

# Building Job Skills Helps You Stand Out

**Preparing for the next step after you finish high school can be a scary task.**

One way to make the decision between going to college and entering the workforce after high school graduation is developing necessary job skills.

Between middle school and high school, you start learning skills that will help you prepare for life in college or the workforce. There are many ways to learn these skills, and some are offered through your school right now.

We all know that most people when they get a job use reading, writing, and math skills learned in the classroom. But it is important to have personal skills and qualities when taking that next step towards college or employment.

Here are some of those skills and qualities:

- Having a mature professional behavior
- Being on time
- Solving problems
- Working as part of a team
- Being respectful of cultural differences
- Setting goals and priorities

There are many ways you can learn these skills and qualities now. Talk to your teachers or school counselor about **career mentoring**. This is when a student is matched with an adult professional and you learn more about what the job requires.

**Job shadowing** is another great way to work side-by-side with a professional, go to meetings, and learn about what they do every day. **Internships and service learning** are also ways to actually work in a job and learn about the responsibilities while earning community service hours or sometimes even get paid.

When you are ready to go to college or get a job, having some of these skills will make you stand out and go straight to the top.





# Coping with Social Anxiety

**Everyone feels self-conscious, nervous, or shy right before a presentation or performance, a first date, or even the first day of class.** It's called anxiety.

Usually you can work past these feelings. For example, practicing your presentation or performance or picking out what you'll wear on your first date or day of class may help relieve some of your anxiety.

## But what if you're still having trouble?

Sometimes, no matter what you do, extreme feelings of shyness and self-consciousness turn into such a powerful fear that it gets in the way of life. This is called social anxiety disorder (SAD) or social phobia. And it can make a person feel uncomfortable in social situations.

## What are some other strategies for dealing with anxiety?

- **Stay connected to others.** Talk with someone you trust, such as a friend, parent, teacher, coach, or guidance counselor.

You can also call the Tennessee Statewide 24/7 Crisis Line at **1-855-CRISIS-1 (1-855-274-7471)**.

- **Take care of yourself.** Get eight to 10 hours of sleep, eat a well-balanced diet, and exercise at least an hour every day.

Also, avoid drugs and alcohol and keep a regular routine.

- **Take some deep breaths.** When you start feeling anxious, breathe slowly and deeply to help your whole body relax.
- **Get active.** When you're ready, try a new activity like joining an after-school club or group or volunteering.

Little by little, people with SAD can learn to manage fears and develop coping skills to help them feel more comfortable in social situations. Seeking support through therapy, family, and friends can also help guide people in overcoming SAD.

## Additional Resources

Teen Mental Health:  
[www.teenmentalhealth.org/learn/mental-disorders/social-anxiety-disorder](http://www.teenmentalhealth.org/learn/mental-disorders/social-anxiety-disorder)

TeensHealth:  
[www.kidshealth.org/en/teens/social-phobia.html](http://www.kidshealth.org/en/teens/social-phobia.html)

TeensHealth:  
[www.kidshealth.org/en/teens/how-much-sleep.html](http://www.kidshealth.org/en/teens/how-much-sleep.html)

## Teen Mental Health

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. These are typical teen pressures. Worrying about them is normal. But feeling very sad, hopeless, or worthless could be warning signs of a mental health problem. Mental health problems are real, painful, and sometimes severe. Mental health problems can be treated.

## Where to Find Help

If you or someone you care about is in crisis, please seek help immediately:

- Talk to your parents or an adult you trust.
- Call **911**.
- Visit a nearby emergency department or your health care provider's office.
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)**.

# Protect Your Teeth and Smile from Molly and Meth

If you love showing off your pearly whites, then stay away from drugs like Molly (ecstasy) and meth. You already know that Molly and meth can harm your brain and your body, but did you know these drugs could also ruin your teeth and smile?

Molly is a drug that can make you grind your teeth when under the influence. This very serious habit can crack your teeth. Teeth grinding, by the way, can also lead to headaches, neck aches, and earaches. Meth, also called ice or speed, can cause your teeth to decay quickly. Both Molly and meth cause dry mouth, which stops your saliva from cleaning your teeth. You should visit your dentist at the first sign

of pain or if you see anything that's not normal about your teeth. Meth breaks down your teeth and makes them rot, become black, and fall out. This is called "meth mouth."

Stay away from drugs and visit your dentist every six months for a checkup so your teeth will stay healthy and your smile bright!

If you need help finding a dentist, call **DentaQuest** at **1-855-418-1622**.

## Additional Resources

WebMD: [www.webmd.com/oral-health/drug-abuse-mouth#1](http://www.webmd.com/oral-health/drug-abuse-mouth#1)

# What is HPV?

**One of the most common risk factors for cervical cancer is a sexually transmitted infection (STI) called human papillomavirus, or HPV.**

HPV is a group of viruses that also causes genital warts and other cancers. It's passed from person to person during sex and is very common. Often there are no symptoms, so many people don't even know they have it.

An HPV vaccine can prevent most HPV infections. It's usually given as a series of shots over six to 12 months to boys and girls at 11 or 12 years old, but may be given beginning at age 9 through 26. Contact your primary care provider (PCP) today to ask whether the HPV vaccine is right for you.

## What is Cervical Cancer?

Cervical cancer happens when cells in the cervix (the lower part of the uterus) begin to grow out of control. The uterus is where a baby grows and develops when a woman is pregnant.

