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Wt. _____ % Ht. _____ % BMI _____ % B/P _____ P _____

MIDDLE 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, follow speed limits
- *Use helmets, mouth guards, protective sports gear
- *No tanning salons
- *Examine smoke detectors
- *Learn rules for job safety and emergencies
- *Do not use alcohol, tobacco, drugs, or carry weapons
- *Learn to swim
- *Learn to protect yourself from abuse, deal with anger, resolve conflicts

Mental Health

- *Explore new challenges and roles for self-confidence, clarify values, recognize changes in yourself, and your strengths

Oral Health

- *Brush teeth
- *Learn dental emergency care
- *See dentist

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, birth control, and sexually transmitted diseases
- *Sexual feelings are normal, but having sex should be a well-thought decision
- *Do not have sex if you do not want to
- *Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infections and 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
- *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

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
- *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

- *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

- *Become a community advocate
- *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:

Tdap HepA Menactra Chicken Pox HPV Flu

NEXT WELL CHILD VISIT: One year.