

ADOLESCENCE (14 – 17YEARS)

NUTRITION & FITNESS

Concentrate on FIT more than FAT. Some people are bigger than others but are healthy. Some thin people are unhealthy. People come in all shapes and sizes. The important issues are fitness, exercise and a healthy diet.

- ✓ Eat breakfast; skipping can cause you to do poorly in school and gain weight.
- ✓ Eat three nutritious meals/day + five fruits and vegetables a day; eat with your family often.
- ✓ Limit soda, sugar-sweetened sports drinks, and fruit juice.
- ✓ Stay hydrated – drink plenty of water (6 – 8 glasses/day), especially while exercising or in the sun.
- ✓ Eat/drink 3-4 servings of low-fat milk, yogurt or cheese per day (1200mg of calcium). If you don't get this much, take a calcium pill (TUMS, Viactive).
- ✓ Limit fast food, junk food and sweets. Choose healthy snacks.
- ✓ Exercise – doing moderate to vigorous physical activity -at least ONE hour every day.
- ✓ DON'T text and drive. Avoid distracted driving. NEVER drive under the influence of alcohol, drugs, or get in a car with someone who has been drinking or using drugs. **Call someone you trust if you need a safe ride home.**

SAFETY

- ✓ Always wear a seat belt when riding in the car.
- ✓ If you are listening to your music with earphones, and the person next to you can hear what you are listening to, your music is too loud and can hurt your hearing.
- ✓ Reduce your risk of skin cancer by applying sunscreen (SPF 15 or higher) every morning to your face and before going outside. Reapply sunscreen after swimming or every 1 ½ hours.
- ✓ Do not use tanning beds. Indoor tanning increases early risk of skin cancer.
- ✓ It is ok to use an insect repellent with up to 30% DEET, but use sparingly and wash off once you come inside.
- ✓ Always wear a helmet when riding a bike, skating, skiing, or snowboarding. Use other recommended protective gear when playing sports.
- ✓ When playing sports, take time to sit out and heal following injuries. “Playing through” an injury often leads to delayed healing.
- ✓ For head injuries, ALWAYS wait for your health care provider's OK before returning to play.

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SCHOOL, FRIENDS and PERSONAL ISSUES

- ✓ Try to get 8 hours of sleep every night. Not getting enough sleep makes you susceptible to illness, reduces your school performance, and can cause you to gain weight. If school, friends, and activities are preventing you from getting enough sleep - you are doing too much.
- ✓ Get involved in activities, clubs, or sports that you enjoy.
- ✓ Choose friends who share your interests and values. Good friends respect others, obey the law, and help those in need. Walk away from bullies or those who try to get you to do things you are uncomfortable with. Talk with your parents or a trusted adult if you are having trouble with friends.
- ✓ If you choose to date, look for a relationship based on respect and shared interests and values. Set boundaries for how much time you will spend together and maintain interests in outside activities and relationships with your friends and family. A respectful relationship should not be controlling, manipulative or physically/ emotionally abusive. If you are struggling with a dating relationship, discuss your concerns with a trusted adult.
- ✓ Learn to recognize and handle stress – exercise, journal, and talk to friends or family. Set reasonable expectations for yourself and don't take on more than you can handle.
- ✓ If you are often angry, nervous or feeling sad or down – as though there is nothing to look forward to -- or want to hurt yourself, talk to your parents, a trusted adult, or your health care provider right away.
- ✓ Talk about relationships, sex, and values with your parents, a trusted adult, or your health care provider. Ask about body changes during puberty or sex and birth control. If you are considering having sex, discuss that decision with your parents or a health care professional. It is important to protect yourself from unwanted pregnancy and sexually transmitted diseases.
- ✓ Avoid situations where smoking, alcohol and drugs are present. **There are NO safe recreational or synthetic drugs.** Marijuana is illegal in Colorado for those under 21 years, is addictive, and can affect brain development, learning, memory and sleep. Edible marijuana can be especially dangerous.

MEDIA USE

- ✓ Limit electronic entertainment (TV, DVDs, computer games, social media and texting) to **two hours** per day. Make sure that it doesn't interfere with sleep, physical activity, homework, social and family relationships etc.
- ✓ Put away your cell phone during dinner and family time.
- ✓ Stop using your electronics at least 30 minutes before going to bed, because they can make it harder to fall asleep. Keep your phone on silent while sleeping, and make sure you can't see the bright notification light.
- ✓ Discuss age appropriate media content and online respect, privacy and safety with your parents.
- ✓ If you are being bullied – online or in person – talk with your parents, a trusted adult or your health care provider.

WE ARE HERE TO HELP!

Your health care provider can help if you have questions about your health, development, acne, painful periods, birth control, depression, anxiety or other concerns. You may reach our **Patient Care Line** at **303-699-6200**.

We respect your privacy when discussing sensitive issues at health care visits.

At well-care visits, we will ask you to complete a questionnaire called "RAAPS" that asks some pretty private questions. Please be honest when you fill it out. This helps your provider understand important issues related to your health and safety, so we can provide you with appropriate medical care and advice. Information we discuss will not be shared with other people without your permission, unless we are concerned that someone is in danger.

Our website – www.AdvancedPediatricAssociates.com– is a great resource if you have questions about your health or development. Check out our "**Your Health as a Teen**" page!

SUICIDE PREVENTION

Suicide is **NEVER** the answer. If you or someone you know is considering suicide or experiencing an emotional crisis, **seek immediate help** from a trusted adult or call 911. To reach the **National Suicide Hotline** call 800-273-TALK (8255), or 866-4-U- Trevor (866-488-7386), or text 741741.