are hard to escape while in college. With students living together in dormitories and apartments, eating together in large cafeterias, and sitting together in classrooms, these respiratory infections spread easily. Washing your hands often will help you avoid these illnesses. Dust allergy and exposure to cigarette smoke will make you more likely to get cold symptoms.

How you treat a respiratory infection will depend on whether it is caused by bacteria or a virus. **Colds and flu** are caused by viruses. There is really nothing you can do to get rid of them quickly—the most you can do is rest, drink a lot of fluids, and treat the symptoms. How can you tell a cold from the flu? Colds usually cause milder symptoms than the flu. Coughing, sneezing, watery eyes, and mild fevers are common cold symptoms. The flu, on the other hand, is more serious. You will probably have a fairly high fever, body aches, and a dry cough with the flu. You may also have an upset stomach or vomit. If you are vomiting, drink liquids such as sports drinks, water, or tea.

Over-the-counter cold and flu medications may help relieve your symptoms. Read labels when buying medications for colds and flu to make sure you are getting the right medicine for your symptoms.

Some types of the flu can be treated with antiviral agents if given in the first day or two of the illness. This can speed recovery. Under some circumstances, antiviral agents can be taken before exposure to the flu and can prevent illness. Consider getting the influenza vaccine when it becomes available each fall. Safe and effective vaccines are available to protect against the flu.

Strep throat and some sinus and ear infections are caused by bacteria. These are treated with antibiotics. If you have a very sore throat, pain in your ears or sinuses, or a persistent fever, go to the student health service. The staff will be able to tell you what the problem is and give you antibiotics if you need them. If your doctor does give you antibiotics, *take them exactly as you are told, and be sure to take all of them*. If you do not, bacteria can become resistant to the antibiotics and result in a more serious infection.

Meningococcal disease

College students, particularly freshmen living in dormitories, are at an increased risk of contracting meningococcal disease. A common form of this is meningitis. This disease can infect the brain, spinal cord, and/or blood. Symptoms include a high fever; stiff neck; severe headache; a flat, red rash; nausea; vomiting; and sensitivity to light. It is important to seek medical treatment immediately. The disease can be fatal or may result in permanent brain damage or lifelong problems with the nervous system.

The truth about mononucleosis ("mono")

College students often worry about a disease called "**mono**"—also known as "the kissing disease." Mono, a viral infection, is not as common or usually as serious as most people think. Symptoms include fever, sore throat, headache, swollen glands, and extreme tiredness. If you seem to have a sore throat or bad flu that does not go away in a week to 10 days, the problem might be mono. See your doctor. Mono is diagnosed by a blood test called the "mono spot." Even if the test confirms that you have mono, there is no specific treatment, except to get plenty of rest and eat a healthy diet. However, you may need to restrict your activity to prevent possible serious injury. The good news is that most people are better within a month. If you have had a documented case of mono, you cannot get it again.

A safe vaccine is now available to prevent the forms of meningococcal disease that are most common among college students. If you plan to live in a dormitory, ask your pediatrician about immunization against meningococcal disease before you leave for college.

Bruises, sprains, and strains

Bruises, sprains, and strains are very common and usually are not very serious.

- **Bruises** are injuries to the skin that cause the surface of the skin to turn purple, brown, or red in color.
 - **Strains** are injuries to the muscles and tendons that result from too much or sudden stretching.
 - **Sprains** are injuries to the ligaments, the connecting tissue between bones.
- Bruises, strains, and sprains should be treated with
- **Rest**—especially for the first 24 hours.
 - **Ice**—put ice packs or cold gel packs on the injury for 20 minutes every 4 hours.
 - **Compression**—wrap the injured body part in an elastic bandage.
 - **Elevation**—for example, if you have sprained your ankle, prop your foot up on pillows to keep it at a level higher than your heart.

Visit the student health service if your pain or swelling does not get better in a day or two.

