

# Paying to Play:

## Teen Risk Behavior and Lifelong Consequences

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*The only thing harder than raising a teen-ager is being a dental hygienist who must convince a teen-ager to care about oral health. From human papilloma virus to squamous cell carcinoma to diabetes to life-threatening infections, teens face more challenges related to their oral health than any previous generation. This course will provide hygienists with knowledge of the dangers of teen risk behavior; tools for good communication techniques; and increased sensitivity to the needs and emotions of teens.*

### Section One

#### Oral Consequences of Sexual Experimentation

##### **Human Papillomaviruses (HPV)**

Overview of viruses; most common, most deadly

HPV interaction with HIV; associations with cancers

CDC statistics

Vaccinations available; issues for and against

Reasons for teen experimentation; help available

1-877-HPV-5868 (American Social Health Association)

<http://www.hpvinfos.ca/teens/>

<http://www.cdc.gov/hpv/prevention.html>

#### Oral Consequences of Drug Experimentation

##### **Methamphetamine**

Ingredients

Escalating cascade of oral disaster

##### **Heroin, Cocaine, Marijuana**

Direct and indirect oral effects

Reasons for teen experimentation; help available

1800-662-HELP (National Institute for Drug Abuse)

<http://teens.drugabuse.gov/drug-facts>

<http://www.livestrong.com/article/113706-drug-teens>

## **Oral Consequences of Sports and Energy Drinks**

Sports drinks: controversies in science, funding

Electrolytes: What, where, why, true, false

Sodium: What, why, true, false

Official recommendations

Energy drinks

Caffeine facts

Fatality findings

pH, acidity, titration

Official recommendations

Solutions for white spot lesions

Reasons for teen experimentations; help available

<http://www.healthychildren.org/English/news/Pages/Kids-Should-Not-Consume-Energy-Drinks-and-Rarely-Need-Sports-Drinks-Says-AAP.aspx>

[www.betterbeveragefinder.com](http://www.betterbeveragefinder.com)

[www.energyfiend.com](http://www.energyfiend.com)

## **Oral Consequences of Using Tobacco Products**

### ***Smoking and chewing***

Teen facts and figures

### ***Dissolvable tobacco products***

What, where, and how much nicotine

Attractions for teens, adolescents

Arguments for; arguments against

Reasons for teen experimentation; help available

1-800-QUIT-NOW

<http://tobaccofreekids.org/>

<http://www.askadvicerefer.org>

<http://www.nobutts.org>

## **Oral Consequences of Obesity**

CDC facts and figures

Caries and obesity - correlation or coexistence?

Potential cause and effect relationship under review

Reasons for teen experimentation; help available

1-847-831-3438 (National Association of Anorexia Nervosa & Associated Disorders)

<http://www.mayoclinic.com/health/childhood-obesity>

<http://family.go.com/parenting/fitness-tips-for-kids-pg/view-all/>

## **Oral Consequences of Piercings and Splittings**

### ***Perioral piercings***

Barbell, labrette history, popularity

1.6-10 mm; metal, plastic, clear

Holes close within hours, or after years

Accomplished with needle, cannula; back to front at an angle, anterior to lingual frenulum; called venom bites, angel bites

Oral and health issues

### ***Tongue splitting***

Legal, ethical issues

Procedures: laser, scalpel, tie-off

Oral and health issues

Reasons for teen experimentation; help available

<http://www.ada.org/1891.aspx>

## **Section Two**

### **Effective communication techniques for teens**

According to Maslow, Deci, and Ryan

Applying theories to teens: What do teens want? How can they get it?

Listen, respect, guide

Adjuncts for teens, in the office; at home

Helpful resources

[http://www.toniadams.com/toniadams.com/Brief\\_Book\\_Series.html](http://www.toniadams.com/toniadams.com/Brief_Book_Series.html)

<http://www.parenting.org/article/respect-0>

<http://disabilityisnatural.com>

<http://www.familylife.com>

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