

ANTICIPATORY GUIDANCE FOR ADOLESCENCE (11-21 YEARS)

Promotion of Healthy and Safe Habits

- Keep home and car smoke-free
- Try to get 8 hours of sleep a night
- Engage in physical activity (30-60 minutes 3 or more times a week)
- Discuss athletic conditioning, weight training, fluids, weight gain/loss, supplements
- Limit TV, computer time
- Learn to manage time, activities

Injury and Violence Prevention

- Don't drink alcohol, especially when biking, swimming, operating machinery
- Limit sun, use sunscreen
- Use bike helmet, mouth guards, protective gear
- Discuss home safety rules with parents (visitors, emergencies)
- Don't carry or use weapons
- Learn to swim
- Learn to protect self from abuse
- Always wear safety belt in car, be sure passengers wear them
- Follow speed limits, drive responsibly, avoid distractions
- Plan to ride with designated driver or call for a ride if drinking
- Know fire and other emergency procedures
- Avoid high noise levels, especially with earphones

Mental Health

- Take on new challenges to build confidence
- Learn about self, strengths
- Listen to valued friends, adults
- Talk with health professional or trusted adult if feeling sad or if things are not going right
- Understand/meet spiritual needs
- Trust own feelings, listen to good friends and valued adults
- Seek help if you often feel angry, depressed, or hopeless

Nutrition

- Eat three nutritious meals a day and healthy snacks
- Eat most meals with family
- Limit high-fat, high-sugar foods
- Choose fruits, vegetables; breads, cereals, other grains; lean meats, chicken, fish; low-fat dairy products
- Maintain healthy weight with good eating habits, physical activity

Oral Health

- Brush teeth; floss daily
- Ask about fluoride, dental sealants
- Schedule regular dental appointments
- Don't smoke or chew tobacco
- Ask dentist to check wisdom teeth

Sexuality

- Ask health professional about puberty, sexual development, contraception, STD's

- Recognize that sexual feelings are normal
- Discuss contraception; STD prevention; gay, lesbian, bisexual issues; celibacy; questions/concerns
- Delay having sex until older; having sex should be a well-thought-out decision
- Learn to resist sexual pressures
- If sexually active, discuss contraception, practice safer sex, use latex condoms correctly
- Ask questions if concerned about feelings for same or opposite sex

Prevention of Substance Use/Abuse

- Don't use tobacco, alcohol, drugs, diet pills, inhalants
- Discuss how to resist peer pressure to smoke, drink, use drugs
- If using drugs or alcohol, discuss help available, seek assistance
- Avoid situations where drugs or alcohol are present
- Support friends who choose not to smoke, drink, use drugs

Promotion of Social Competence

- Participate in social activities, community groups, or sports
- Discuss handling negative peer pressure
- Understand parental limits and consequences for unacceptable behavior
- Continue building decision-making skills, understand consequences of your behavior

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- Continue to maintain strong family relationships
- Develop good peer relationships, social support systems
- Use peer refusal skills to handle negative peer pressure

Promotion of Responsibility

- Respect rights and needs of others
- Share in household chores
- Learn new skills (child care, CPR)
- Discuss taking responsibility for own health, becoming informed about preventative health services
- Serve as positive role model
- Ask for help entering adult health care system
- Discuss future reproductive plans with health professional

Promotion of School Achievement

- Discuss school transitions
- Become responsible for attendance, homework, course selection
- Discuss frustrations with school, thoughts of dropping out
- Participate in school activities
- Identify/pursue talents, interests
- Make plans for after high school

Promotion of Community Interaction

- Explore heritage, cultural diversity

- Participate in peer-mediated conflict management training
- Explore cultural heritage, cultural diversity

If Thinking of Having a Baby

- Discuss responsibilities involved
- Eat a variety of healthy foods, be physically active
- Take a folic acid supplement daily before and during pregnancy
- Avoid tobacco, alcohol, drugs before and during pregnancy
- Seek genetic counseling if needed