Taking care of your mental health

Starting college brings with it many new stresses. You may be away from home for the first time in your life and may miss your family and friends. You will have more schoolwork to do, and it may take more time and effort than in high school. It may take you a while to find people with whom you have things in common. All these things can make you feel alone, overworked, and stressed out.

Friends

Friends usually become your main support system while in college. In fact, college friends often become close friends for life.

You may be worried about how you will make new friends. You will probably meet some people you like in the first few days of school, and you will meet more in your classes, in clubs or sports, and through other friends. If it takes a while to find people you click with, do not worry—it will happen.

Roommates can be terrific friends or great sources of stress. Even roommates who like each other will have conflicts over things like cleaning, bedtimes, and music. Talk these things over early on, and you will be less likely to have problems later. If you and your roommate just cannot get along, talk to a resident counselor. He or she can offer advice on how to handle your roommate problem.

Homesickness

Homesickness is very common among students away from home—even those who had previously been away at overnight camp or traveled far away. There is a difference between being away from home for 8 weeks and being gone for 8 months. There is also a difference between leaving home for a while (knowing you will be going back) and the start of leaving for good (knowing your returns may never be the same again). Feeling homesick does not make you less mature or mean you are not ready to be on your own. If you feel homesick, talk to your friends at school about it. Chances are they are feeling the same way. Keep in touch with family and friends back home, but make sure you develop new relationships at school. If your homesickness just will not go away and does not seem to be getting better after a few months at school, speaking with a counselor might help. Also, remember that going home for the first visit may be difficult because of changes in yourself or your family. Old conflicts do not just disappear once you go to college, and new ones may surface. Again, if things are too stressful for you to handle alone, talk to a counselor.

Depression

There will be days when you feel down, when the pressures of college life really get to you. Those feelings are normal and will pass in time. When you feel down, take some time out for yourself and do something that makes you feel good. Spend time with friends. Exercise. Read a good book.

Sometimes, though, feeling down can turn into depression. Depression is a serious illness that can be treated. If you have had any of the following symptoms for 2 weeks or more, see a counselor right away:

- Sad mood
- Hopeless, helpless, worthless, or guilty feelings
- Loss of pleasure in things you usually enjoy
- Sleep problems
- Eating problems
- Low energy, extreme tiredness, lack of concentration
- Thoughts of death or suicide
- Physical symptoms such as headaches, stomachaches, or body aches that do not respond to treatment

Do not think you can handle depression on your own. If one of your friends seems depressed, suggest that he or she see a counselor as soon as possible.

Drinking and violence

Drinking is a huge problem on most college campuses. The majority of college students drink, and a large number drink to excess. More than half of all male college students are binge drinkers (those who have 5 or more drinks at one sitting), and more than one third of female students are binge drinkers. Heavy or binge drinking can lead to physical illness (or death), long-term drinking problems, and aggression and violence. Drinking is known to increase sexual aggressiveness, which can lead to sexual harassment and date rape. Drinking also clouds your judgment and may make you more likely to engage in unsafe sexual practices, which in turn may lead to STDs and unintended pregnancies.

The legal drinking age in the United States is 21. The best way to prevent drinking-related problems is to avoid drinking altogether. If you are of legal age and choose to drink, be responsible. Stop after 1 or 2 drinks. *Do not* drink and drive, *do not* let friends drink and drive, and *do not* ride with someone who has been drinking. Follow the designated driver rule. Do not drink with people you do not know. If you feel you need to cut down on your drinking, if friends comment on the amount of drinking you do, or if you ever feel guilty about something you have done while drinking, see a counselor at school.

Just some friendly advice...

