

MY WAY SAMPLE TEXT MESSAGES

**BALLARD HIGH SCHOOL TEXTING FOR HEALTH PROGRAM PILOT
2014 - 2015**

Below are text messages developed for the My Way program. Feel free to use and edit for your own text-messaging program.

Notes

- Highlighted portions indicate areas that can be changed for to create targeted messages for your school.
- Look for notes under some of the messages for further instructions.
- The links provided were run through a service that shortens links. Try goo.gl, bit.ly, ow.ly, or tinyurl.com.

SCHOOL-BASED HEALTH CENTER MESSAGES

The **Teen Health Center** offers tons of services just for you! Open **7:30am-4pm, Mon to Fri**. Located in the **Commons**. For more information: <http://bit.ly/1zqjNZT>

Want the flu season to fly by? It peaks during the holidays! Get a free flu shot or non-injectable flumist at the **Teen Health Center** and avoid getting sick.

We want you to stay healthy! Wash your hands, keep them away from your face, and do the "dracula cough"--hide your face in your elbow when you cough.

EAT RIGHT MESSAGES

Experts say eating breakfast can lead to weight loss, not gain, but how? Well, starting the day with breakfast lessens overeating at other meals.

Get a hand on serving sizes! A cupped hand will fit one serving of fruit and counts towards the daily recommended 5 servings of fruits and veggies.

Did you know Seattle has farmer's markets all over the city? Check out local farmers' goods at the **Ballard Farmer's Market! Sundays, 10am-3pm, Ballard Ave NW**

Orange you going to try a new fruit today? Check out **Top Banana at 15th and 65th** and supplement your lunch with something a-peeling.

Trail mix can help you get through your mountain of homework. Mix your favorite dried fruit, nuts, seeds, and a little chocolate to make your own.

Did you know drinking soda can give you cavities and erode enamel? Make a jeltzer instead: use a 100% juice, like grape or pomegranate, and mix it with seltzer.

DIY lunchables? Create a healthy version and save money! Throw whole-grain crackers, low-fat cheese, and lean deli meat into a container to take to school.

Only sports drinks for the game, right? Not so fast! Research says drinking plain water and a balanced diet can keep you hydrated and replace electrolytes!

Tired of broccoli and carrots? Try a new vegetable this week. Bok choy or kale are great in a salad or stir-fry!

Hot chocolate can be both delicious and healthy. Try making it with low-calorie hot chocolate mix and low-fat milk!

A healthier version of your favorite breakfast foods: Choose whole-grain waffles or pancakes and top with yogurt, peanut butter, or fresh fruit!
Want to warm up this winter? Roast squash, potatoes, carrots, and onions. Add to broth, bay leaf, and spices in a pot. Simmer for 30 mins and enjoy!
Get down to your roots! Carrots, parsnips, and potatoes are un-beet-able when baked. For a healthy snack, cut them into fries or chips before baking.
An egg-cellent way to start your day is a veggie-filled omelet or scramble! If you're in a rush, throw it on some whole grain bread for a breakfast sandwich.
Dip into a healthy snack! Try carrots, celery, and peppers with hummus or plain yogurt mixed with spices.
Water, you drinking? Bringing a water bottle to school can be a friendly reminder to choose water over soda!
So you're supposed to eat whole grains, but what are they anyway? Brown and wild rice, oatmeal, popcorn, and whole wheat crackers and pasta are examples.
Watching a movie tonight? Consider making your own popcorn! You'll need popcorn kernels, oil, and a pot. Follow these easy instructions: http://bit.ly/1yhr2Tf
Trouble fitting breakfast into your morning routine? This week, try making toast with peanut butter or grab a yogurt on your way out.
Did you know orange juice has 10 teaspoons of sugar? Get the vitamins and minerals that you need from an orange by eating one instead!
Want the parfait breakfast? Try mixing yogurt, fruits, and granola in a to-go container.
For fruits and veggies, look at your plate as half full! A balanced plate should be ½ fruits and veggies, ¼ grains, and ¼ protein!
Pack your own or buy it? It's not too early to start thinking about lunch tomorrow. Consider packing your lunch tonight. It'll save you money and you choose what to eat!
Replace soda and sugary drinks with plain or sparkling water. Squeeze some lime, lemon, or orange to give it some flavor!
What's the big deal with breakfast? Experts say breakfast can increase memory, energy, and attention.
GET FIT MESSAGES
About half of teens in Washington State don't get enough exercise each day. How much is enough? Experts say 60 minutes of moderate to vigorous exercise.
Are your workouts moderate or vigorous? You can't sing if you're doing moderate activity and can only say a few words if it's vigorous!
Can you exercise and watch TV at the same time? Try jumping jacks or holding the plank position during commercial breaks (See how here: http://bit.ly/1cRcST4)
What are your afterschool plans? See what's happening at your community center: http://bit.ly/1mCZ3WF . Register for sports and other activities starting today!
3 simple ways to get more exercise: take the stairs, park further away from school, and walk whenever possible!
Wanna learn to ski or snowboard? Get on the Ski Bus! It takes Ballard Students up to Snoqualmie starting Jan. 9th. Check it out here: http://bit.ly/1qEwcnO (Note to SBHC: Are there activities that the school sponsors that you could include?)

