

Carolyn D. Ashworth, M.D.

Chandra Garvey, R.N.C.P.N.P.

Michele Hickman, R.N.C.P.N.P.

Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % BMI \_\_\_\_\_ B/P \_\_\_\_\_ P \_\_\_\_\_

**EARLY 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 in back, helmets, mouth guards, protective sports gear, sunscreen
- Maintain smoke – free environment
- Review rules for being at home alone
- Do not use weapons
- Learn to swim

**ORAL HEALTH**

- Brush teeth
- Ask about fluoride
- Learn dental emergency care
- Discuss dental sealants
- See dentist

**Mental health:**

- Take on new challenges to build confidence
- Listen to good friends and valued adults
- Talk with someone if you are often stressed, nervous, sad or things are not going right

**NUTRITION**

- Eat three meals a day 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

**SEXUALITY EDUCATION**

- Ask questions you have about sex, body changes during puberty, birth control and sexually transmitted diseases
- Sexual feelings are normal, but wait to have sex until older
- Learn how to say no to sex
- 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

**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
- Listen to, respect, and care about your peers and siblings
- 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**

- Discuss transition to middle or high school
- 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, Medicaid, food, housing, transportation
- Participate in social, religious, cultural, volunteer, recreational activities
- Discuss current events and social responsibility

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

Hep A Tdap Menactra

**NEXT WELL CHILD VISIT:** One Year