

Healthy Living
Happy Lives



EUPHORIA

INSPIRED WELLBEING



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INSPIRED WELLBEING

Graphic Designer: Sally Lavers

Disclaimer:

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Acknowledgements

The Port Kembla Youth Project is excited to launch our 2012 Youth with the help of students from Warrawong High School.

We thank our collaborative partners in this project including Healthy Cities, Headspace, and the University of Wollongong. Our partners have all supported local young people to explore different aspects of healthy living by working with professional journalists and graphic designers to write, edit and design a magazine for & by young people and produce this colourful and informative magazine. This has been an opportunity for young people to develop an understanding of issues mental and sexual health for young people, to build friendships and to improve literacy and communication skills in a fun and creative way.

This project is proudly supported by Healthy Cities Illawarra.

Our appreciation also goes to all those who participated in interviews, workshops and contributed to the magazine by offering the young people their time and information.

We hope that you enjoy the 2012 Youth Magazine.

You are welcome to leave feedback by contacting us:

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Dead Island

by Bradley Veljanovski

The story didn't really set my hair on fire or interest me that much, but everything else makes up for it. When you sit down to play, you'll choose one of four characters and for the next 20 to 30-some hours roam massive maps, take on interesting side quests, and chop the heads off hundreds of zombies.

But Dead Island doesn't succeed because of its gore (though I liked the mutilation and decapitations you perform). Dead Island's strength is in the world it creates. I crept into and through each environment I came to, from beaches to sewers to jail cells. You listen for the screams of the infected. From that perspective, I was on the island; not my character. In the beginning, I'd slaughter every zombie I saw, but by the time I got to the city and found tight alleyways overrun with monsters, I began to just run from objective to objective. No longer was I playing a game, I was focusing on survival as if I were the one running from Point A to Point B.

Dead Island doesn't really punish you for dying. If you get killed by the infected, you wait five seconds and respawn with less money. Any damage you inflicted before heading to the great beyond remains. But I say that using hindsight. When I sprinted away from a zombie and heard its growls directly behind me, my heart pounded in my chest. I didn't think "Oh, I'll just let him

get me and restart back there." So in a way the game doesn't really punish you at all for dying like most games of this caliber but the experience and feel it creates makes you want to survive.

You rarely feel safe in Dead Island, and that's how a zombie game should be. You have a limited stamina bar, so you can't run or swing your weapon forever. Med kits were few and far between in my experience, so scavenging for energy drinks and fruit, which have to be used at that moment and can't be stored, became part of the experience.

Weapons degrade as you use them, so finding a "legendary" weapon was exciting, but not as exciting as finding a workbench to keep weapons in tip-top shape.

Dead Island made me my character. I chose the weapons, the enemies to attack, and the side quests to take. When I leveled up, I chose in which skill tree to invest my new point in, so even if you joined my game as the same knives expert I play as, we wouldn't necessarily have the same abilities which leads me to co-op.

In Dead Island you can play co-op and join your friends games, and then play through the game with them.

Thankfully, joining games is easy. When you're playing, a pop-up message will notify

you if a player is close to you and joinable. If I see you sign on, I can invite you in. Of course, experience levels play into this. Players can only join the games of people who are equal or lesser levels. I can't be level 31 and about to win the game and have a level 1 player join me. It might sound depressing, but there are tons of character slots, so having a character for different sessions shouldn't be too tough. Plus, you can always switch your game to single-player if you just want to be left alone. Sadly, there is no local co-op.

Is Dead Island perfect? No. Far from it. As much as I applauded it, Dead Island is rough around the edges and that's sure to turn a lot of people off. First-person melee combat doesn't feel natural right away although aiming with the mouse is far superior to the console control schemes. The same can be said for the PC version's graphics, which are way sharper than the PlayStation 3 and Xbox 360's. That said, textures tend to flicker from time to time, I'd describe every cut scenes as "stiff," and the visual flaws like hands going through doors and weird mini-game meters made me laugh. Still, presentation doesn't make a game, experiences do. And fortunately they are packed into Dead Island which is what makes this such as enjoyable game.

In conclusion the game is actually a stress free game, you play at your own pace and although it's a thrilling zombie survival game, it can be really relaxing at times and gives the gamer a great experience.

I give this game a 3.5/5

SKYRIM GAME REVIEW

I was stacking books on a shelf in my house in Whiterun, one of Skyrim's major cities, when I noticed a weapon rack right beside it. I set a sacrificial dagger in one slot, an Orcish mace in the other. They were on display for nobody but me and my computer-controlled housecarl, Lydia, who sat at a table patiently waiting for me to ask her to go questing. The chest upstairs was reserved for excess weapons and armor, the bedside table for smithing ingots and ores, the one next to the Alchemy table for ingredients. I'd meticulously organized my owned virtual property not because I had to, but because tending to the minutia of domestic life is a comforting break from dealing with screaming frost trolls, dragons, a civil war, and job assignments that never seem to go as planned. It's even a sensible thing to do; a seemingly natural component of every day existence in skyrim, one of the most fully-realized, easily enjoyable, and utterly engrossing role-playing games ever made.

Part of what makes it so enjoyable has to do with how legacy Elder Scrolls clutter has been condensed and in some cases eliminated. In Skyrim, there's no more moon-hopping between hilltops with a maxed out Acrobatics skill. That's gone, so is Athletics. The Elder Scrolls V pares down the amount of skills and cuts out attributes like Endurance and Intelligence altogether. There's no time wasted on the character creation screen agonizing over which skills to assign as major. You don't assign major and minor skills at all, but instead pick one of ten races, each with a specific bonus. High Elves can once a day regenerate magicka quickly, Orcs can enter a berserk rage for more effective close-range combat. These abilities are best paired with certain character builds – the High Elf regeneration is useful for a magic user – but don't represent a rigid class choice. Major decisions don't need to be made until you're already out in the world and can try out magic, sneaking and weapon combat, emphasizing first-hand experience over instruction manual study, letting you specialize only when you're ready.

