



## **A MINUTE OF HEALTH WITH CDC**

### *Teaching Good Behavior*

*Youth Risk Behavior Surveillance – United States, 2013*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

When people are young and healthy, they often think they're invincible, but certain behaviors put adolescents at risk for serious health problems. These behaviors can have negative consequences immediately and later in life. Behaviors that are concerning include violence; tobacco, alcohol, and other drug use; risky sexual behaviors; unhealthy diets; physical inactivity; and behaviors that contribute to motor vehicle injuries, including texting while driving.

If you're a parent or work with youth, you *can* make a difference. Talk with young people about these risky behaviors and emphasize and model a healthy lifestyle.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*