



# BRIGHT FUTURES HANDOUT ► PATIENT 11 THROUGH 14 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.



## HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways to help out at home.
- Follow your family's rules.
- Try to be responsible for your schoolwork.
- If you need help getting organized, ask your parents or teachers.
- Try to read every day.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Figure out ways to deal with stress in ways that work for you.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.



## YOUR GROWING AND CHANGING BODY

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- Be a healthy eater. It helps you do well in school and sports.
  - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
  - Eat when you're hungry. Stop when you feel satisfied.
  - Eat with your family often.
  - Eat breakfast.
- Choose water instead of soda or sports drinks.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.



## HEALTHY BEHAVIOR CHOICES

- Find fun, safe things to do.
- Talk with your parents about alcohol and drug use.
- Say "No!" to drugs, alcohol, cigarettes and e-cigarettes, and sex. Saying "No!" is OK.
- Don't share your prescription medicines; don't use other people's medicines.
- Choose friends who support your decision not to use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- Talk with your parents about relationships, sex, and values.
- Talk with your parents or another adult you trust about puberty and sexual pressures. Have a plan for how you will handle risky situations.



## YOUR FEELINGS

- Be proud of yourself when you do something good.
- It's OK to have up-and-down moods, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Ask us if you have any questions.

# 11 THROUGH 14 YEAR VISITS—PATIENT



## STAYING SAFE

- Always wear your lap and shoulder seat belt.
- Wear protective gear, including helmets, for playing sports, biking, skating, skiing, and skateboarding.
- Always wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't ride ATVs.
- Don't ride in a car with someone who has used alcohol or drugs. Call your parents or another trusted adult if you are feeling unsafe.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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# BRIGHT FUTURES HANDOUT ► PARENT

## 11 THROUGH 14 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

### ✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be part of family decisions. Give your child the chance to make more of her own decisions as she grows older.
- Encourage your child to think through problems with your support.
- Help your child find activities she is really interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Help your child deal with conflict.
- Help your child figure out nonviolent ways to handle anger or fear.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.

### ✓ YOUR CHILD'S FEELINGS

- Find ways to spend time with your child.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, let us know.
- Talk with your child about how his body is changing during puberty.
- If you have questions about your child's sexual development, you can always talk with us.

### ✓ YOUR GROWING AND CHANGING CHILD

- Help your child get to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Encourage your child to brush her teeth twice a day and floss once a day.
- Praise your child when she does something well, not just when she looks good.
- Support a healthy body weight and help your child be a healthy eater.
  - Provide healthy foods.
  - Eat together as a family.
  - Be a role model.
- Help your child get enough calcium with low-fat or fat-free milk, low-fat yogurt, and cheese.
- Encourage your child to get at least 1 hour of physical activity every day. Make sure she uses helmets and other safety gear.
- Consider making a family media use plan. Make rules for media use and balance your child's time for physical activities and other activities.
- Check in with your child's teacher about grades. Attend back-to-school events, parent-teacher conferences, and other school activities if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if she needs it.
- Encourage daily reading.

### ✓ HEALTHY BEHAVIOR CHOICES

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Know your child's friends and their parents. Be aware of where your child is and what he is doing at all times.
- Lock your liquor in a cabinet.
- Store prescription medications in a locked cabinet.
- Talk with your child about relationships, sex, and values.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask us or others you trust for reliable information that can help.
- Use clear and consistent rules and discipline with your child.
- Be a role model.

**Helpful Resource:** Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)

# 11 THROUGH 14 YEAR VISITS—PARENT



## SAFETY

- Make sure everyone always wears a lap and shoulder seat belt in the car.
- Provide a properly fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowmobiling, and horseback riding.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Don't allow your child to ride ATVs.
- Make sure your child knows how to get help if she feels unsafe.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

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# 11-13 years old

## for tweens

### Fueling your thoughts

- Do you eat breakfast every day?
- Do you eat fruit and vegetables every day?
- How many meals do you eat with your family each week?
- What do you usually drink with meals and between meals?
- How much time do you spend watching TV, using the computer, texting, or playing video games every day?
- How much physical activity do you get every day?
- Are you concerned about your weight?