- Poor study habits are the primary reason students do poorly in college. College means increased freedom, with less time spent in the classroom and more time spent studying independently. Learn to budget your time and use it wisely.
- Violence, crime, racism, sexism, and cults are alive and well on every college campus. A college campus is no safer than your hometown. Lock your doors and take care of yourself.
- Sorority and fraternity life can offer many advantages, but it can also isolate students from the rest of the college experience. Make sure you thoroughly investigate any sorority or fraternity that you are considering.
College life will present many opportunities and challenges. Take care of yourself, and enjoy your college years.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



Health record card

Name: _____	Allergies: _____
Address: _____	_____
Phone: _____	Chronic Medical Conditions: _____
Date of Birth: _____	_____
Pediatrician's Name: _____	Blood Type: _____
Office Address: _____	_____
Telephone/Fax: _____	_____



Serogroup B Meningococcal Vaccine (MenB): What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Meningococcal disease is a serious illness caused by a type of bacteria called *Neisseria meningitidis*. It can lead to meningitis (infection of the lining of the brain and spinal cord) and bacteremia or septicemia (infections of the blood). Meningococcal disease often strikes without warning—even people who are otherwise healthy.

Meningococcal disease can spread from person to person through close contact (coughing or kissing) or lengthy contact, especially among people living in the same household.

There are at least 12 types of *Neisseria meningitidis*, called “serogroups.” Serogroups A, B, C, W, and Y cause most meningococcal disease.

Anyone can get meningococcal disease but certain people are at increased risk, including:

- Infants less than one year old
- Adolescents and young adults 16 through 23 years old
- People with certain medical conditions that affect the immune system
- Microbiologists who routinely work with isolates of *N. meningitidis*
- People at risk because of an outbreak in their community

Even when it is treated, meningococcal disease kills 10 to 15 infected people out of 100. And of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, amputations, nervous system problems, or severe scars from skin grafts.

Serogroup B meningococcal (MenB) vaccine can help prevent meningococcal disease caused by serogroup B. Other meningococcal vaccines are recommended to help protect against serogroups A, C, W, and Y.

2 Serogroup B Meningococcal Vaccines

Two serogroup B meningococcal vaccines have been licensed by the Food and Drug Administration.

These vaccines are recommended routinely for people 10 years or older who are at increased risk for serogroup B meningococcal infections, including:

- People at risk because of a serogroup B meningococcal disease outbreak

- Anyone whose spleen is damaged or has been removed
- Anyone with a rare immune system condition called “persistent complement component deficiency”
- Anyone taking a drug called eculizumab (also called Soliris®)
- Microbiologists who routinely work with *N. meningitidis* isolates

These vaccines may also be given to anyone 16 through 23 years old to provide short term protection against most strains of serogroup B meningococcal disease; 16 through 18 years are the preferred ages for vaccination.

The recommended schedule depends on which vaccine you get:

- Bexsero® is given as **2 doses**, at least 1 month apart. or
- Trumenba® is given as **3 doses**, with the second dose 2 months after the first and the third dose 6 months after the first.

The same vaccine must be used for all doses.

3 Some people should not get these vaccines

Tell the person who is giving you the vaccine:

- **If you have any severe, life-threatening allergies.** If you have ever had a life-threatening allergic reaction after a previous dose of serogroup B meningococcal vaccine, or if you have a severe allergy to any part of this vaccine, you should not get the vaccine. *Tell your healthcare provider if you have any severe allergies that you know of, including a severe allergy to latex.* He or she can tell you about the vaccine’s ingredients.
- **If you are pregnant or breastfeeding.** There is not very much information about the potential risks of this vaccine for a pregnant woman or breastfeeding mother. It should be used during pregnancy only if clearly needed.
- **If you are not feeling well.** It is usually okay to get this vaccine when you have a mild illness, but you might be advised to come back when you feel better.



4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own within a few days, but serious reactions are also possible.

More than half of the people who get serogroup B meningococcal vaccine have **mild problems** following vaccination. These reactions can last up to 3 to 7 days, and include:

- Soreness, redness, or swelling where the shot was given
- Tiredness or fatigue
- Headache
- Muscle or joint pain
- Fever or chills
- Nausea or diarrhea

Problems that could happen after any injected vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get severe pain in the shoulder and have difficulty moving the arm where a shot was given. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness—usually within a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get to the nearest hospital. Otherwise, call your doctor.
- Reactions should be reported to the "Vaccine Adverse Event Reporting System" (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not give medical advice.

