



Anticipatory Guidance/Health Education Teens Age 15-20

√ if discussed - minimum of 5 total in this entire document

Safety

- Avoid alcohol, tobacco, drugs, inhalants
- Make a plan if in an unsafe situation
- Seat belt use for self & passengers
- Responsible driving/follow speed limits
- Swimming/water safety
- Use bike helmet/protective sporting gear
- Gun & weapon safety
- Learn to protect self from abuse
- Limit time in the sun; use sunscreen

Nutrition/Physical Activity

- Healthy weight/body image/dieting
- Limit TV, video & computer games
- Physical activity, eat meals as a family, adequate sleep

Oral Health

- Schedule dental appointment
- Brush & floss teeth
- No smoking/chewing tobacco

Development & Behavior

- Increased responsibility for own health care
- Self breast/testicular exam
- Handling stress & disappointment
- Discuss development
- Normal sexual feelings

Preventing Pregnancy & STDs

- Avoid risky or violent situations
- Healthy dating relationships
- Feeling sad/angry/fearful
- Handling depression/suicide

Family Support & Relationships

- Substance abuse, child abuse, domestic violence prevention

Depression

- Know your teen's friends
- Spend family time together
- School frustrations/dropping out
- Discuss future plans/college/career
- Encourage volunteering with religious, school, community activities

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