By Michael Potts



WHAT'S HAPPENING AT THE PORT KEMBLA YOUTH PROJECT



Hi everyone, it's Marie and Kate here from the Port Kembla Youth Project. We have been working hard on a number of different projects with young people in the local area. Take a look at what's been happening!

CONNECT UP DRAMA

This program which holds Drama and Visual Arts workshops has resumed again for Term 2. Running every Tuesday afternoon at the Port Kembla Youth Project, young people with special needs have been working hard and having fun developing characters, creating storylines and building props for their next big production that will be presented for parents and friends in May.

TUTORING PROGRAM

Our popular tutoring program has again been hugely successful in 2012. If you'd like to enrol your child for tutoring please contact Marie on 42761229. Port Kembla Youth Project Tutoring Program is a free program for Primary and High School Students. This program has been kindly sponsored by BlueScope Steel.

SWIM PROGRAM

Our swim program is run after school on Monday and Thursday afternoons during school terms. Classes are run by AustSwim/Swim Australia qualified instructors at the recently renovated Port Kembla RSL indoor heated pool.

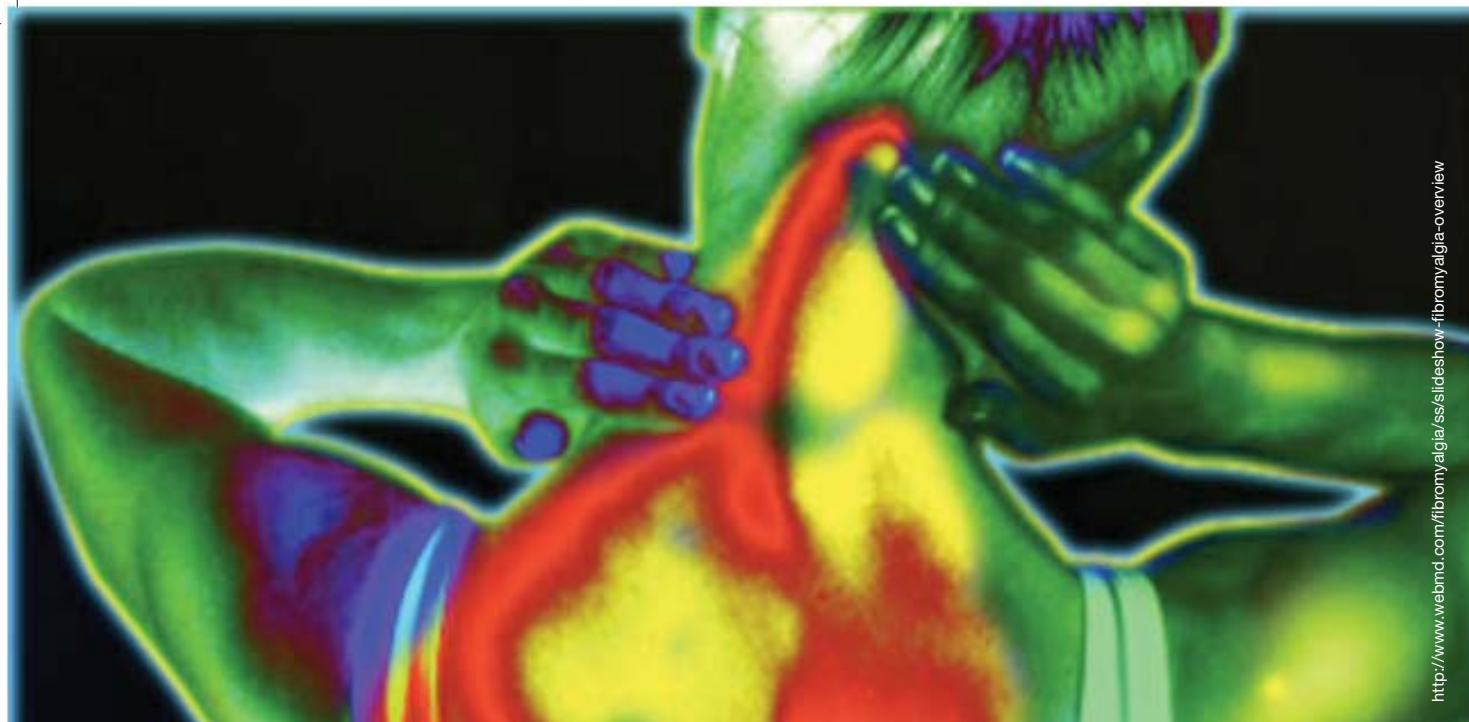
Classes offered include: Water confidence for young bubs and their mums, Learn to Swim classes and Stroke Correction classes for the older kids.

Call the Youth Project on 4276 1229 – Mondays and Thursdays to enrol your child.

"OWN IT" – AEROSOL MURALS

The 'Own It' project is underway, with a group of young people on board, working with a professional artist to create an aerosol mural in the local community. The project will help develop the artistic skills of those involved and be a part of beautifying your local community.

FOR MORE INFORMATION ON ANY OF OUR PROGRAMS, OR IF YOU HAVE ANY IDEAS ON WHAT YOU WOULD LIKE TO SEE HAPPENING FOR YOUNG PEOPLE IN PORT KEMBLA, PHONE MARIE OR KATE ON 4276 1229. OFFICE HOURS ARE: MONDAYS 11am – 2pm and THURSDAYS 11am – 4pm.



<http://www.webmd.com/fibromyalgia/ss/slideshow-fibromyalgia-overview>

There's a joke in my family that if my sister was an animal she would have been put down years ago!

