



# FIFTEEN TO EIGHTEEN YEARS OLD

## WELL VISIT CHECK

### NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
  - Use [WWW.CHOOSEMYPLATE.GOV](http://WWW.CHOOSEMYPLATE.GOV) TO CORRECTLY PORTION MEALS
- SKIM OR 2% MILK
  - NO MORE THAN 16-24 OZ PER DAY
- ALWAYS EAT BREAKFAST.
- STOP EATING WHEN FEELING FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- LIMIT HIGH FAT FOODS AND CANDY.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

### HEALTHY HABITS

- TALK WITH YOUR PARENTS/GUARDIANS ABOUT YOUR VALUES AND EXPECTATIONS FOR DRUG/TOBACCO/ALCOHOL USE AND SEX.
- FORM HEALTHY RELATIONSHIPS WITH YOUR PEERS AND FIND FUN, SAFE THINGS TO DO WITH THEM.
  - VIOLENCE IS NEVER AN ACCEPTABLE PART OF ANY RELATIONSHIP.
- TALK WITH YOUR PARENTS/GUARDIANS WHEN YOU NEED SUPPORT TO MAKE HEALTHY DECISIONS.
- SET HIGH GOALS FOR YOURSELF AND ASK FOR HELP WHEN YOU NEED IT.
- IF YOU ARE STRUGGLING WITH FEELINGS OF HOPELESSNESS, SADNESS, OR NERVOUSNESS, PLEASE TALK WITH YOUR DOCTOR AND BEHAVIORAL HEALTH COUNSELORS AT THIS CLINIC.
- IF YOU HAVE ANY CONCERNS ABOUT YOUR MOOD OR BEHAVIORS, PLEASE LET US KNOW.

### SAFETY

- DRIVE SAFELY:
  - NO TEXTING WHILE DRIVING AND LIMIT ALL DISTRACTIONS (LOUD MUSIC, PHONE CALLS)
  - DISCUSS EXPECTATIONS FOR DRIVING.
  - ALWAYS WEAR A SEATBELT.
  - NEVER DRIVE AFTER DRINKING ALCOHOL OR GET INTO A CAR WITH A PERSON WHO HAS BEEN DRINKING
- WEAR SUNSCREEN OUTSIDE (SPF 15 OR GREATER).
- ALWAYS WEAR A HELMET WHEN BIKING SKATING, SKIING, AND SNOWBOARDING.
- INTRODUCE YOUR FRIENDS TO YOUR PARENTS.
- DISCUSS HOW TO STAY SAFE AND A PLAN FOR PERSONAL SAFETY.
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- ALWAYS BE SAFE AROUND WATER AND LEARN HOW TO SWIM.

### ACTIVITIES

- 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY
- PARTICIPATE IN ACTIVITIES DURING AND AFTER SCHOOL.
- LIMIT TV, IPAD, COMPUTER, AND CELL PHONE TIME TO LESS THAN 2 HOURS PER DAY AND ALWAYS SUPERVISE SCREEN TIME

### HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY AND FLOSS ONCE PER DAY.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

NEXT VISIT: 1-2 YEARS

FOR MORE INFORMATION, PLEASE VISIT

[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)