

MIDDLE ADOLESCENCE

HEALTHY HABITS:

Get adequate sleep; Exercise three times a week; Drink plenty of fluids before exercise; Limit TV viewing to 2-3 hours a day.

INJURY & VIOLENCE PREVENTION:

Use seat belts in the front and the back; Follow speed limits; Use helmets in bicycling; Use mouth-guards and protective sports gear; Use sun-screen when it is sunny; Avoid tanning salons; Maintain smoke-free environment to prevent fires; Put rules for being at home alone; Don't keep any weapons unlocked at home; Adolescents should not carry any weapons including knives; Teach your kids swimming; Examine smoke detectors; Learn rules for job safety and emergencies; Learn to protect yourself from abuse, deal with anger, and resolve conflicts.

MENTAL HEALTH:

Explore new challenges and roles for self confidence; Listen to good friends and valued adults and trust your feelings; Talk to someone if you are stressed, nervous, sad, or things are not going right; Clarify values; Recognize changes in yourself and your strengths; Set reasonable but challenging goals; Recognize and deal with stress.

NUTRITION:

Eat three meals a day; Eat with your family; Limit high fat and high sugar foods; Choose fruits, vegetables, breads, cereals and other grain products, lean meats rich in iron, and dairy products rich in calcium. Manage weight with appropriate eating and regular exercise.

ORAL HEALTH:

Brush your teeth; If you don't drink city water you need fluoride; Learn dental emergency care; See a dentist once a year.

SEXUAL EDUCATION:

Ask a supportive adult about sex, body changes during puberty, birth control, and sexually transmitted diseases; Sexual feelings are normal, but wait to have sex until older; Learn how to say no to sex; Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases including AIDS; If having sex, discuss birth control and safer sex; Practice safer sex; Limit the number of partners and use condoms correctly; If having sex, ask for exam.

PREVENTION OF SUBSTANCE ABUSE:

Do not smoke or use spit tobacco, diet pills, steroids, alcohol, or drugs; Do not sell drugs; If you are using any of the above, discuss how to quit with your family or doctor; Avoid places where drugs or alcohol are present; Support friends who choose not to use; Become a peer counselor.

PROMOTION OF SOCIAL COMPETENCE:

Spend time with your family doing something you all enjoy; Participate in social activities, community groups, and team sports; Respect your parents' limits and the consequences they have established for unacceptable behavior; Listen to, respect, and care about your peers and siblings; Discuss strategies for handling peer pressure; Practice peer refusal skills.

PROMOTION OF RESPONSIBILITY:

Respect the rights and needs of others; Serve as an ethical role model; Follow family rules; Share in household chores; Take on new responsibility for family, peers, and community; Learn new skills(e.g. volunteering, CPR).

PROMOTION OF SCHOOL ACHIEVEMENT:

Become responsible for attendance, homework, and course selection; Discuss frustrations with school or thoughts of dropping out with your family; Participate in school activities; Identify talents and interests and make plans for college, vocational training, military, and career.

COMMUNITY INTERACTION:

Ask for financial assistance, medicaid, food, housing, and transportation; Participate in social, religious, volunteer, and recreational activities; Discuss current events and social responsibility; Become a community advocate.