By Melissa.

Have you ever noticed that whenever you do an assignment on a laptop you tend to sit on a couch? And that you sit curled up, staring at a screen long periods of time becoming bored and getting cramps in your back? How about throbbing headaches while you're trying to work? Or when you're writing for a whole period non-stop during a test, you end up with a cramped arm and wrist with pains throughout them? Well that's what Sam started out with and she's ended up with regular trips to a physiotherapist, intense shooting pains and having to retrain herself to write and sit correctly in an attempt to lessen the problem. And do you know the part of all this that really annoys her? It's that it would have been easy to avoid if she'd changed a few simple things during her HSC and preliminary years when she was frequently writing and working on assignments for long periods of time.

A couple of years ago I was heading in Sam's direction as well. Whenever I had to write I was getting bad pains in my wrist and arm. It wasn't until I was sitting with Sam writing that I found out what the problem was. I was simply holding my pen wrong! Something so small! So insignificant! And yet it was causing me so much pain! Not to mention so easy to fix. All I had to do was start holding my pen right, the way that all people are taught in school. Those weird three sided pencils held the answer to my pain! See, after years of writing I had grown lazy and began to hold my pen in a manner that felt easier but just caused me problems after writing like that for so long. She also pointed out that I was holding my pen too tightly, meaning that my movement was restricted. This one was more difficult to deal with because I had to consciously remind myself to not hold my pen so tightly. But once I had realised what my problem was I just had to keep reminding myself to loosen my arm and HEY PRESTO! Problem solved!

Now to the computers. Amazing machines that we all love so much! They help us in so many ways like being able to go on Facebook while we are supposed to be doing assignments. But they also add to our problems. As technology improves we spend more and more time staring at bright screens. Not a good idea! One problem with computers is the backlights! Staring at the screen for hours on end gives bad headaches; at least they do to me. Our eyes are staring at the same depth and aren't getting the exercise that they normally

would by looking around as they focus on different depths constantly. But it's not hard to get rid of the annoying headaches. By dimming the screen brightness and taking breaks every so often to rest your eyes you can say goodbye to the headaches! This is especially useful with assignments as the frequent breaks help to clear your head and straighten out your ideas so that you can get them down and not run into any problems. Speaking of assignments, as you get older, you get more assignments. It's a fact of life, unfortunately. And we all know that assignments are frustrating and everyone would prefer to be comfortable and so sit on a couch if possible and work on a laptop. Good idea huh? Not really. Lot's of people, Sam included, sit hunched over their laptops as they work and cue the back problems! By sitting on the couch you are more likely to sit in a manner that will give you problems. Sure it may be comfortable now but later on, only a few years down the track for Sam, you end up with muscle problems and pains in your back. By sitting at a table instead of a couch you solve your problem or even just sitting upright instead of hunched over you lessen it!

Small sacrifices or changes in your school years can save you from a world of pain later on down the track. You only make your life easier and it's not hard to change. Sam pointed out the problems and the solutions that are so simple that it's funny to me and now I've done the same for you! So next time you're writing, pay attention to how you're holding your pen, or take breaks when you are working on an assignment, at least this way you have an excuse to take them when you're told to work!



penciltalk.org

VIDEO GAMES *Are good for you!*



by Bradley Veljanovski

Many news channels, Internet articles and parents worry that their children and the current generation are getting addicted to video games and are becoming more violent. Teenagers like me and you who play games for fun and don't take things too seriously are sick of hearing these invalid arguments without any real proof that they do make you a more violent person or mentally unstable.

Video games have many positive aspects. Here are many examples, which have been taken from many studies over the world based on the positive effects of video games that back up my argument:

Video games have been proven to boost brain function. When adults (older adults) were trained to play a strategy game called Rise of Nations, they showed substantial improvement in switching between tasks, reaction time, and memory. Tests were also done on College students who played both violent and nonviolent video games and they also showed increased cognitive function. Research indicates video gamers are better at counting items quickly, ignoring distractions, and taking in more information at a glance. The classic stacking game Tetris has been shown to improve spatial coordination.

Over the past few years many studies and parents say that 'video games make you fat' but newer, modern video games require physical interaction, such as the Nintendo Wii, the up-coming Wii U, Xbox Kinect, and PlayStation Move. These can also help you get into shape and stay fit through many sporting and athletic games. A Mayo Clinic study found children playing Wii Sports Boxing burned a 189 additional calories per

hour. If you did that for 40 minutes every day you would lose half a kilogram a month, that's a loss of 6kg over a year just by playing video games.

Video games can help you train for serious tasks requiring video technology. In a study of medical students who spent up to five hours a week playing either a shooter game or a chess simulator, the shooters proved to be much more skillful at learning to use a virtual-reality training simulator for endoscopic surgery and target their precision skills. (The next step would have been having the students perform actual endoscopic surgery, which is also done with video technology, but the researchers prudently stopped short of this ultimate test.) Another study found that if you're good at the Wii, you'll be good at simulated laparoscopic surgery, too (which is pretty much minimal invasive surgery or more commonly known as keyhole surgery)

Video games can also be an effective teaching tool and they are used in many industries. A game designed for kids with diabetes reduced ER visits, and one for kids with cancer got them to take their medicine. Shooting games are an excellent way of recruiting real shooters. America's Army, developed by America's real army, is one of the most popular war game ever, with 43 million downloads as of 2009, and is credited with being the military's most effective recruiting tool.

There are many studies which say that violent shooting and action games such as Grand Theft Auto and Call of Duty, etc. increase crime rates, but violent video games may reduce rather than increase crime, some academics contend, because causing make-believe mayhem leaves the gamer with less time for the real thing and gives them



http://www.wahijournal.org/wp-content/uploads/2011/12/DSC_0578.jpg



http://www.wahijournal.org/wp-content/uploads/2011/12/DSC_0518.jpg

the thrill of doing it, in a controlled gaming environment with no risk or trouble factor. Many racing games have also lowered street racing numbers and related crimes as you can now realistically drag race and speed through on-coming traffic in your highly modified, high performance car with no risk and costs much less than the real thing.

