

15-17 YEARS

HEALTHY AND SAFE HABITS:

- Get enough sleep--teens need between 8-12 hours of sleep each night.
- Physical activity- get at least 30 minutes/day (walking or playing a sport).
- Limit TV and computer time-- No more than 2 hours a day.

INJURY AND VIOLENCE PREVENTION:

- Always wear a seat belt—it can save your life and is the law.
- Pay attention to speed limits.
- Never drink and drive or ride in the car with someone who has been drinking. Designate a driver who does not drink or call someone for a ride if you feel unsafe.
- Use helmets while riding your bike or rollerblading/skateboarding.
- Guns are never for play and should not be handled for any reason.

NUTRITION:

- 3 meals a day (breakfast is important) and healthy snacks can prevent being overweight
- Eat meals as a family-- to catch up on the day and keep your family talking.
- Limit fatty foods (such as French fries and chips) and high sugar foods (such as sodas and candy) to improve your energy and keep your weight under control.

DENTAL HEALTH:

- Brush your teeth twice a day and floss once a day.
- See your dentist at least once a year.
- Smoking and chewing tobacco can cause stains, tooth decay and mouth cancer.

SEXUALITY:

- Saying NO to sex is the only way to prevent sexually transmitted infections like gonorrhea, chlamydia, herpes and HIV.
- If you do have sex, use a condom and other effective birth control to prevent pregnancy and some of the STDs.
- Sexual violence is common—communicate clearly with your partner

PREVENTION OF SUBSTANCE USE/ABUSE:

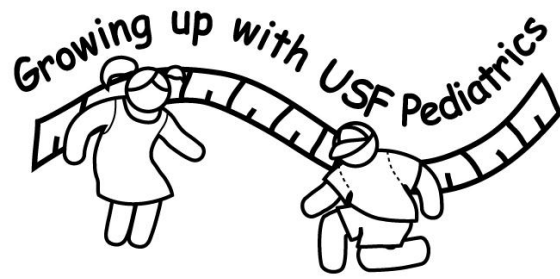
- Smoking is dangerous to your health—it causes cancer, heart disease and strokes AND tooth decay, bad breath, and premature aging.
- If you smoke, drink or use illegal drugs talk to your parents or doctor about ways to get help. You can ask to talk to your doctor alone!

SCHOOL ACHIEVEMENT:

- High school can be demanding and frustrating. Graduating high school is the only guarantee to higher wages and a chance at going to college.
- Talk to your guidance counselor about which programs are right for you.
- Getting involved in your school activities can make school more fun and enjoyable.

TRANSITION TO ADULTHOOD:

- Take responsibility for your health care. Become more independent in taking medicine, filling prescriptions, making doctor's appointments, and communicating with your doctor. Talk to your parents, teachers, and doctors about what you need in order to be successful in your activities. That's called self-advocacy!
- Know your rights and responsibilities when you turn age 18, including making decisions about medical care, finances, and other legal matters.
- Know how your health insurance and health care needs will change in adulthood.



15-17 Years Visit

Date: _____

Your Doctor is: _____

Weight: _____ lbs.

Height: _____ in.

BMI: _____ %

Immunizations given today:

- Tdap IPV MMR Varicella Menactra Influenza HPV
 Other _____

Instructions: _____

Your next appointment is: _____ Provider's name: _____



17 Davis Pediatric Clinic--appointments and after hours number: 259-8700