

# 18-21 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.
- Manage conflict nonviolently and avoid risky situations

## 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:

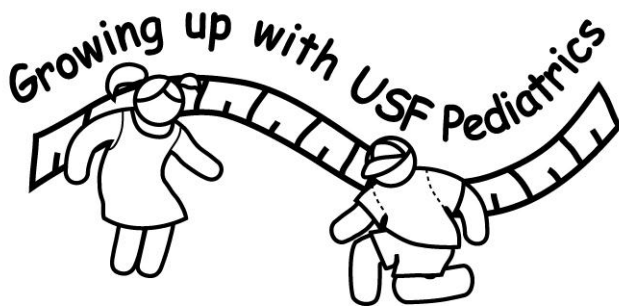
- Saying NO to sex is the only way to prevent sexually transmitted infections like gonorrhea, chlamydia, herpes and HIV.
- If you do have sex, use a condom and other effective birth control to prevent pregnancy and some of the STDs.
- Sexual violence is common—communicate clearly with your partner

## PREVENTION OF SUBSTANCE USE/ABUSE:

- Smoking is dangerous to your health—it causes cancer, heart disease, strokes, 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.

## TRANSITION TO ADULTHOOD:

- You're an adult now! Know your rights and responsibilities starting at age 18, including making decisions about your medical care, finances, and other legal matters.
- Take responsibility for your health care. Become independent in taking medicine, filling prescriptions, making doctor's appointments, and communicating with your doctor.
- Know your options for health insurance after age 18.
- If you still see pediatric providers, find physicians who work with adults.
- Talk to your parents, doctors, and teachers about what you need in order to be successful in your activities. That's called self advocacy!
- Keep important information about your medications, doctors, and emergency plans in one place.
- Stay connected with family and friends; get involved with your community
- Consider future goals: school or work



**18-21 Years Visit**

Date: \_\_\_\_\_

Your Doctor is: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.

Height: \_\_\_\_\_ in.

BMI: \_\_\_\_\_ %

Immunizations given today:

- Tdap     IPV     MMR     Varicella     Menactra     Influenza     HPV  
 Other \_\_\_\_\_

Instructions: \_\_\_\_\_

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Your next appointment is: \_\_\_\_\_ Provider's name: \_\_\_\_\_