Does the gym a-weight you? If done properly, lifting weights can build muscle. Check out the weight room **on the first floor near the locker rooms!**

Lap it up! **The Ballard Pool is right next door. Check out swimming or diving lessons, water polo, or just take a dip during public swim: <http://bit.ly/1udy387>**

Confused by weight room lingo? Reps are the # of times you do an exercise. Sets are the groups of reps. Try 3 sets of 10 crunches with a minute rest between!

What are you game for? Instead of playing video games, get friends together for board games or take a walk!

Milk isn't the only way to build strong bones! Getting moo-ving can help, too! Jumping, running, basketball, and tennis all strengthen your bones too.

Did you know that teens spend over 7 hours a day on computers, TV, or video games? That's nearly 50 hours per week! What else can you do with your time?

Did you know TV ads can make our food choices worse? Remember that just because its advertised, doesn't mean it's good for you!

Rethink your ride! Incorporate exercise into your routine by finding a safe route walking or biking to school. Check out bike routes here: <http://bit.ly/1zqcmBY>

Seattle has 430 parks and open areas! **Salmon Bay and Woodland Park are close to Ballard and perfect for an active afternoon. For more: <https://goo.gl/maps/pb0W3>**

*(Note to SBHC: You can create this link by searching in Google maps for "parks near **your school name here**." Copy the link and use a link shortener to save characters.)*

Can't decide how to exercise? Doing a variety of different activities is actually good for the body by preventing burnout and injury as well as keeping you motivated!

Make your weekday routine a healthy life-cycle! Ride your bicycle on one of the many trails Seattle has to offer, like **the Burke-Gilman trail!**

Forgot how good it feels to get outside and be active? Jog your memory by lacing up your shoes and going for a short run!

Don't let this chapter of your life go to waste! Studies show that teens only spend 25 minutes a day reading books. Find a book you're interested in and engage your mind! Check out the school library or the **Ballard Library.**

Spoiler alert! Warm ups, cool downs, and stretching ARE important to get your body ready for activity and avoid injury!

Playing a game until you reach the next level? It might take longer than you think. Try setting a timer for 1 hour. When it dings, save your game for tomorrow!

STRESS LESS MESSAGES

We can't stress it enough! Managing stress is good for the mind and body. What helps you relax? Try making a list--and take some time for yourself every day.

Support your classmates! Join Student Lives Always Matter (SLAM), a depression awareness group. Meets during lunch--1st in Mr. Broom's/2nd in Ms. Green's.

(Note to SBHC: What student groups do you want to promote?)

Did you know deep breathing can calm you down, lower your blood pressure, and slow your heart rate? Try taking 10 deep breaths when stress starts to take over.

When you're feeling stressed, observe how you feel. Are your shoulders tight? Is your heart beating fast? Try breathing into the discomfort and letting it go.

Really, what's the big deal with sleep? Sleep helps you eat better, manage stress, lessen acne, reduce illness, better concentrate, and learn more!

