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Wt. _____ % Ht. _____ % BMI _____ B/P _____ P _____

MIDDLE ADOLESCENCE

HEALTHY HABITS

- Get adequate sleep
- Exercise three times/week
- Discuss athletic conditioning, weight training, fluids, weight changes
- Limit TV

Injury Prevention:

- Use seat belts follow speed limits
- Use helmets, mouth guards, protective sports gear
- Use sunscreen, avoid tanning salons
- Limit TV
- Examine smoke detectors
- Learn rules for job safety and emergencies
- Do not use alcohol, tobacco, drugs, or carry weapons
- Learn to swim
- Learn to protect yourself from abuse, deal with anger, resolve conflicts

Mental health:

- Explore new challenges and roles for self-confidence, clarify values, recognize changes in yourself, and your strengths

Nutrition:

- Eat three meals a day (especially breakfast) and nutritious snacks
- Eat some family meals together
- Limit high fat, high sugar food
- Choose and prepare fruits, vegetables, breads, cereals, and other grain products, lean meats rich in iron and low-fat dairy products rich in calcium
- Manage weight through appropriate eating and regular exercise

Oral Health:

- Brush teeth
- Learn dental emergency care
- See dentist

Sexuality Education:

- Ask questions you have about sex, birth control and sexually transmitted diseases
- Sexual feelings are normal, but having sex should be a well-thought decision
- Do not have sex if you do not want to
- Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV/AIDS
- If having sex, ask for exam, discuss birth control and safer sex
- Practice safer sex
- Limit the number of partners and use condoms correctly

Prevention of substance abuse:

- Do not smoke, use spit tobacco, diet pills, or steroids
- Do not use alcohol or drugs
- Do not sell drugs
- Discuss how to quit
- Avoid situations where drugs or alcohol are present
- Support friends who choose not to use
- Become a peer counselor
- Listen to good friends and valued adults, and trust your feelings
- Seek help if you often feel angry, depressed, or hopeless
- Set reasonable but challenging goals
- Recognize and deal with stress

PROMOTION OF SOCIAL COMPETENCE

- Spend time with your family doing something you all enjoy
- Participate in social activities, community groups and team sports
- Respect your parents' limits and the consequences they have established for unacceptable behavior
- Discuss strategies for handling peer pressure
- Practice peer refusal skills

PROMOTION OF RESPONSIBILITY

- Respect the rights and needs of others
- Serve as an ethical role model
- Follow family rules
- Share household chores
- Take on new responsibilities for family, peers, and community
- Learn useful new skills (e.g., job skills, CPR)

PROMOTION OF SCHOOL ACHIEVEMENT

- Be responsible for attendance, homework, and course selection
- Discuss frustrations with school or thoughts of dropping out
- Participate in school activities
- Identify talents and interests for college, vocational training, the military, career

COMMUNITY INTERACTION

- Ask for referrals for financial assistance
- Participate in social, religious, cultural, volunteer, recreational activities
- Discuss current events and social responsibility
- Become a community advocate

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

Tdap Hep A Menactra

NEXT WELL CHILD VISIT: One Year