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/vaccines

Vaccine Information Statement (Interim) Serogroup B Meningococcal Vaccine

08/14/2015

42 U.S.C. § 300aa-26

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10 Safety Tips For Your College Student

Safety measures must always be taken even in the most secure of environments.

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Campus life is a great experience for most students. For many, it is the first time away from home and living on their own. School should be a safe place where students can study and make friends without fear for their safety. However, safety measures must always be taken even in the most secure of environments. Here are some tips to discuss with your student to help keep them as safe as possible.

1. Lock All Doors

The dorm may feel like a safe place because students are surrounded by friends. However, that does not mean you or your valuables are ever completely secure. Do not prop open dormitory doors because this gives access to outsiders. If there is a communal bathroom down the hall, lock your room door as you come and go so there are no surprises awaiting you when you get back. Doors should be locked when awake and when sleeping. If someone wants to steal or intrude on your privacy, an unlocked door makes it that much easier.

2. Call Campus Security

Most campuses have patrol cars driving around campus. If you are at a party and your friends have left, do not be shy about calling campus security for a secure ride back to the dorm even if its just a five minute walk.

3. Learn The Campus

Some schools are in urban neighborhoods with high crime. Other schools are in more rural areas with secluded areas that are not well-lit. Go over with your student where they should not go before they go to school so they do not get lost or end up somewhere they should not be.

4. Stay Sober

Bad things can happen to anyone at any time. But, those who are under the influence of drugs and alcohol can be more vulnerable to would-be thieves, sexual predators, and the antics of drunk friends.

5. Have A Plan

Its always good to let someone know your plans so if you do not come home when expected, someone can call for help. If you have a close friend or sibling, you can put the find your friends app on both your phones to track each other should you need to.

6. Avoid Being Distracted

When you are texting, you are not paying attention to what is going on around you. You may not notice the people around you, a car coming in your direction, or even a tree right in your path.

7. Stop The Sexy Selfies

While sexy selfies are the norm these days, they could be compromising your security. Those pictures are best shared with someone you really like rather than creeps who could be trolling you online.

8. Be Cautious With Trust

Its easy to feel “safe” amongst friends. But, you do not really know your fellow classmates, their past, or what they are really like. Do not trust people simply because you go to school with them. Like with any new relationship, those

E-Cigarettes

What Are E-Cigarettes?

E-cigarettes look high tech, so it's easy to believe the hype that they're a safe alternative to smoking. Unfortunately, they're not: E-cigarettes are just another way of putting nicotine—a highly addictive drug—into your body.

Electronic cigarettes are battery-powered smoking devices often designed to look and feel like regular cigarettes. They use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals. A heating device in the e-cigarette converts the liquid into a vapor, which the person inhales. That's why using e-cigs is known as "vaping."

Because e-cigarettes don't burn tobacco, people don't inhale the same amounts of tar and carbon monoxide as they would with a regular cigarette. But anyone using an e-cig still gets an unhealthy dose of nicotine and other chemicals.

Electronic cigarettes have been marketed to smokers as a way to help them quit, but there's no evidence that they actually help people stop smoking. Instead, they've been found to be a health risk for people who use them, as well as for bystanders who breathe in the secondhand vapor (what comes out of the device and the user's mouth) and third-hand vapor (what's deposited on surfaces such as upholstery, clothing, and floors).

Now that e-cigarettes have gone mainstream, regulators and scientists are studying them a lot more. Expect to see more information coming out about e-cigarettes and their health effects.

What's the Danger?

E-cigarettes don't fill the lungs with harmful smoke, but that doesn't make them a healthy alternative to regular cigarettes.

When you use ("vape") an e-cigarette, you're still putting nicotine—which is absorbed through your lungs—into your system. In addition to being an addictive drug, nicotine is also toxic in high doses. It was once even used as an insecticide to kill bugs.

