

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

LATE ADOLESCENCE – 18–20 YEARS

Promotion of Healthy and Safe Habits

Try to get 8 hours of sleep a night.

Do moderately strenuous to vigorous physical activity 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.

Practice time management skills. Limit TV and DVD viewing to less than two hours per day. Use the computer appropriately.

Injury and Violence Prevention

Always wear a safety belt when driving or riding in the car. If you are driving, insist that your passengers wear safety belts.

Follow the speed limit and drive responsibly.

Concentrate when driving and avoid distractions (e.g. playing loud music, eating, talking on the phone, and texting when driving).

Do not drink alcohol, especially while driving, swimming, boating, or operating farm equipment or other machinery. Plan to ride with a designated driver or to call for a ride if drinking.

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

Learn first aid and CPR.

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. Avoid tanning salons.

Test smoke alarms in your home to be sure they work properly. Change batteries twice yearly.

Know what to do in case of fire or other emergency. Review fire safety plans at home.

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

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

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

Avoid high noise levels, especially when using earbuds.

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.

Learn techniques to protect yourself from physical, emotional, and sexual abuse or rape. Get help if you are physically or sexually abused or fear that you are in danger.

Tell your parents or guardian or other trusted adult if anyone stalks, bullies, or abuses you.

Mental Health

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

Continue to develop your sense of identity, clarifying your values and beliefs.

Accept who you are and enjoy both the child and adult in you.

Trust your own feelings and listen to feedback from trusted friends and adults.

Get help if you often feel angry, depressed, or hopeless. Learn how to deal with stress.

Set reasonable but challenging goals. Understand the importance of your spiritual needs and try to fulfill them.

Nutrition

Choose, purchase, and prepare a variety of healthy foods.

Eat three nutritious meals a day at regularly scheduled times; breakfast is especially important.

Select a nutritious lunch from the cafeteria at your school or workplace, or pack a balanced lunch.

Enjoy meals in a pleasant environment with your family, friends, or roommates. Turn off the TV.

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.

Choose healthy snacks. Limit high-fat or low-nutrient foods and beverages such as candy, chips, or soft drinks. Have 3 servings of milk, cheese, or other dairy food daily. Drink water instead of soda or sports drinks.

Achieve and maintain 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.

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 wisdom teeth appear, be sure that your dentist checks them for adding dental sealants. Some wisdom teeth are impacted and may need to be removed.

Sexuality

Talk with the health professional about sexual maturity and other issues related to sexuality. 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.

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

Learn about ways to resist sexual pressures.

Prevention of Substance Use/Abuse

Do not smoke, use chewing tobacco, drink alcohol, or use drugs, inhalants, diet pills, or steroids. Do not become involved in selling drugs.

If you smoke, talk with the health professional about how to stop smoking.

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

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

Promotion of Social Competence

Spend time and maintain strong family relationships.

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

Maintain satisfying peer and sibling relationships. Continue your progress in making independent decisions and understanding the consequences of your behavior.

Identify social support systems.

Practice skills to handle negative peer pressure.

Promotion of School/Vocational Achievement

Identify talents and interests that you want to pursue for career or for personal enrichment.

Plan for the future (e.g., college, graduate school, vocational training, the military, job/career).

Promotion of Responsibility

Respect the rights and needs of others. Be a positive role model.

Talk with the health professional about your plans for the future, like work, education, housing, marriage.

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

Learn new skills, such as lifesaving, peer counseling, that can help your friends, family, or community.

Talk with the health professional about taking responsibility for your own health and learning about preventive health services.

Ask for assistance with entering the adult health care system if your care has been provided by a pediatrician or pediatric nurse practitioner.

Discuss your future reproductive plans with the health professional. Ask about things you can do before conceiving that will improve your chances of having a healthy baby.

Promotion of Community Interactions

If you need financial assistance for health care expenses, ask about resources or referrals to medical assistance programs.

Ask about resources or referrals for food, housing, or transportation if needed.

Join in social, religious, cultural, volunteer, or recreational organizations or activities. Advocate for community programs (recreational, athletic, artistic, and educational activities).

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

Explore your cultural heritage and learn about other cultures. Participate in activities that reflect cultural diversity.

Find out what you can do about community problems such as unemployment, lack of housing, violence, crime, environmental issues, or inadequate public services.

Join community campaigns to prevent substance abuse. Advocate for smoke-free

environments in your school, workplace, and/or community.

Ask about health programs and services in your school or workplace.

FOR PARENTS:

Encourage your adolescent's or young adult's independent decision-making. Spend time with your adolescent or young adult.

Respect your adolescent's or young adult's need for privacy. Be available to listen. Enhance your adolescent's or young adult's self-esteem by showing affection, praising positive behavior, and recognizing efforts and achievements.

Establish joint expectations with your adolescent or young adult regarding family rules and responsibilities.

Minimize criticism and avoid nagging, derogatory comments and other put-down messages.

Talk with your teen or young adult about her plans for independent living (money management, health care, food preparation, education, job or career).

Model safe driving practices (e.g., avoiding alcohol, using safety belts) and discuss family rules about driving.

Help your adolescent or young adult understand that driving is a privilege and a responsibility. Insist that your adolescent or young adult and all passengers wear safety belts.

Remind your adolescent or young adult to concentrate when driving and to avoid distractions (e.g., playing loud music, eating, talking or texting on the phone while driving).

Discuss with your adolescent or young adult the dangers of drinking and driving. Write and sign a "no drinking and driving" contract with your adolescent.

Urge your adolescent or young adult to always call for a ride if she or another driver has been drinking. Be sure she understands that you will pick her up at any time if she has been drinking.

Advise your adolescent or young adult to make arrangements for a designated driver if she plans to drink.

Advocate for and participate in alcohol-free community events (e.g., proms, graduation parties).

Talk with the health professional about your own preventive and health-promoting practices (e.g., avoiding tobacco, eating nutritiously, being physically active, doing breast self-exams or testicular self-exams).

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

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