



EARLY ADOLESCENCE (11 – 13 YEARS)

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 actually gain weight.
- ✓ Eat three nutritious meals/day; eat with your family often.
- ✓ Eat five fruits and vegetables a day with meals or snacks.
- ✓ 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 like fruit, veggies, yogurt, nuts and pretzels.
- ✓ Exercise – doing moderate to vigorous physical activity -at least ONE hour every day.

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 1½ 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 (mouth guards, shin guards, helmet, shoulder pads, etc.)

- ✓ 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.

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 cell phone, computer and TV at least 1 hour before going to bed, because they can make it harder to fall asleep. Keep your phone on silent (not vibrate) while sleeping, and make sure you can't see the bright light it produces if someone texts you.
- ✓ 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.

SCHOOL, FRIENDS and PERSONAL ISSUES

- ✓ Try to get 8-9 hours of sleep every night. Go to bed & get up at about the same time. Not getting enough sleep makes it easier to get sick, reduces your performance in school and activities, and can cause you to gain weight.
- ✓ Get involved in activities, clubs or sports that you enjoy.
- ✓ Choose friends who share your interests and values. Good friends respect others, follow the rules, 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 school, friends and activities are preventing you from getting enough sleep – you are doing too much. Identify what is most important and cut out less important activities.
- ✓ 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.



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- ✓ 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.
- ✓ Ask your parents, a trusted adult, or your health care provider any questions you have about body changes during puberty or to get accurate information about sex.
- ✓ Avoid situations where smoking, alcohol and drugs are present. **There are NO safe recreational drugs. Support friends who don't use alcohol and drugs.**

WE ARE HERE TO HELP!

Every pre-teen and teen has questions about his / her growth and development. **Your health care provider can help if you have questions about your health, development, acne, painful periods, depression, anxiety or other concerns.**

We respect your privacy when discussing sensitive issues at health care visits. At well-care visits, we will ask you to complete a questionnaire that asks about your physical and emotional well-being. We hope you will feel free to talk openly with us about yourself and your health. 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.

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.