

### Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

(See page two)

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### May is Teen Pregnancy Prevention Month

Being a parent is not an easy job, but when the parent is a teenager, the job is tougher still. Since May is National Teen Pregnancy Prevention Month, here are some reasons why teenage childbearing deserves continued attention:

- Children of teen mothers are at higher risk of having learning & behavior problems in school; sons are more likely to end up in prison.
- Teen mothers are more likely to drop out of high school & never graduate, relying on public assistance to survive and living in poverty.
- In 2001, 82% of teen pregnancies were unintended at the time of conception, compared with only 18% that were intended.

- Teen mothers are more likely to give birth to a second child further compromising her health & health of the baby.

Majority of teen births occur outside of marriage to teens in all racial/ethnic groups. Among teens who do marry, their marriages tend to be short-lived.

The teen birth rate declined every year from 1991 to 2005, but has climbed steadily since then. This reinforces the need for vigilance to ensure that gains made in reducing the teen birth rate are not lost & this rate will continue going down for the future of our children.

(Source: Child Trends Research Brief, March 2009)

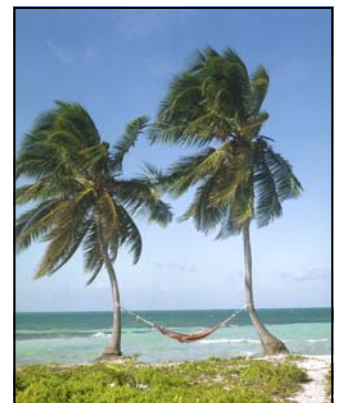
Copies of the Florida Extension cookbook, *Simply Florida: A Taste of Flavors from the Sunshine State*, are still available. For more information, please contact your local Extension office. See page 2 to find the office nearest you!

### Welcome to Florida

Brought to you by your  
University of Florida IFAS Extension Service  
South Central District  
Family and Consumer Sciences Team



“Solutions for Your Life”



## Toxic Household Chemicals: The Choice Is Yours

In the “good old days” we only had one choice when it came to cleaning... homemade soap, made with two natural ingredients. Today, we have thousands of choices for cleaning products and it is very confusing to make the right choice, even for the most informed consumer.

Many people believe that toxic chemicals are only found in industries but there are a wide variety of cleaning products in our homes that fit the definition of being hazardous so the possibility of these chemicals affecting our family’s health is real.

To protect your family, pets, and the environment, be sure to select the least toxic product for the task; try

to reduce the amount of toxic waste by using up what you have on hand; avoid aerosol spray cans whenever possible; and dispose of toxic waste as recommended.

*Bottom line:* Read the label! Look for the following: warnings or danger information; listing of major hazardous ingredients; special instructions for handling; antidotes to use if you accidentally inhale or spill the product on your skin.

**Cleaning doesn’t have to be hazardous to your health! Protect your family, pets, and environment by choosing the right, least toxic product for the task.**



## The Overscheduled Youth Myth

Many children are very involved in sports, community service, clubs, etc. Years ago, experts warned that “over-scheduling” youth might cause anxiety or create children who miss out on the real pleasures of childhood and family life.

However, a new research review by Child Trends (2008) argues that most children aren’t overscheduled and that realistically, only one in ten could be described as having “too much to do.”

Although 60% of our youth participate in organized activities, these youth spend an average of less than 10 hours per week participating, or fewer hours than they spend watching television. Researchers did warn, however, that spending over 20 hours a week

or participating in 5 or more activities could present some problems.

Most children are not overscheduled. Instead they are benefiting from safe, constructive alternatives to potentially unsupervised time.



**Sports and other activities are important for youth. Don’t discourage your children from getting involved because you may be afraid they’ll be overscheduled. Most children spend more time watching TV than participating in extracurricular activities, so a little involvement is a good thing!**

## There’s an Extension Office Near You!

**Charlotte County**—25550 Harbor View Rd, Unit 3, Port Charlotte, FL | (941) 764-4340  
<http://www.ifas.ufl.edu/charlotte/>

**Collier County**—14700 Immokalee Rd., Naples, FL  
(239) 353-4244 | <http://collier.ifas.ufl.edu>

**Desoto County**—2150 NE Roan Ave, Arcadia, FL  
(863) 993-4846 | <http://desoto.ifas.ufl.edu/>

**Hardee County**—507 Civic Center Dr., Wauchula, FL  
(863) 773-2164

**Hillsborough County**—5339 S. CR 579, Seffner, FL  
(813) 744-5519 | <http://hillsborough.extension.ufl.edu/>

**Lee County**—3406 Palm Beach Blvd, Ft. Myers, FL  
(239) 533-4327 | <http://lee.ifas.ufl.edu/>

**Manatee County**—1303 17th St. West, Palmetto, FL  
(941) 722-4524 | <http://manatee.ifas.ufl.edu/>

**Pasco County**—36702 SR 52, Dade City, FL  
(352) 521-4288 | <http://pasco.ifas.ufl.edu/>

**Pinellas County**—12520 Ulmerton Road, Largo, FL  
(727) 582-2100 | <http://www.pinellascounty.org/extension>

**Polk County**—1702 Hwy 17-98 S, Bartow, FL  
(863) 519-8677 | <http://polk.ifas.ufl.edu/>

**Sarasota County**—6700 Clark Road, Sarasota, FL  
(941) 861-9900 | <http://sarasota.extension.ufl.edu>

**Contact your local county Extension office today!**