Nicotine affects your brain, nervous system, and heart. It raises blood pressure and heart rate. The larger the dose of nicotine, the more a person's blood pressure and heart rate go up. This can cause an abnormal heart rate (arrhythmia). In rare cases, especially when large doses of nicotine are involved, arrhythmias can cause heart failure and death.

After its initial effects wear off, the body starts to crave nicotine. You might feel depressed, tired, or crabby (known as nicotine withdrawal), and crave more nicotine to perk up again. Over time, nicotine use can lead to serious medical problems, including heart disease, blood clots, and stomach ulcers.

Kicking the Habit

Because nicotine is so addictive, the best way to avoid the trouble of trying to quit smoking or stop using e-cigs is never to start.

If you smoke and want to quit, e-cigarettes probably aren't your best option. Using an e-cigarette mimics the experience of smoking tobacco cigarettes more closely than other quitting options, like nicotine gum or patches. You don't want to successfully give up smoking only to find you're now hooked on e-cigarettes.

If you've already tried using e-cigs and think you might be getting dependent on nicotine, you'll need to follow the same steps for quitting as you would with tobacco:

- **Make a specific plan.** Set a date to begin the quitting process. If you smoke cigarettes, try going cold turkey before relying on e-cigarettes to help. If that doesn't work, it's time for a plan to wean yourself off nicotine. Make a specific goal, like using one less e-cigarette each day for a week. Keep cutting back until you no longer smoke or vape.

- **Stay busy.** Take your mind off cigarettes by exercising or doing something that involves your hands, like art, music, knitting, or woodworking. Stay aware of specific times and situations that make you want cigarettes (like at a party or after a meal), and come up with a plan to handle those times.
- **Delay giving in to a craving.** When you crave a cigarette or e-cig, put off giving in to the urge. It can be easier to tell yourself to "wait" than to tell yourself "no." Do something else to take your mind off the craving. Chances are, the urge will pass, and—congratulations—that means one less cigarette!
- **Keep focused on why you want to quit.** Write down all the reasons you want to stop using cigarettes or e-cigarettes, like the money you'll save or the extra energy you'll have. Keep the list where you can see it. Read it every day, even though you already know the reasons. Doing this helps your brain automatically remind you of a reason when you feel a strong craving.
- **Get support.** Turn to your family or a trusted adult for moral support when you really want a cigarette. It also helps strengthen your resolve to tell other people that you are quitting. If you don't want friends and family to know you smoke or use e-cigs, join an online or in-person support group. See if friends will join you in quitting. If not, ask them not to smoke or use e-cigarettes in front of you.
- **Be good to yourself.** Some people use e-cigs to avoid harming friends and family with secondhand smoke. But secondhand vapor is also problematic, and you're still hurting them by harming someone they love you. Be your own best friend and give yourself a pat on the back each time you avoid reaching for the e-cigs.

Nicotine is an addictive drug. It's almost never easy to quit using it once you've started. The best strategy is to never start in the first place. If it's too late for that, remind yourself that it is possible to quit. Other people succeed, and so can you!

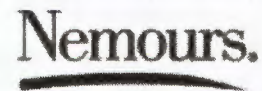
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Note: All information on TeensHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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The logo for Nemours, featuring the word "Nemours" in a serif font with a horizontal line underneath.

Dating in College Safety Tips

College is a great time to meet new people, and even possibly find your soul mate. However, while searching for Mr. or Ms. Right, it's important that you make smart decisions that will help you stay safe while dating in college. Use these simple dating safety tips from Protection 1 to be a winner in the game of love.

