

# Student Center Newsletter

## Bayonne High School

### May 2019

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#### Teen Pregnancy Prevention Month

Teenage Pregnancy is an important public health issue that effects our entire population with negative consequences.

There are multiple risk factors for teen mothers and their babies including lower birth weights, increased infant mortality, an increased risk of hospital admission in early childhood, less supportive home environments, poorer cognitive development, and a higher risk of becoming a teen parent themselves. In addition, teen mothers are more socially isolated than other teenagers, more prone to mental health issues, and have fewer educational and employment opportunities.

In recent years, teen birth rates in the United States have declined substantially. According to the National Center for Health Statistics, in 2016, the teen birth rate dropped 9% compared to that of 2015, and the birth rate among teen girls has dropped 67% since 1991. New Jersey is ranked 4 out of 50 in teen birth rate and 18 out of 50 in the teen pregnancy rate.

The Student Center counselors work closely with students and their families to address all issues related to teen pregnancy. We provide individual, family, and group counseling. Furthermore, the Student Center serves as a pivotal referral source to the resources available in our community, which address our students' needs including medical, emotional, educational, and financial support.

#### Mental Health Awareness Month

##### Ten Tools to Feel Stronger and More Hopeful:

1. [Connect with Others](#)
2. [Stay Positive](#)
3. [Get Physically Active](#)
4. [Help Others](#)
5. [Get Enough Sleep](#)
6. [Create Joy and Satisfaction](#)
7. [Eat Well](#)
8. [Take Care of Your Spirit](#)
9. [Deal Better with Hard Times](#)
10. [Get Professional Help if You Need It](#)