The demands of video gamers for, ever faster and more realistic action have significantly pushed the envelope of digital technology, to the point where off-the-shelf toys now rival professional computer equipment that once cost millions. For example, in 2010 the Air Force Research Laboratory unveiled a high-speed, low-cost networked supercomputer it had built by linking together 1,760 PlayStation 3 consoles. Recently the Army announced it'll use a video game engine to power a portable virtual-reality training program, the Dismounted Soldier Training System.

Finally, video games are a compelling force in the economy, accounting for \$16 billion in software sales and \$9 billion in hardware in 2010 in the U.S., and \$65 billion worldwide. Statistics show that sixty-five percent of U.S. households play video games and own video game consoles. It is also creating many new IT related jobs throughout many places of the world and pays well considering games such as Call of Duty: Modern Warfare 3 grossed close to \$1 billion on the first day of sales.

So whenever your parents bug you and scream "Get off the PS3 right now!" like mine do, just simply show them this magazine article, you're welcome.

Real life ctrl-Z

AN ARTICLE CONCERNING THE AFFECTS OF VIDEO GAME ADICTION

By Michael Potts



I watched him do his daily routine until dark, when he started to walk home. I discretely followed him, never losing sight, lurking between the shadows. He walked clueless into the alley way where he was out of everyone's sight, but mine. I snuck quietly towards his backside, building momentum.

Ever been addicted to games? Well I know I have, in fact I still am now, I can't go even one day without spending hours playing games. But what is video game addiction?

Video game addiction is not only the overuse of video games, but the preference to live in a video game world than the real world. May sound strange for some huh? However incidents report that teenagers have been isolating themselves from friends and family due to video game overuse. Statistics show that 1 in 5 Australian teenagers are video game addicts. This means that 20 percent of teenagers would rather spend all day playing video games than going outside to socialise, or even going to school.

Video game addiction stimulates parts of the brain that, similar to drugs, cause the brain to develop an attachment towards. This makes it extremely difficult for some people to quit. An example of this is in 2005, when a 17 year old boy died of a heart attack by trying to get up from his seat from not moving an inch for 3 days. Although extreme, this article demonstrates how addictive games can be, where the teenage boy had been playing games non-stop for 3 days. You would think he would get bored wouldn't you? However studies show that video game addicts are more entertained playing games all day rather than going outside with friends.

In February 25th 2010, a 19 year old boy committed suicide by hanging himself in his bedroom because someone hacked his World of Warcraft account and lost everything he owned. This is a common, yet extreme example of the consequences of video games, where gamers cannot live outside of their video game world. Video game addicts can get so immersed in a game that they associate their life with it, achievements, stress, everything, and when their game is utterly over, so is their life from their perspective and as seen here, can result in the end of

their life. This means they do not do real life tasks such as school assignments.

Speaking of assignments, I have also fallen behind on my tasks due to video games, for example this article was written all the night before it was due simply because I could not organise my self properly.

As I was approaching my target, he stopped and observed his surroundings, noticing me. Reacting hastily, he ran out into the open and called for help, mission failure. Knowing there was no hope for redemption; I reloaded my last checkpoint and re-played the mission. But in reloading the mission, I realised that I couldn't reload, the real world. I realised I had procrastinated too long on writing this article. The effect of video games interferes with your real life priorities as well as your health. In a video game it is easy to undo a mistake but real life mistakes, especially when caused by video games, cannot be undone. Video games have caused me to write this short report, rather than the longer one I expected, if only there was a real life ctrl-Z.



There's Always Help To Be Given

"I constantly was trapped in a place I didn't want to be, I felt bad for a long period of time, it didn't get better and it just got worse."

Depression is a health issue which affects the moods, emotion and general enjoyment of a person's life. 1 in 5 teenagers can be suffering from depression at any given time. At its worst depression can lead to suicide, one of the leading deaths of teenagers in USA. Teens between the ages of 14 and 17 are most common to suffer depression, most not realizing until it has already damaged their life. A 17 year old boy who has had his difficulties with depression says that it made him shut off from the world, lost his relationship with family and grew apart from people he knew. It turned him into an always unhappy person.

The symptoms for depression can sometimes be misleading but others very clear.

- Sudden mood swings, lack of energy
- Withdrawal from social activities
- Avoiding communication social skills lost
- Feelings of worthlessness
- Loss of sleep or too much of it
- Loss of interest in things he/she is usually interested in
- Withdrawal from school activities

Symptoms may vary from one teenager to the next. When I asked the 17 yr old how he hid his depression, it would seem no-one would of known what he was dealing with. He would bottle it up, pretend to be happy for others, fake a smile and always lied when asked if he was fine. Being quiet and focusing on his school work, set an illusion that the student was fine. Often parents do not realize what their child is going through so this makes them feel isolated.

Did you seek help? We asked the student. "At first no but once I realized I couldn't hold it all in I went and saw the care-coordinator at my school and told him. I told my parents after and they sent me to an anger councillor for 6 months, it helped and he taught me to catch myself thinking bad thoughts then change it to positive things. I learnt what triggered my depression and learnt to stay away from it." The best actions a student can take with depression are to seek help. School councillors and youth centres are created for this reason; they are easy to access and can be extremely comforting and understanding.

