

Date: _____
Wt.: _____
Ht.: _____
BMI: _____

EARLY ADOLESCENCE – 11–14 YEARS

Promotion of Healthy and Safe Habits

Try to get 8 hours of sleep every night. Do moderately strenuous to vigorous physical activity (e.g., walking, biking, aerobics) for 60 minutes most days of the week. Encourage friends and family members to be physically active.

Check with the health professional before increasing physical activity. Ask the health professional or coach about athletic conditioning, weight training, fluids, and weight gain or loss.

Limit TV and DVD viewing and computer and video games to less than 2 hours per day, except for homework. Do not have a TV in the bedroom.

Take time to enjoy activities such as biking, hiking or skating.

Learn ways to manage your time and activities.

Injury and Violence Prevention

Always wear a safety belt when riding in the car. The back seat is safest for those aged 12 and under.

Do not drink alcohol, especially when swimming, boating, riding a bike or motorcycle, or operating farm equipment or other machinery.

Learn how to swim (if you haven't already learned).

Reduce your risk of developing skin cancer by limiting time in the sun and applying sunscreen (SPF 30 or higher) before going outside. Reapply frequently.

Discuss safety rules with your parents (e.g., having visitors, handling fire or other emergencies). Review fire safety plans at home.

Always wear a helmet when riding a bike, motorcycle, or ATV. However, ATVs and motorcycles are dangerous, even with a helmet.

Wear protective gear (e.g., eye protection, mouth guard, and helmet, knee and elbow pads) for sports and other physical activities such as in-line skating and skate-boarding.

Learn first aid and CPR.

Wear appropriate protective gear at work and follow job safety procedures.

Avoid high noise levels, especially when using ear buds. Do not carry or use a weapon of any kind.

Learn non-violent ways to manage conflict and anger. Walk away if you need to. Avoid violent people and risky situations.

Tell your parents/guardians, trusted adult or health care professional if anyone stalks or bullies you.

Learn techniques to protect yourself from physical, emotional, and sexual abuse or rape. Avoid alcohol and unsafe situations.

Get help if you are physically or sexually abused or fear that you are in danger.

Mental Health

Take on new challenges that will increase your self-confidence.

Continue learning about yourself (what you believe in, what is important to you).

Recognize that you are growing and changing. Learn to feel good about yourself through learning what your strengths are and listening to what good friends and valued adults say about you.

Talk with the health professional or another trusted adult if you are often sad, nervous or depressed.

It is important to learn to recognize and deal with stress. Everyone has tough times and stress in their lives. Find out what works for you. Understand the importance of your spiritual needs and try to fulfill them.

Nutrition

Choose a variety of healthy foods. Eat three nutritious meals a day; breakfast is especially important. Eat meals with your family on a regular basis. Keep the TV off.

Select a nutritious lunch from the school cafeteria or pack a balanced lunch. Choose plenty of fruits and vegetables; breads, cereals, and other whole grain products; low-fat dairy products; lean meats, chicken, fish, and other sources of protein; and foods prepared with little or no fat. Include foods rich in calcium and iron. Have 3 servings of milk, cheese or other dairy food each day.

Choose nutritious snacks. Limit high-fat or low-nutrient foods and beverages such as candy, chips, or soft drinks. Drink water instead of soft drinks or sport drinks.

Get to and keep a healthy weight. Manage weight through healthy eating habits and physical activity for one hour most days of the week.

Oral Health

Brush your teeth twice a day with fluoridated toothpaste, and floss between your teeth daily.

Take fluoride supplements as recommended by your dentist.

Ask the health professional or your dentist any questions you have about how to handle dental emergencies, especially the loss or breakage of a tooth.

Schedule a dental exam every 6 months or as often as your dentist recommends.

As your permanent molars erupt, be sure that your dentist evaluates them for placement of dental sealants.

Sexuality

Identify a supportive adult who can give you accurate information about sex. Ask the health professional any questions you have about body changes as you are growing. It is normal for youths to grow and develop at different rates.

Ask the health professional for information on sexual development and related issues. Recognize that sexual feelings are normal. Discuss any questions you have.

If you are confused or concerned about your sexual feelings (for the same sex or opposite sex), talk with the health professional or a trusted adult.

