HOW YOU ARE DOING

▪ Enjoy spending time with your family.
▪ Find activities you are really interested in, such as sports, theater, or volunteering.
▪ Try to be responsible for your schoolwork or work obligations.
▪ Always talk through problems and never use violence.
▪ If you get angry with someone, try to walk away.
▪ If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
▪ Don’t smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

YOUR FEELINGS

▪ Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
▪ Figure out healthy ways to deal with stress.
▪ Try your best to solve problems and make decisions on your own.
▪ Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

YOUR DAILY LIFE

▪ Visit the dentist at least twice a year.
▪ Brush your teeth at least twice a day and floss once a day.
▪ Be a healthy eater.
  ◦ Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  ◦ Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
  ◦ Eat when you’re hungry. Stop when you feel satisfied.
  ◦ Eat breakfast.
▪ Drink plenty of water.
▪ Make sure to get enough calcium every day.
  ◦ Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
  ◦ Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
▪ Aim for at least 1 hour of physical activity every day.
▪ Wear safety equipment when you play sports.
▪ Get enough sleep.
▪ Talk with us about managing your health care and insurance as an adult.

HEALTHY BEHAVIOR CHOICES

▪ Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
▪ If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
▪ Make healthy decisions about your sexual behavior.
▪ If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
▪ All sexual activity should be something you want. No one should ever force or try to convince you.
▪ Protect your hearing at work, home, and concerts. Keep your earbud volume down.

STAYING SAFE

- Always be a safe and cautious driver.
  - Insist that everyone use a lap and shoulder seat belt.
  - Limit the number of friends in the car and avoid driving at night.
  - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
  - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you’re outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to https://brightfutures.aap.org.