Does counselling/seeking advice help a depressed teenager? A teenager who suffers depression can confide in a councillor because there is no judgement and complete respect. Seeking help can lead to improving a teenager's mental health and they can begin to repair their negative state of mind. Often when help is not found or wanted depression can deepen and teenagers may be influenced to self-harm or become violent. If you notice someone with the signs of depression it is always best to take a minute and ask if they are okay. Most teenagers fall into depression due to family affairs, school influenced problems, self-image doubts or social troubles among many other things but it is always best to notice depression in young people before it damages their life.

There are always people ready to listen if you or someone you know is suffering from depression call the following numbers.

TEEN HELP LINES

Kids help line
1800 55 1800

Wollongong youth services
42265969

Lifeline
13 11 14

Beyond blue info line
1300 22 4636

by Naomi Carter





LACK OF EXERCISE IN TEENS

An estimated 1.5 million people under the age of 18 are considered overweight or obese - this calculates to about 20-25% of Australian children. Their aerobic fitness is decreasing by 4% per year- and this figure is continuously rising.

By Meri Ivanovska

This common trend has been developing in the recent years, more and more teenagers seem to be living an unhealthy lifestyle. This includes eating the wrong foods and spending most of their time indoors. This is becoming a concern among teens because the lack of exercise is leading to obesity rates rapidly rising.

Alongside obesity, teenagers can also increase the risk of various illnesses, such as cardiovascular problems and hypertension. Additionally, the individual could be discriminated against at school, which can also lead to mental illnesses like depression.

With an increased number of distractions to keep the individual indoors, it seems the majority are either on the computer, playing video games, or watching television. And sure, we all want some time to relax, whether it be after a hard day's work at school or your part time job. These things can also impact on the behaviours of certain people.

If you are too busy doing many things, you will feel unmotivated to do some physical activity. But just ask yourself one question, do you have spare time to watch a movie, or go on face book? These distractions seem to be much more important than ones health and fitness level.

We can't all be pro athletes, but the fact of the matter is, exercise should be a crucial part of anyone's lifestyle, whether it is playing a game of soccer, jogging, or going to the gym. You could even go walking every now and then.

And why do this alone? Having a friend to motivate and do this with you along the way will boost your efforts, making you much more confident, and at the same time making the experience enjoyable.

Back in the day, people use to spend most of their time outdoors, doing any activity and keeping fit and healthy. It seems to be that all of this new advancing technology has indeed given us more of a variety of leisure activities, but kept us from moving an inch of our bodies.

This is where you should be concerned! Our bodies are made to move, and the less physical activity you get, the more likely you are of gaining unwanted weight. One kilogram will eventually turn into five in a number of weeks, and only get worse- but not if you do something about it.



Here are some tips you could use to increase your level of physical activity:

- **Joining an afterschool sport team, such as soccer, basketball or tennis.**
- **Going for a walk, or increasing how much you walk a day.**
- **Going for a jog or run around your block or local park**
- **Joining the gym**

These are some of the things you could be doing to help keep fit, but doing this alongside a friend- will motivate you both to go that extra mile.

TEEN DEPRESSION, SINCE WHEN?!

By Tereza Pejovska

Studies show that 20% of teens will suffer from depression before they reach adulthood, so chances are you have, or you know someone who's suffered from diagnosed or undiagnosed depression. Through advances in technology over the last few decades we can all agree life has become more demanding and fast paced, especially for teens and young adults. Higher expectations result in increased stress and a stronger, more driving desire to achieve and be noticed in today's society. Depression is more recognised today, than it was 20 years ago; a recent study showed that 10 times more people suffer from depression now than in 1945. Depression has always been present in society, especially severe types such as post-traumatic stress disorder (PTSD), however mild depression, usually brought on by stress, is a recent occurrence which has undertaken a dramatic increase over the past few decades.

Even though depression has been on the increase, in teenagers its symptoms are usually hard to spot because mood swings are constant during puberty. It is easy to confuse depression with general, temporary unhappiness due to an upsetting event. The symptoms of depression may be more severe and last for a longer period of time.

SYMPTOMS OF TEENAGE DEPRESSION:

- * A downward trend in performance at school or Uni
- * Change in personal hygiene and appearance
- * Destructive and/or defiant behavior
- * Hallucinations or unusual beliefs
- * Appetite or weight has changed considerably (has lost or gained a substantial amount of weight)
- * May appear restless, agitated or has slowed down
- * Has lost a lot of energy, complains of feeling tired all the time.
- * Complaints of feeling guilty or worthless
- * Belief that life is not worth living.

BE STRONG!

Remember that depression can be beaten! It is not the end of the line as far as you or anyone else is concerned. It is important to realise you are not a sole traveller along the path of depression, it is common and temporary because there is always light at the end of the tunnel. Everyone will feel sadness and heartbreak throughout their life, but it is important to remember that you are not alone, and you can and WILL win the battle. As the saying goes, 'obstacles are put in our way to see if what we want is really worth fighting for'. Make depression the obstacle, not the definite consequence.

WEBSITES AND SUPPORT GROUPS:

- www.beyondblue.org.au/
- www.depression-understood.org/
- www.depressionalliance.org/
- anxietyanddepression-help.com/

These popular websites are great for teens and adults to visit and participate in support group chats with other people their age and talk to therapists and counsellors which aim to guide and help teens during their fight with depression.

Although depression is on the rise and the likelihood of experiencing any form of it is significantly higher, studies also show that more and more people are winning the tough battle against depression. This is due to the overwhelming support offered by counsellors, doctors and support groups, as well as advances in medicine that offers possible relief from the clasp of depression.



http://topnews.in/health/files/depression-1_4.jpg

WANT² TALK ABOUT SEXUAL HEALTH?

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1800 451 624

Mon - Fri 9am – 5:30pm

Free and confidential sexual health support and information.

Specialist sexual health nurses will answer your questions on sexual health and sexually transmitted infections. They can also provide referrals to services close to you.

www.shil.nsw.gov.au

Funded by NSW Health. Auspiced by SESLHD.

eating disorders.