Learn ways to resist sexual pressures and to say “No” to sex. Avoid risky places and risky relationships. Remember “no” means “NO.”

Abstaining from sexual intercourse and oral sex is the safest way to prevent pregnancy and sexually transmitted infections.

Prevention of Substance Use/Abuse

Do not smoke, use chewing tobacco, drink alcohol, or use drugs, inhalants, steroids or diet pills. If you smoke, talk with the health professional about how to stop smoking.

Ask for information on how to resist peer pressure to drink alcohol or use drugs.

If you use drugs or alcohol, discuss this with the health professional and ask for help. They can suggest ways to help you quit.

Avoid situations in which drugs or alcohol are readily available.

Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.

Promotion of Social Skills

Spend time with your family doing things you all enjoy.

Participate in social activities, community groups, or team sports.

Make sure you understand the limits your parents have set and the consequences they have established for unacceptable behavior.

Learn to respect, get along with, and care about your peers and siblings.

Talk with the health professional and your family and friends about your strategies for handling negative peer pressure.

Continue your progress in making independent decisions and understanding the consequences of your behavior.

Promotion of Responsibility

Respect the rights and needs of others.

Follow family rules, such as those for curfews, homework, and chores. Share in household chores.

Learn how you can take on new responsibility in your family, peer group, and community.

Learn new skills (e.g., babysitting/child care, signing for the hearing impaired) that can help friends, family, or community.

Promotion of School Achievement

If you are anxious about the transition to middle school or high school, discuss it with your family, teachers, or health professional.

Become responsible for your own attendance, homework, and course selection.

If you feel frustrated with school or are thinking about dropping out, discuss your feelings and options with a trusted adult.

Participate in school activities. Identify talents and interests that you might want to pursue as a career or for enjoyment.

Begin to think about college options, vocational training, the military, or other career choices.

Promotion of Community Interactions

Participate in social, religious, cultural, volunteer, or recreational organizations or activities.

Talk with your friends and family about current events and community responsibilities such as recycling and conservation.

Explore your cultural heritage and learn about other cultures. Participate in culturally diverse activities.

Find out what you can do to make your community safer.

Participate in peer-mediated conflict management training if it is offered through your school. Ask about health programs and services provided at your school.

FOR PARENTS:

Enhance your adolescent's self-esteem by showing affection, praising positive behavior, and recognizing efforts and achievements.

Continue to affirm and model family values such as respect for self and others.

Respect your adolescent's need for privacy.
Spend time with your adolescent. Be available to listen.

Decide with your adolescent when she can do things independently.

Set realistic expectations for family rules, giving your adolescent increasing independence and responsibility as expectations and responsibilities are met.

Establish and communicate clear limits and consequences for breaking rules.

Minimize criticism and avoid nagging and other put-down messages.

Understand that your adolescent may be unwilling to participate in some family activities and may suddenly challenge parental authority.

Emphasize the importance of school and demonstrate interest in your adolescent's school activities.

Model safe driving practices. Avoid alcohol and use safety belts. Discuss family rules about driving before your adolescent is eligible to drive.

Check that your adolescent's immunizations are up to date.

Talk with the health professional about your own preventive and health promoting practices. These are avoiding tobacco, eating healthy, being physically active, doing breast self-exams or testicular self-exams.

If you need financial assistance to help pay for health care expenses, ask about resources or referrals to the state Medicaid (Title XIX) or HAWK-I program or other state health insurance or medical assistance programs.

Ask about resources or referrals for food and/or nutrition assistance (e.g. Commodity Supplemental Food Program, Food Stamp Program), housing, or transportation if needed.

Adapted from: Hagan JF, Shaw JS, Duncan PM, eds. 2008. *Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents*, Third Edition. Elk Grove Village, IL: American Academy of Pediatrics.

HELPFUL NUMBERS

Children's Center at Mercy Medical Center		1-888-882-4122
Domestic Violence	24 hours	1-800-942-0333
First Call for Help - United Way	24 hours	515-246-6555
Resources and information for many services such as food stamps and housing.		
HAWK-I/Title XIX		1-800-257-8563
Mercy Franklin Center	24 hours	515-271-6111
For behavioral, mental health, and substance abuse help.		