



November Newsletter

Get SMART B4 U Get SEXY

BWW Intro (more about us)



Mental Health Awareness



Healthy Hygiene Tips

Chemicals to Avoid



Word Search

Want to learn the importance of your
mental health, harmful chemicals, &
more?

KEEP READING!!



Who Are We

Get Smart B4U Get Sexy is an organization that revolves around supporting **black and brown teens** through the education of sexuality, sexual health, & more. We provide resources for the youth who may feel vulnerable, intimidated, or afraid to ask for help or knowledge when it comes to sex. We focus on supporting our people who may be more susceptible to sexually transmitted diseases.



GSB4UGS aims to prevent reproductive health issues that our youth community may face by providing **peer to peer** comprehensive sexual education. Our goal is to ensure that teens in the black and brown community gain awareness and education to make healthy sex, body mental health decisions, and more. Los Angeles has one of the highest STDs rates in teens. It's important that we develop strategies to **make a change in our community.**



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Physical Effects of Mental Health

Mental health is extremely important to our overall well-being. Being in a good mental state can help you stay healthy and prevent serious health problems. FOR MENTAL HEALTH RESOURCES AND SUPPORT, PLEASE CALL 24/7 HELP LINE AT (800) 854-7771

Body Aches and Pain



Being constantly stressed or anxious can deplete your body. Negative effects can cause your stress levels to remain elevated and prevent you from resting well at night. Try self meditating or a self care night to take care of yourself and your mental health.

TIP: JOURNALING

Brain Fog

This term is used when your brain feels fuzzy and unfocused. This may cause you to find it difficult to concentrate or retain basic information.

TIP: AVOID SCREEN TIME

Weight Gain or Obesity

Negative mental health may cause some tasks to be more challenging such as working out daily, eating the right foods, and proportional eating. We may even use food as a way to cope, resulting in poor dietary choices and eating disorders. Speak to a healthcare professional about new outlets and healthy habits.

Sleep Insomnia/Apnea

Sleep problems can exacerbate pre-existing mental health issues. Insomnia can make it hard to fall asleep or stay asleep while apnea may cause you to oversleep. It is important to get our full 8 hours of sleep every night to take care of our mind and bodies!



TIP: DON'T USE YOUR PHONE BEFORE BED

Access to Health Care



People suffering from mental illnesses are less likely to have access to adequate health care. It may also be more difficult to maintain their physical health, seek care, or take prescriptions on a regular basis.

Maintaining Healthy Hygiene Habits

Personal hygiene and cleanliness can drastically alter how you feel about yourself. Feeling clean and smelling good can provide you with the confidence boost you may seek. It is also very important to take care of ourselves when we may not be feeling the best. A special self-care day or night routine can serve as a time for self-reflection or personal time to focus on yourself.

It is essential to our overall bodily health to clean ourselves every day, wash our hands after using the bathroom, brushing our teeth twice daily, taking care of our hair's health, trimming our nails, and maintaining a healthy sleep schedule.



A simple routine can be using a bar soap or sensitive body wash with a rag to clean our bodies and private parts in the shower. Remember to be gentle in our private areas as they are sensitive to certain products! Washing our hair is also very important as we don't want a build up of product in our scalp, but remember to not wash too frequently since we are stripping the natural oils from our hair every time we wash it. Once out of the shower it is important to replenish the moisture in our skin and hair so we can reduce the chance of developing extreme dryness or cracking in our skin. A simple shea butter or fragrance-free lotion will do the job fine! Deodorant is also important to keep our armpits fresh and help control our body odor. Continuing on to oral hygiene, it is important to brush our teeth and floss daily so that we can avoid cavities and buildup in our teeth. Don't forget to brush your tongue as well as this can be a factor in bad breath. Doing these steps daily will have the best effect on our bodily health and keep us clean!

Not only does personal hygiene keep us clean and smelling good, but it also helps our body from developing hygiene-related diseases such as athlete's foot, tooth decay, head lice, ring worm, and food poisoning. Poor personal hygiene are all contributing factors to such diseases, which is why it is important to take care of our bodies and keep it in the best version possible.



Word Search

Maintaining Healthy Hygiene

K D T F M F B O M J F T Z L R
I E E H Z C L B Z H E A L T H
W O E H C V S O O G E A R J O
M D T L Y L K D S O O G I N Q
D O H O B G E Y N S T R O T S
J R H A I R I A X Y Q V U A O
K A Y N L T V E N L W T U C A
O N D A G L R F N L O A X T P
A T F I V V V A U E I T I S W
P N B L Z X U E B X K N I M A
C R X S G V P J C D Y R E O F
V O L S H O W E R L U S N S N
C J V Z H R G P S B J M K I S
A G L E W E E H X L E Z T Q C
U G S N F Q B L I T L L N L H

cleanlines
health
teeth

deodorant
shower
hair

hygiene
lotion
soap

nails
floss
body



Check Your Answers! ANSWER KEY

H T N T L T I T B Q F N S N G
C L Z E X H E Z T Q C
S I X K S J M K I S
N S N S I T B M O H S T O A
V O L S H O W E R L U S N S N
C R X S G V P J C D Y R E O F
P N B L Z X U E B X K N I M A
A T F I V V V A U E I T I S W
M D T L Y L K D S O O G E A R J O
K A Y N L T V E N L W T U C A
J R H A I R I A X Y Q V U A O
D O H O B G E Y N S T R O T S
M D T L Y L K D S O O G E A R J O
W O E H C V S O O G E A R J O
I E E H Z C L B Z H E A L T H
K D T F M F B O M J F T Z L R