From a young age Tanya* had struggled with her weight. A few days before her 17th birthday she had reached her goal weight, of 20 kilos, but this wasn't enough. Her condition started from disliking what she saw in the mirror and developed into a serious physiological fight by the time she was 16. Tanya became obsessed with her size. Her fear of food controlled her socially, mentally and physically. She began to starve herself.

Food became her worst fear and enemy. When she looked at herself, she was disgusted. Picking out every little impurity, she began to waste away. Shortly after her 17th birthday, Tanya was rushed to hospital. She was dying. Her family and friends were what pulled her through. It was only after Tanya met a girl with a worse case of anorexia than her, she realised how wrong she had been and how twisted her view of herself was. With the help of nutritionists, counsellors and her family, Tanya permanently overcame her illness. She never thought her situation would turn out okay, yet today she is married and has just had a baby.

Eating disorders are a dangerous mental illness, not a lifestyle choice or a diet gone wrong. These disorders can be identified when exercise, eating and body weight become an unhealthy fixation of someone's life. Eating disorders including anorexia, bulimia and bingeing are all influenced by powerful forces of our society, that are capable of drawing a person into a compelling battle with food. 1 in 20 women in Australia have admitted to having an eating disorder somewhere in their lifetime.

People suffering from an eating disorder often have a poor sense of self and/or a low self-esteem. This low self-esteem can be driven by a number of things:

- Media and Cultural pressure- Western society's idealisation of thinness and the 'perfect' body is tied to beauty and success. This belief encourages dieting, which can turn someone to eating disorders.
- Personal - Feelings of inadequacy, depression, anxiety and loneliness, as well as problematic family and personal relationships.
- Peer pressure
- Side effect of drug use

Eating disorders go beyond just a low self-worth, it is a physiological issue. Their self-image is distorted and far from reality. Believe it or not, anorexia isn't really about food and weight—at least not at its core. Eating disorders are much more complicated than that. The food and weight-related issues are symptoms of something deeper: things like depression, loneliness, insecurity, pressure to be perfect, or feeling out of control. Things that no amount of dieting or weight loss can cure." I would just look at myself and be completely horrified and disgusted." Like Tanya, people suffering with eating disorders can pull through.

by Jordy



http://www.ehow.com/how_2095121_know-anorexia-effects.html



<http://www.flickr.com/photos/moodlephotography/2645196878/>

If you are a sufferer, there are so many ways to get help. You can call several services that will help you overcome your struggles.

The Butterfly Foundation: 1800 33 4673

Anxiety

By Klimentina Dostinoska

WHAT IS ANXIETY?

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

SYMPTOMS:

EMOTIONAL SYMPTOMS:

In addition to the primary symptoms of irrational and excessive fear and worry, other common emotional symptoms include:

- **Feelings of apprehension or dread**
- **Trouble concentrating**
- **Feeling tense and jumpy**
- **Anticipating the worst**
- **Irritability**
- **Restlessness**
- **Watching for signs of danger**
- **Feeling like your mind goes blank**

PHYSICAL SYMPTOMS OF ANXIETY:

As a product of the body's fight for flight response, anxiety involves a range of

physical symptoms, anxiety sufferers often mistake their disorder for a medical illness.

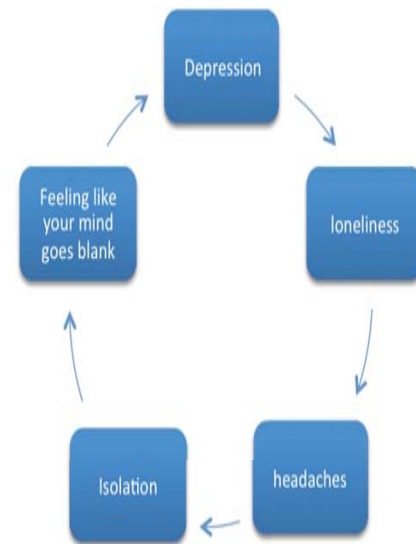
Common physical symptoms include:

- **Pounding heart**
- **Sweating**
- **Stomach upset or dizziness**
- **Frequent urination or diarrhea**
- **Shortness of breath**
- **Tremors or twitches**
- **Muscle tension**
- **Headaches**
- **Fatigues**
- **Insomnia**

THERE ARE 6 TYPES OF ANXIETY DISORDERS AND THEY ARE:

Generalized anxiety disorder-Lots of worry about things such as work, money and relationships

Specific Phobias-Intense fear of a particular situation or object, like a spider



Panic disorder-Having a panic attack and worry of having another one

Social phobia-excess fear of being embarrassed in social situations, being judged badly, being criticized (put down)

Obsessive compulsive disorder (OCD)
- Obsessions and unwanted thoughts. Common obsessions are about dirt or contagious diseases. Common compulsion; hand washing, counting objects, arranging things in specific order or patterns

Post-traumatic stress disorder(PTSD) - Replacing unwanted memories in your mind, trouble sleeping and checking for danger

GETTING HELP

There are many ways in which you can get help through anxiety. They include;

- **Talk to your family**
- **Doctor**
- **Physician**
- **Mental help professionals**
- **Join a self-help or support group**
- **Stress management techniques and meditation can help**

STATISTICS

Research has shown that about 11% of Australians suffer from anxiety each year

If you know someone who has an anxiety disorder, learn about it and provide support in the most uncritical manner possible. Learn to take a long view of the road to recovery and avoid unreasonable expectations for a quick cure. Anxiety disorders are manageable for most people, but professional care and personal strategies are both necessary for success.

