

## HEALTH SUPERVISION VISITS

### FIFTEEN TO SEVENTEEN YEAR VISITS

#### GROWTH AND EMOTIONAL WELL-BEING

- Visit dentist twice a year
- Protect your hearing
- Maintain healthy weight by balancing food choices/physical activity
- Support healthy self-image by praising youth's activities/achievements, not appearance
- Encourage physical activity
- Stay connected with family, help at home; get involved with community, friends; follow family rules
- Take responsibility for schoolwork; talk to parent/trusted adult about problems at school
- Emphasize school, praise positive efforts, help with organization/priority setting, encourage reading
- Find ways to deal with stress; Recognize that hard times come and go; talk with parents/trusted adult
- Involve youth in family decision making; encourage her to think through problems and practice independent decision making
- Recognize signs of depression, anxiety or other mental health issues (irritability, changes in food/sleep habits, not adhering to rules, substance abuse)
- Get accurate information about sexuality, physical development, sexual feelings; talk to parents/trusted adult/me
- Communicate frequently and share expectations clearly

#### RISK REDUCTION AND INJURY PREVENTION

- Don't smoke, drink, use drugs; avoid situations with drugs/alcohol; support friends who don't use
- Talk with youth about tobacco/alcohol/drugs; know youth's friends and activities; clearly discuss rules/expectations; praise him for not using; be a role model; consider locking liquor cabinet, putting prescription medicines in a place where youth can't find them
- Encourage sexual abstinence; help youth make a plan for resisting pressure; support safe activities at school, talk about your values; have discussions with youth as she accepts responsibility for her decisions and relationships
- If sexually active, protect against STIs/pregnancy
- Wear safety belt, helmet, protective gear, life jacket

- Limit night driving, driving with teen passengers
- Don't ride in car with driver who has used alcohol/drugs; call parents/trusted adult for help, don't drink and drive
- Fighting, carrying weapons can be dangerous
- Remove guns from home; if gun necessary, store unloaded and locked with ammunition locked separately; keep key inaccessible to youth
- Teach nonviolent conflict-resolution techniques