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

### EARLY ADOLESCENCE

#### **Healthy Habits**

- \*Get adequate sleep
- \*Exercise five times/week
- \*Discuss athletic conditioning, weight training, fluids, weight changes
- \*Limit TV

#### **Injury Prevention**

- \*Use seat belts in back, helmets, use mouth guards, protective sports gear, and use 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 fluorides
- \*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 not going right

#### **Nutrition**

- \*Eat three meals a day (especially breakfast) 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
- \*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 or 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**

- \*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
- \*Participate in social, religious, cultural, volunteer, and recreational activities
- \*Discuss current events and social responsibilities

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

HepA Tdap Menactra Chick Pox HPV Flu

**NEXT WELL CHILD VISIT:** One year.