Feeling tired? Can't concentrate in school? Energy drinks and caffeinated beverages aren't the answer! The best way to an energized day is getting enough sleep!
Tempted by the snooze button? The morning rush can throw off your whole day. Create a stressfree morning! Set your alarm earlier or lay out your outfit!
Getting stuck on a homework assignment? Take a break! Get some fresh air, go for a walk, take a shower, or find something else that gives your mind a break.
Remember you can only control your actions, not the actions of others! Focus on the things you can change about yourself and find ways to work with others.
Is stress all you can think about? Try thinking about stress as just a feeling. It doesn't define you and it will pass.
I can handle this! It will all work out! What phrase do you use to give you confidence in tough situations?
1 in 5 high school students are bullied at school. Are you one? If so, tell someone. Don't let bullies take over your life.
Feeling fatigued during the day? Revive your energy, brighten your mood, and regain your focus with a 30-minute short nap!
Have a big project coming up? Getting organized will lessen your stress! Break the work into smaller pieces and set goals for finishing each part.
Get moving to stop stress! Exercise eases tension, puts you in a good mood, improves sleep, and builds self-esteem.
Did you know a study found that only 15% of teens get the recommended 8 ½ hours of sleep? Try making sleep a priority tonight!
What's your bedtime routine? Consider setting a bedtime, turning off electronics, and doing what helps you relax!
Did you know long-term stress can lead anxiety, depression, physical illness, and aggression? Make sure you address stress before it takes over!
Get a bed-ter night sleep and create a relaxing, quiet environment by removing electronics!
Stress affects the mind and body. Headaches, stomachaches, muscle pain, fatigue, changes in sleeping/eating habits, and trouble focusing may be caused by stress!
You don't always lose when you snooze! High school students who get enough sleep perform better in school and sports!
Guess how much time you've spent sleeping by age 15? 5 years! Investing time in sleep is good for a healthy body and active mind!
Step back and just breathe! When stressful situations arise, try taking a few deep breaths before reacting.
Dating shouldn't be stressful. Talk to your partner if you feel things are rocky. Reach out to friends for support!
Did you know drowsy driving is like driving drunk and causes over 100,000 crashes each year? Be sure you make sleep a priority!
This might be alarming, but teens that stay up late, sleep in and pull all-nighters can be more depressed and have lower energy.
Do you feel like you're being bullied? Don't just let it go, talk to someone.

DEALING WITH DRUGS AND ALCOHOL MESSAGES

The Active Drug and Alcohol Prevention Team (ADAPT) meets every other Wednesday during both lunches. Check it out!

(Note to SBHC: What student groups do you want to promote?)

Got good plans for the weekend? Think of alternatives to partying: check out a movie or get discounted tickets to a cool show at www.teentix.org.

Feel like you might want to quit smoking? Next time you have a craving, distract yourself! Go for a walk, text a friend, or take 10 deep breaths.

If you someone in your life is using drugs or alcohol, check out the Alateen Support Group, in the Teen Health Center, every Tuesday at 2:30pm.

(Note to SBHC: What student groups do you want to promote?)

When you start affects if you can stop. If you start smoking cigarettes as a teenager, you are more likely to be a lifetime smoker.

Did you know that drinking too much can lead you to blackout? During a blackout you're prone to make bad decisions and won't remember what you did or said.

You already know about peer pressure. Just remember: it's your body, it's your choice.

Having an urge to drink or smoke? Observe how it feels. What thoughts are going through your mind? Try riding out the urge instead of giving into it.

If you use drugs or alcohol, check in with yourself about why. What might be some of the consequences to your school life, your family, and your friends?

Is it time to say goodbye to cigarettes? You can do it! If you need help, visit teen.smokefree.gov.

(Note to SBHC: You can also use this one to promote cessation services at your SBHC)

Save your brain! Studies show binge drinking causes problems with memory and changes in how your brain develops.

What are some alternatives to partying this weekend? Making dinner with friends, playing games, going downtown, what other activities can you think of?

Passing out from drinking is no laughing matter--teens have died from drinking too much. If a friend is unable to sit up or talk after drinking, call 911 immediately.

Want to talk to someone about your smoking or drinking? The Teen Health Center offers free confidential counseling. Open every day from 7:30am to 4pm!

What makes you want to smoke or drink? Stress? Friends? Notice what triggers you to smoke or drink. Is there a healthier way to respond to triggers?