Chemicals to Avoid In Products



BHA & BHT

Butylated Hydroxynisole & Butylated Hydroxytoluen are preservatives in products such as lipstick, moisturizers & some foods. Using products that contain this chemical can cause hormone distribution & even cancer in some cases. Consuming this chemical can also have negative effects on a persons circulatory system.



DEA

Diethanolamine is a chemical found in products such as cleansers, soaps & shampoos. This product can be toxic if consumed (in mostly large quantities). This chemical can damage your hairs keratin & even cause scalp irritation.

PARBENS

Parbens are found in 75% of cosmetics and serve as a preservative. This chemical can be absorbed through skin cells and can cause cancer. It also distributes hormones into the body, can harm fertility and reproductive organs. This chemical may also affect the birth outcomes of unborn children.

TRICLOSAN

Triclosan is an anti bacterial agent that is found in many products such as soap, tooth paste, shaving gel, deodorant, lotions, & shampoos. This chemical can interfere with the bodies thyroid hormone metabolism & may be a potential endocrine distributor. This chemical can cause an increase in allergies, asthma, and eczema to children.

Organic & Chemical Free Products

REED + GWEN

Reed + Gwen uses 100% vegan ingredients. Some of these ingredients include marula oil, cane sugar, and rose clay. Their products are also all verified to be vegan and cruelty free, and they use packaging made with 100% renewable energy.

ROSEN SKINCARE

ROSEN Skincare uses organic and safe ingredients such as zinc oxide, kojic acid & mulberry extract. These clean-ical ingredients help repair dry, textured skin, as well as scarring, inflamed break outs & even hyper pigmentation.

WELL PEOPLE

"Well People" is a plant based skincare and makeup company that incorporates hybrid formulas that are powered by non-toxic plant-derived ingredients that work to hydrate, nourish, and support long-term skin health.



SHEA MOISTURE

Shea Moisture is a product that specializes in black hair care. Their products include ingredients such as raw shea butter, coconut oil, castor oil, chamomile, black seed oil, and many more products that help strengthen, thicken & grow your hair.





Test Your Knowledge!

TRY THIS QUICK QUIZ TO TEST WHAT YOU'VE LEARNED.



QUESTION 1)

Which one of these chemicals are used as an anti-bacterial?

- A.) BHT & BHA
- B.) Parabens
- C.) Triclosan



QUESTION 2)

Why do you think most companies incorporate harmful chemicals (mentioned on page 6.) into their products?

- A.) They want to harm their customers
- B.) Most chemicals preserve the products
- C.) Customers enjoy putting harmful chemicals into their bodies

QUESTION 3)

Which product uses raw and organic ingredients to help strengthen and grow your hair?

- A.) Shea Moisture
- B.) Reed + Gwen
- C.) Well People



GREAT JOB! SHARE YOUR SCORE AND OTHER THOUGHTS WITH (THE GROUP.)

Highlights

On October 22 BWW hosted and attended a self-defense class. Our team was able to learn simple but life saving self defense strategies and moves.

BWW presented and attended our annual Spring Into Love from October 22nd to the 23rd. Our peer educators presented a workshop revolving around relationships and how to identify signs of a healthy and unhealthy relationship other youth groups presented workshops that included facts about reproductive health, safe sex, birth control, STDs and more.



On October 27th BWW and our team attended a work shop that was presented to us by another organization that works closely and similarly to us. The presentation provided facts about personal hygiene, staying clean, and how to be clean for yourself and others. It also touched on things like relationships and communication.



Resources



HERE ARE SOME RESOURCES FOR FURTHER INFORMATION!

Caring for Your Mental Health

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Chemicals in Products to Avoid

<https://nunm.edu/2019/03/personal-care-chemicals-to-avoid/>

<https://www.healthline.com/health/organic-cleaning-products>

<https://www.thegoodtrade.com/features/natural-and-organic-skincare-brands>

BWW Organization

<https://bwwla.org/>

Happy Holidays GSB4UGS Fam!

**May you celebrate your
thanksgiving day with love in
your heart, prosperous vision in
your mind, and gratitude in
your being. Thanksgiving
wishes to everyone!**



Volunteer, share information, ask questions, comment or communicate with
Get Smart B4U Get Sexy, visit our site: or give us a call : (323) 290 - 5955

