

Date: _____

Wt.: _____

Ht.: _____

BMI: _____

MIDDLE ADOLESCENCE – 15–17 YEARS

Promotion of Healthy and Safe Habits

Try to get 8 hours of sleep a 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.

Practice time management skills.

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 like 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. Write and sign a “no drinking and driving contract” with your parents.

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.

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

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

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

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.

Avoid violent people and risky situations.

Tell your parents/guardian or a 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, what you believe in and what is important to you.

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

Trust your own feelings, and also listen to the ideas of good friends and valued adults.

Get help if you often feel angry, depressed, or hopeless. Everyone has tough times and stress in their lives. Learn how to deal with stress. Find out what works for you.

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

Nutrition

Choose and prepare a variety of healthy foods.

Eat three healthy meals a day; breakfast is especially important. Select a healthy lunch from the school cafeteria or pack a balanced lunch.

Enjoy meals in a pleasant environment with your family and/or friends. 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 in your diet. Have 3 servings of milk, cheese or other dairy food daily. Drink water instead of soft drinks or sports drinks.

Choose healthy snacks. Limit high-fat or low-nutrient foods and beverages such as candy, chips, or soft 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. 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 for information on sexual development and maturity, 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.

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

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

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.

Avoid situations in which drugs or alcohol are readily available.

Support your 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.

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 or driving.

Share in household chores.

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

Learn new skills, such as lifesaving or peer mentoring, that can be useful in helping your friends, family, or community.

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

Promotion of School Achievement

Be responsible for your own school attendance, homework, course selection, and extracurricular activities.

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

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

Make plans for after high school (e.g., college options, vocational training, the military, other career choices).

Promotion of Community Interactions

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.

Join social, religious, cultural, volunteer or recreational organizations or activities.

Advocate for community programs (recreational, athletic, artistic, and educational activities). Talk with friends and family about current events and community responsibilities such as voting, conservation, and recycling.

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

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

Ask about health programs and services in your school.

FOR PARENTS:

Establish realistic expectations for family rules. Then, give your adolescent increasing independence and responsibility as they meet expectations and responsibilities.

Reach agreement with your adolescent about limits, consequences for breaking rules, and independent decision-making.

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

Show family values such as respect for self and others.

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

Spend time with your teen and continue to show interest in his plans and activities.

Respect your adolescent's need for privacy, but be available to listen.

Model safe driving practices, like avoiding alcohol, using safety belts. Discuss family rules about driving before your teen is eligible to drive.

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

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

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

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

Ask your teen to always call you for a ride if he or another driver has been drinking. Be sure your adolescent understands that you will pick him up at any time if he has been drinking.

Advocate for and participate in alcohol-free community events, such as prom, graduation parties.

Talk with the health professional about your own preventive and health promoting practices (e.g., avoiding tobacco, healthy eating, being physically active, and 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

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, 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.		