STORY ABOUT A PERSON WHO SUFFERED FROM PANIC ATTACKS

By Rob Fischer, PhD

The summer before my senior year in college, my mother died of lung cancer at the age of 57. I dealt with my loss privately, as I had handled most of my problems throughout adolescence: I repressed my grief and kept moving. I avoided talking about my mother's death and I continued my college work and social schedule as if nothing had happened.

Some six months later, my repressed feelings showed physical manifestation. I developed ulcer-like symptoms and a fear of being in group settings, particularly for meals. I also came to fear feeling nauseated in public and having to leave in a panic. The more I forced myself to stay, the greater my anxiety and perceived pain. Frequently I delayed eating until I could be in a safe environment. Over time I became a waifish 155 pounds on a 6'2" frame.

After seeking additional help, first from a physician and then a psychologist, I was diagnosed with panic disorder with agoraphobia. This confirmed that my phobia and symptoms were real and that I was not alone. I found it the most ironic of disorders; here I was, someone who had enjoyed groups and events, with

a promising career involving frequent interpersonal interaction ahead of me, hamstrung with a phobia that caused me to detest groups, particularly functions involving a meal. I tried to deal with the situation proactively through talk therapy and some prescribed medication and at times out of frustration with alcohol.

More than 10 years later, I have a few lasting remnants of my anxiety disorder. I still prefer to avoid crowded situations, and I feel a small twinge of anxiety in restaurants, airport terminals, and malls. I recognize my symptoms before an episode occurs and take action to lessen the anxious feelings. But I am forever watching for any signs of reemergence, especially around times of significant change, loss, or stress. I never claim to have beaten my anxiety disorder; I manage it through behavioral and cognitive strategies that work for me.

I encourage you to talk about your feelings with those close to you and seek professional help immediately. Even if you worry, as I did, that medication could lead to a long-term dependence, don't let it keep you from talking to your physician or counselor. Medication can provide an anxiety-free window of opportunity in which you can work to address the issues underlying your disorder.



<http://www.abc.net.au>

by an inflamed cervix

- The need to urinate more frequently or pain whilst passing urine
- Pain during sexual intercourse or bleeding after sex
- Lower abdominal pains
- Irregular menstrual bleeding

Men:

- A white cloudy watery discharge from the penis that may stain underwear
- A burning sensation and or pain when passing urine
- Pain and swelling in the testicles.

Getting tested, and the process

Testing is the only way to find out for certain whether a person is infected.

A woman can provide a urine sample that is sent to a laboratory for testing, results for the Chlamydia test are usually available within one week, although this may vary depending on location.

For men, either a urine sample is taken, or a swab is taken from the opening of the urethra at the tip of the penis. Many testing sites now just take a urine sample; it is an easier and less painful procedure although it is slightly less reliable than a swab.

Treatment and preventing chlamydia

Chlamydia is one of the most common sexually transmitted diseases around today

especially for persons our age around 15-21. Although it can be treated,

It can be cured, and using condoms is the most effective way to prevent getting sti's. Oral sex with someone who has Chlamydia will cause you to receive the disease unless you use protection, if you have had more than one or two sexual partners it is important that you go get a check up because if you do have Chlamydia it is important to act on it asap.

by **Angie Jammal**

STRESS

BY KRISTINA

WHAT IS STRESS?

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. Stress can be a number of things such as school, relationships, family and friends

INTERVIEW: Teenage stress (frightened to speak out. What is your opinion on this matter?) Natasa smith

'Most of the time stress is increased due to teens feeling too frightened to speak out. We feel we will be ridiculed by asking questions or getting things incorrect. In some cases the support is there but the fear stops the teen from asking. You asked me a question as a teenager and I would reply with a nod, a shake of the head or a stare. I found the stare worked the best! To ask questions or to seem like you didn't know what you were talking about wasn't the 'done' thing. I kept my feelings and thoughts inside until they all exploded from time to time. I always wondered where they came from! But this wasn't very healthy or helpful.'

SYMPTOMS

If you become over-stressed it may have unwanted consequences for your health - both physical and psychological. Some of these may include:

PSYCHOLOGICAL + EMOTIONAL

- feeling hostile, angry, or irritable
- feeling anxious
- avoiding other people
- crying
- moodiness, feeling frustrated with things that normally don't bother you
- low self-esteem or lack of confidence
- anxiety attacks
- depression or sadness

PHYSICAL

- headache
- backache
- inability to sleep
- eating too much or too little
- raised heart-rate
- smoking

MANAGING STRESS

It may not be possible to remove the stress from your life; however managing your stress may help you to get things done. Below are some ideas for managing stress:

GO FOR A WALK OR RUN

Exercising can be a good way of relieving stress. It helps to get rid of all that pent up energy and can leave you feeling much calmer. Any sort of exercise can be good. You may want to go and kick a footy with friends or head to the gym.

HANG OUT WITH FRIENDS

If you are feeling stressed you may need to take your mind off things for a while. Hanging out with friends is one way of doing that. It may be that similar things that stress you out, also stress your friends out, and so talking about your problems with them may be helpful.

TAKING SOME DEEP BREATHS

Deep breathing can help to relax the body and hence calm you down. Taking deep breaths before an exam, game, job interview or before going on stage may help to calm you down and focus on what it is you are about to do.

SETTING REALISTIC GOALS

Becoming over-stressed may make it harder to keep things in perspective. Setting realistic goals (both for the short-term and long-term) and priorities and time management may be useful ways of managing your stress. You may want to check out the fact sheet on Exam time: stress management tips, Time management and Setting goals for more information.

HAVE MULTIPLE OPTIONS TO ACHIEVE YOUR GOALS

There is never just one way to achieve something. It's important not to put all your eggs into one basket - investigate and plan other ways to get to where you want to go, whether it's a university degree, job, or holiday vacation.

It may be tempting to use smoking and alcohol as a means of managing your stress. Try to avoid using these things as a way of coping, as in the long run they may make you more stressed out.