## Additional Resources

OncoLink: [www.oncolink.org/types/article.cfm?c=179&id=8226](http://www.oncolink.org/types/article.cfm?c=179&id=8226)

Centers for Disease Control and Prevention:

[www.cdc.gov/vaccines/hcp/vis/vis-statements/hpv.html](http://www.cdc.gov/vaccines/hcp/vis/vis-statements/hpv.html)

# Have You Had Your TennCare Kids Screening?

**In addition to caring for you when you are sick, your primary care provider (PCP) also wants to see you for regular well-visits (TennCare Kids exams).** These visits focus on keeping you healthy.

At these visits, your PCP will check your growth and development. He will also perform a physical exam and any necessary screening tests. He will also check your vaccine records to make sure you are up-to-date. Your PCP will be there to guide you as you start making your own decisions about your health.

If you have any questions or concerns, please discuss them with your PCP. Call your PCP's office today and make an appointment for your TennCare Kids screening!



# Shield Yourself from STDs

Sexually transmitted diseases (STDs) spread from person to person through intimate contact. You can protect yourself by not having intimate contact at all, practicing safe intimate contact, and even going to see your primary care provider (PCP).

How can going to see your PCP help protect you from STDs? Circle "True" or "False" for the statements below. Then check your answers to see how much you know:

**1** My PCP can answer questions my friends or parents can't answer about STDs.

True      False

**2** I don't need to see a PCP to know whether I have an STD.

True      False

## Answers

1. True. If you can, talk with your parent or guardian about your sexual choices. But you may have questions only your PCP can answer.

2. False. Many STDs have no symptoms. You or your partner can have an STD and not even know it. The only way to know for sure is to see your PCP for an STD screening.

Call your PCP today to schedule an appointment for a checkup or an STD screening.

## Additional Resources

TeensHealth:  
[www.kidshealth.org/en/teens/sexual-health/#catstds](http://www.kidshealth.org/en/teens/sexual-health/#catstds)

# Checkup Check List

My next checkup is due \_\_\_\_\_. Not sure when it is due? Call your primary care provider (PCP) and ask. Not sure who your PCP is? To find out, call your health plan at **1-800-690-1606**.

Be prepared for your checkup. Write down questions for your PCP.

One question I have for my PCP is: \_\_\_\_\_

OR Something my PCP needs to know about me is: \_\_\_\_\_

## What Would It Take for You to Go Get a Wellness Checkup?

You're growing up so fast, and each year may bring new changes. One of the best things you can do to stay as healthy as possible is see your primary care provider (PCP) every year, even when you're not sick. This is called a wellness checkup, in which your PCP can give you an exam and look for any health problems before they get serious.

### For what other reasons would you get yearly wellness checkups?

Print this newsletter. Check all the reasons that apply to you or write your own reasons in the space below. Then cut out this card and drop it in the mail.

- I want to be healthy and live longer.
- I want to stay active and be able to do the things I enjoy.
- I'm the main caregiver for a family member with special needs.
- I don't want to be a burden to anyone else.

Other: \_\_\_\_\_

Mail to: **UnitedHealthcare Community Plan**  
**8 Cadillac Drive Suite 100**  
**Brentwood, TN 37027**



## Are You Dealing with Abuse?

Abuse of children can take many forms. All forms of abuse are serious. It may be emotional, sexual, verbal, or physical.

**There is nothing that you can do or say to deserve being abused. The abuse is never your fault.** Everyone has the right to a safe and healthy relationship.

To report suspected child abuse, call **1-877-237-0004**. If you are in immediate danger, call **911**. You do not have to have proof that abuse has occurred. Each concern will be reviewed on a personal basis.



Call **1-866-405-0238**. This service is free to all members younger than 21. If you are younger than 18, you can have a parent or guardian ride with you. Your parent or guardian needs to schedule the ride.

**Need a ride to your checkup?**



UnitedHealthcare Plan of the River Valley, Inc.

**Spanish: Español**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-259-0701 (TTY: 1-800-848-0298).

**Kurdish: ی کورد**

ئاگاداری: ئهگهر به زمانی کوردی قهسه دهکهیت، خزمهتگوزاریهکانی یارمهتی زمان، بهخواری، بو تو بهردهسته. پهیوهندی به

1-855-259-0701 (TTY: 1-800-848-0298) بکه.

**Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: 800-690-1606 (TTY: 711)**

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call UnitedHealthcare Community Plan at 800-690-1606 or TennCare 855-857-1673 (TRS 711) for free.

**Reporting Fraud and Abuse:**

**English:**

To report fraud or abuse to the Office of Inspector General (OIG) you can call toll-free 800-433-3982 or go online to <http://www.tn.gov/tenncare/fraud.shtml>. To report provider fraud or patient abuse to the Tennessee Bureau of Investigation's Medicaid Fraud Control Unit (MFCU), call toll-free 800-433-5454.

**Spanish:**

Para reportar fraude o abuso a la Oficina del Inspector General (Office of Inspector General, OIG) nos puede llamar gratis al 800-433-3982. O visítenos en línea en <http://www.tn.gov/tenncare/fraud.shtml>. Para reportar fraude o maltrato de un paciente por parte de un proveedor a la Unidad de Control de Fraude Médico de la Oficina de Investigación de Tennessee (Tennessee Bureau of Investigation's Medicaid Fraud Control Unit, TBI MFCU), llame gratis al 800-433-5454.