

HEALTH SUPERVISION VISITS

ELEVEN TO FOURTEEN YEAR VISITS

GROWTH AND EMOTIONAL WELL-BEING

- Visit dentist twice a year
- Support healthy self-image by praising activities/achievements, not appearance
- Encourage fruits/vegetables, whole grains, low-fat dairy, limit candy/chips/soda
- Be physically active 60 minutes a day, limit non-academic screen time to 2 hours a day
- Clearly communicate rules/expectations/family responsibilities; spend time with your youth, get to know friends
- Stay connected with family; follow family rules and curfews
- Help youth follow their interests to new activities, increase awareness of community issues/needs
- Praise positive efforts in school; help with organizations/priority setting; encourage reading
- Take responsibility for schoolwork
- Involve youth in family decision making; encourage her/him to think through problems
- Tell me your concerns about your child's behavior, moods, mental health, or substance abuse
- Youth go through puberty at different times; talk to your youth about the physical changes that occur
- Discuss your expectations/values about dating, relationships and sex
- Get accurate information about physical development, sexual feelings, and sexuality

RISK REDUCTION AND INJURY PREVENTION

- Know youth's friends and activities; clearly discuss rules, expectations
- Talk with youth about tobacco/alcohol/drugs; praise him for not using; be a role model
- Consider locking liquor cabinet, putting prescription medicines in a place where youth cannot get them
- Don't smoke, drink, use drugs; avoid situations with drugs/alcohol; support friends who don't use; talk with me if concerned about your own, or a family member's use
- Talk about relationships, sex, values; encourage sexual abstinence; provide opportunities for safe activities
- The safest way to prevent pregnancy and STIs is to not have sex, including oral sex
- Plan how to avoid risky situations; if sexually active, protect against STIs/pregnancy
- Wear safety belt; don't allow ATV riding; wear helmet, protective gear, life jacket
- Don't ride in car with driver who has used alcohol/drugs; call parent/trusted adult for help
- Remove guns from home
- Healthy dating relationships are built on respect and concern; saying no is okay

- Teach nonviolent conflict-resolution techniques.