1. Let a trusted friend or family member know where you will be, who you will be with, and the time that you are estimated to return from your date. Be sure to call and check in with that person once you get home.
2. Learn self-defense techniques so that you are better prepared to protect yourself in case of an attack. Check to see if there are any free self-defense courses that are offered on your campus.
3. Know the locations and phone numbers of your local emergency stations so that you can quickly find help if you are in a dangerous situation.
4. Always keep your cell phone fully charged and close by when you are out on a date.
5. Never share your personal information with someone you do not trust. Keep your address and financial information private until you truly know the person you are dating.
6. Only go on dates in areas that you feel safe and comfortable in.
7. Utilize group or double dates if you are going out with someone for the first time. Group dates are the perfect way to get to know someone better while being in a safe and comfortable situation.
8. Always keep an eye on your drinks and food. Stay alert, and never leave your food or drinks unattended.
9. Never invite anyone into your home that you do not trust or know.

College is a great time to learn not only skills that will help you further your career, but dating in college can also help you form social and dating skills that will help you live a more fulfilling life. Be a smart dater with these dating safety tips from Protection 1!

Read more at <https://www.adt.com/resources/dating-safety-tips#GE5bO4e3PPVHDEH1.99>



How to Beat Internet Addiction

Using the Internet for homework and for fun is common and normal. But, when your time online takes away from homework, time with friends and family or other things you enjoy, it's called Internet addiction. In this handout, you will learn tips to cut down on the time you spend online or on mobile apps.

WHAT IS INTERNET ADDICTION?

Internet addiction is when you gradually (over time) lose control over how often you limit, avoid or control the amount of time you spend on the Internet. This can also include mobile apps.

For teens who have Internet addiction, going online releases **endorphins** (brain chemicals that trigger feelings of pleasure). This makes it very hard to control or limit how much time you spend online.

WHAT ARE THE EFFECTS OF INTERNET ADDICTION?

Internet addiction is similar to other types of addictions because it interrupts your real-life relationships with friends and family. Time away from real-life relationships can cause you to be **socially awkward** because you haven't practiced your social skills with real people.

Internet addiction can also cause:

- Insomnia (not sleeping well)
- Not showering or keeping up with personal hygiene
- Not eating regularly
- Headaches and backaches
- Dry eyes from looking at a screen for a long time
- Carpal tunnel syndrome (numbness or tingling in your hand and arm)

A note for your parents...

Doctors aren't sure what causes Internet addiction in teens. But, teens are more likely to have an Internet addiction if they are anxious, depressed, have low self-esteem, a poor self-image or have attention deficit hyperactivity disorder (ADHD).

You can help your teen beat his/her Internet addiction by supervising how much time your teen spends online or on their smartphone or tablet. Use an app like Screen Time Parental Control® to track and set limits on your teen's time online.

HOW CAN I BEAT MY INTERNET ADDICTION?

- **If you think you have an Internet addiction, talk with your doctor or your parents.** They can help you come up with ways to beat your Internet addiction.
- **Pay attention to when you use the Internet or mobile apps.** If you're using the Internet or mobile apps for homework or work, that's okay. If your time online is taking away from friends, family and other things you enjoy, it's time to unplug.
- **Turn off or silence notifications for email, games and social media.** You will be less tempted to check if you can't hear the notifications.
- **Use a free app to track your Internet usage.** Some apps we suggest include:
 - **Break Free Cell Phone Addiction®.** This app lets you track and take control of how much you use the Internet or mobile apps. It also has timers that let you set how much time you spend online and tools to help you break free from Internet addiction. You can also share your accomplishments with others from the app.
 - **Quality Time – My Digital Diet®.** This app lets you track your Internet and app usage. It also lets you set your own time limits and breaks.
 - **Screen Time Companion®.** This app works with the Screen Time Parental Control® app. Your family decides how long you can spend on different apps and the Internet. You can also track your Internet and app usage.
- **Do something you enjoy that doesn't involve the Internet.** Play a sport or get outside. Read a book, draw or paint. Spend time with friends and family. Cook a healthy meal or take your dog for a walk.
- **Talk to others about Internet addiction.** Ask others about ways they have cut down on time spent online. This builds a relationship and trust between you and the other person.