### Nutrition Advice

**Eat a Healthy Breakfast** every day to do your best in school and improve your overall health.

**Check out your lunch.** Do you have 4 out of the 5 food groups (low-fat/fat-free dairy foods, fruits, vegetables, whole grains and lean protein)? If not, snack on what's missing.

**Snack Wisely!** Snacks are "mini meals" so make them healthy by eating fresh or dried fruit, veggie sticks with dip, whole grain crackers and peanut butter, smoothies, a bowl of cereal with milk, yogurt and pretzels, pita bread & hummus, low fat granola bars, trail mix, or popcorn.

**Beverages -Think your Drink!**

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice (limit fruit juice to 1 cup or 8 oz. serving per day).
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Regular intake of too much caffeine can lead to trouble sleeping, rapid heart rate, anxiety, poor attention span, headaches or shakiness.

**Eating away from home?**

- The 5 food groups still count! (low-fat/fat-free dairy foods, fruits, vegetables, whole grains and lean protein)
- Look at the menu
  - Keep portion sizes small or share meals (don't "super size").

- Choose fruit or salad instead of French fries, milk instead of pop, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low-fat options.

**Eat as many meals as possible with your family.** They want to know what is going on in your life!

### Keep Moving

**Get 60 minutes of physical activity every day.**

- Count time spent doing chores: car washing, walking the dog, mowing the lawn, sweeping, cleaning your room!
- "Screen time" doesn't count, so get up and move as much as possible.
- Balance your day: take a walk or ride your bike with a friend, play fetch with the dog, or dance in addition to organized activities. You'll be amazed at how much more energy you'll have!

One more Tip.....

- Get at least 10-11 hours of sleep per night because sleep is important to good health, good weight and good grades!

### Check out these Web sites

Hot health topics ~

<http://kidshealth.org/teen/>

Keep physically active ~

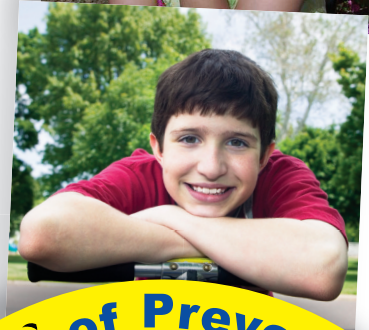
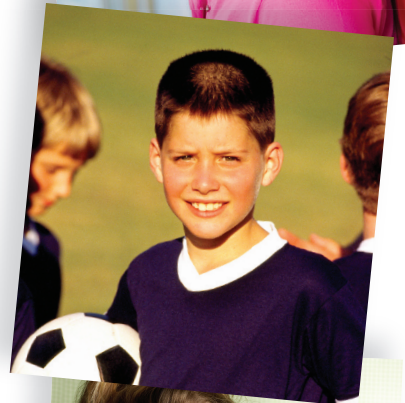
[www.kidnetic.com](http://www.kidnetic.com)

For girls ~

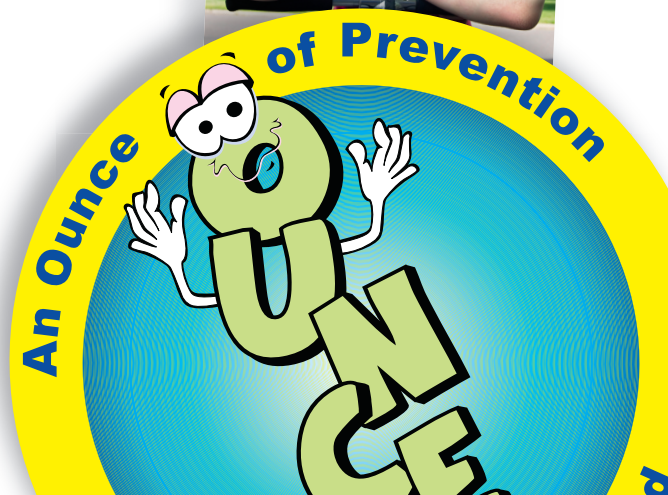
[www.bestbonesforever.gov](http://www.bestbonesforever.gov)

For more on serving sizes and general nutrition

[www.mypyramid.gov](http://www.mypyramid.gov)



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics—Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010



# 11-13

years old

# for parents

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Fueling your thoughts

- Are you concerned about your child's weight?
- Are you concerned with your child's eating habits or level of physical activity?
- Do you and your child eat breakfast?
- How many meals do you eat as a family each week? How many are from fast food, take out, etc?
- What beverages do you buy for the family?
- How much time does your child watch TV, play on the computer, play videogames, or text daily?
- What do you do as a family to stay active?

