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

**LATE ADOLESCENCE**

**HEALTHY HABITS**

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

**Injury and violence prevention:**

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

**PROMOTION OF SCHOOL ACHIEVEMENT**

- Identify talents and make plans for future/career (college, vocational training, the military, career)

**Mental health:**

- Explore new challenges, clarify values, recognize your strengths
- 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
- Fulfill spiritual needs

**Nutrition:**

- Eat three meals a day (especially breakfast) and nutritious snacks
- Eat in pleasant environment with companions
- 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:**

- Educate yourself about birth control and sexually transmitted diseases
- Discuss gay and lesbian issues, celibacy, and other issues related to sexuality
- Do not have sex if you do not want to; having sex should be a well-thought decision
- Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infections/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, alcohol, drugs, diet pills, or steroids
- 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**

- Participate in social activities, community groups and team sports
- Develop good relationships with peers and siblings, and other social support systems
- Discuss strategies for handling peer pressure
- Practice peer refusal skills

**Prevention of substance abuse:**

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**Oral Health:**

- Brush teeth
- Learn dental emergency care
- See dentist

**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)
- Learn how to become a health care consumer (e.g. health insurance coverage, responsibility for a healthy lifestyle, and use adult health care system)

**PROMOTION OF SCHOOL ACHIEVEMENT**

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

Hep A    Tdap    Menactra

**NEXT WELL CHILD VISIT: One Year**