WATCH WHAT YOU'RE THINKING

Your outlook, attitude, and thoughts influence the way you see things. Is your cup half full or half empty? A healthy dose of optimism can help you make the best out of stressful circumstances. Even if you're out of practice, or tend to be a bit of a pessimist, everyone can learn to think more optimistically and reap the benefits.



SPEAKING TO SOMEONE

If you are finding you are always stressed and it is hard to carry on with day-to-day stuff, it may be helpful to talk to someone about it. Parents, teachers, a school counselor or youth worker are people that may be able to help you cope. Check out the Who can help you section for more info



I walked into school the end of first period ever

First period today, English, we were involved in an activity which changed our entire view on STI's. We were asked to stand up, spread out evenly around the room and give some people a nod or smile and such, after that we were asked to sit down and two students were given a teddy which symbolised the disease Chlamydia. We were asked to stand if we had shaken hands or smiled to one of these two people, four people stood up, then we were asked to stand if we had said hello to one of these people and by the end of this activity everyone in the room was standing up. This activity dramatically changed our viewpoint of the diseases themselves, they are extremely common and widely spread so easily, and we need to take more caution.

STI's, When we all view this title we usually have the nerve to ignore it, although in our day and age it should be taken into

consideration. Sti's aren't just HIV's and such, there is a lot more to it. Chlamydia is the most common sexually transmitted disease around with teenagers our age today, global Chlamydia statics show that about 92 million (<http://www.avert.org/chlamydia.htm>) people are effected by Chlamydia infections each year, affecting more women then men.

What causes Chlamydia?

This disease is caused by the bacterium Chlamydia trachomatis this bacteria can infect the cervix in women and the urethra and rectum in both men and women, occasionally it may effect the throat and eyes. The problem is that Chlamydia usually doesn't have symptoms, especially in woman that why it is critical to be safe and get a check up because if it is left untreated it may cause serious problems later in life.

How is Chlamydia passed on?

Having unprotected vaginal, anal or oral sex can transmit chlamydia with someone who is infected, from a mother to her baby during vaginal childbirth, by transferring the infection on fingers from the genitals to the eyes, although this is rare to happen.

Signs and symptoms

Chlamydia symptoms usually appear between 1 and 3 weeks after exposure but may not emerge until much later, it is known as the 'silent' disease as many people actually do not have symptoms. Those who do have symptoms may experience,

Women:

- An increase in vaginal discharge caused

The good ways of eating and managing your health

It is easy to grab a hamburger from a fast food restaurant or order a pizza when you are tired and do not feel like cooking. However, eating food high in fat and bad carbohydrates will affect your health in negative ways. Eating a healthy diet may take some getting used to, but it has many benefits for your health.

The former Biggest Loser contestant Graham Pilson has been overweight for his entire life and was determined to change because he didn't think he would be alive for the upcoming 10 years. Graham says, "It has taken me three years to mentally prepare for this (Biggest Loser Competition) and now I'm ready to give 110% effort at every challenge and hurdle they put in front of me." Joining the Biggest Loser gave Graham the opportunity to gain confidence and boost his self-esteem as well as losing a large amount of weight.



Here are 5 ways you could use for a Healthy Lifestyle:

1. WEIGHT MANAGEMENT.

Eating a healthy, well balanced diet coupled with physical activity is the best way to lose excess weight and keep it off. Individuals following drastic weight loss diets may lose weight quickly, but tend to put it on just as quickly, and may even end up with more fat than they first started with. A healthy diet is the long-term answer to **healthy weight loss**.

2. BETTER SKIN TONE.

When you follow a healthy diet, your body is getting all the nutrients it needs. The skin, that is well hydrated and nourished, is supple and has an even tone. A clear skin complexion is an indication that you are eating a nutritious, well-balanced diet.

3. INCREASED ENERGY.

Individuals that eat the wrong foods or eat at the wrong times are always complaining of tiredness. When you eat healthy foods, you will feel more energetic and in due course your rate of metabolism increases as well.

4. PROTECTION FROM DIET-RELATED DISEASE.

The effect of a healthy diet in the protection from diseases may not be immediately apparent. In fact, you may never realize what health problems you may have developed had you not followed a healthy diet. However, over the years, it has been found that a healthy diet protects against and is useful in the management of adult onset diabetes, heart problems, high blood pressure and high cholesterol as well as other health issues.

5. BETTER SLEEP PATTERNS.

If you eat the right size portions of healthy foods at the right time, you will find that you tend to sleep better in the night since the body is not busy trying to digest and excrete toxins found in junk foods.

Here is a delicious recipe for **SUGAR CRAVERS!**

RASPBERRY AND RICOTTA PARFAITS WITH ALMOND BREAD

Ingredients

Serves: 4 Prep time: 10 minutes Cooking time: Nil

250 g fresh or thawed frozen raspberries, plus extra to garnish

2 tablespoons orange juice

2 teaspoons icing sugar, plus 2 teaspoons extra

250 g (1 cup) low-fat ricotta

teaspoon vanilla bean paste

2 tablespoons chopped toasted almonds

4 slices almond bread, to serve



Method

1. Place the raspberries, orange juice and icing sugar in a bowl and stir to combine, then set aside to macerate for 5 minutes.

2. Meanwhile, place the ricotta, extra icing sugar, vanilla and almonds in a bowl and stir to combine. To serve, place one-eighth of the raspberries in the base of four small serving glasses.

3. Top each with a dollop of the ricotta mixture. Repeat with another layer of raspberries and finish with a dollop of ricotta and some raspberries on top.

4. Serve with a slice of almond bread on the side.

TIP- These parfaits are just as good with other berries – try strawberries, blueberries or blackberries or a mixture of all three.

By Merve Yavuz