## Nutrition Advice

By providing nutritious foods to your child you help him or her improve strength, energy, attention span and the ability to keep up with friends.

**Breakfast** ~ Eating breakfast every day helps children do well in school and improves overall health.

**Lunch** ~ Buying school meals can be nutritious; review school menus with your child and plan ahead. When packing lunches it is important to include at least 4 out of the 5 food groups (low-fat/fat-free dairy foods, fruits, vegetables, whole grains and lean protein).

**Snacks** ~ Eat only when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.

**Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.

**Eating Out** ~ Keep portion sizes small or share meals (don't "super size").

- Choose fruit or salad instead of French fries, milk instead of pop, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

**Beverages -Think your Drink!**

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice (limit fruit juice to 1 cup or 8 oz. serving per day).

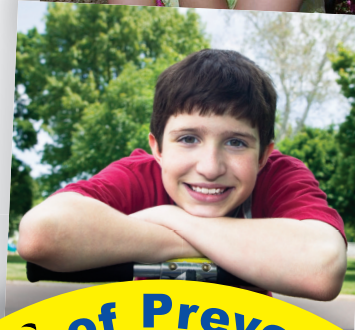
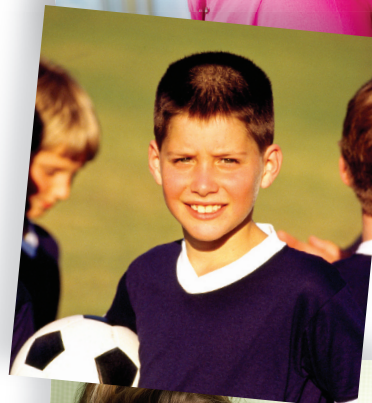
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Regular intake of too much caffeine can lead to trouble sleeping, rapid heartrate, anxiety, poor attention span, headaches or shakiness.

Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).

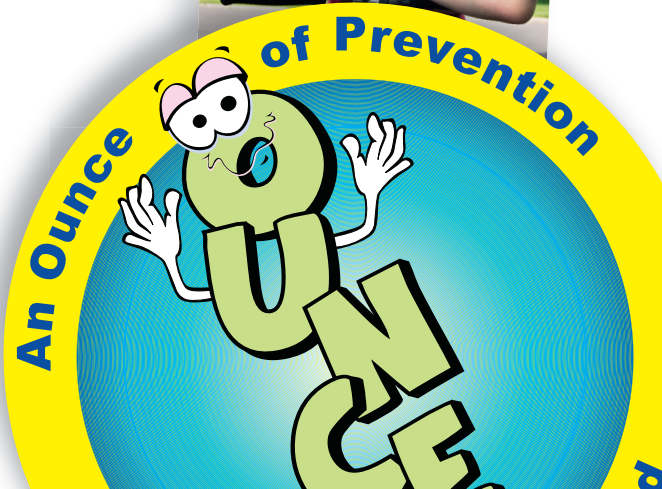
Be a good role model for your kids by eating and choosing healthy foods. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

## Be Active

- Make sure you and your kids are active 60 minutes every day. Focus on FUN, including both organized and free play.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking leaves or shoveling snow.
- Involve the whole family in physical activity because you are role models!
- "Screen time" (computers, TV, gaming systems, texting, etc) should be limited to 2 hours or less daily (pre-plan how "screen time" will be used).
- Screens may be monitored easily if moved to a common area; keep them out of child's bedroom.
- Make sure your child is sleeping at least 10-11 hours per night. Keeping regular bed time is critical to good health and weight maintenance.
- If you have concerns about your child's weight, physical activity or eating behaviors, ask your healthcare provider.



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## SUGGESTED SCREEN TIME USE BY AGE



### 18 MONTHS AND YOUNGER

Avoid use of screen media other than video-chatting.



### 18 - 24 MONTHS

Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.



### 2 - 5 YEARS

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



### 6 - 12 YEARS

Place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.



### 12 YEARS AND OLDER

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

# Cyberbullying Prevention

## Questions Parents Should Ask Their Children About Technology

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.



It is important to talk with youth about what they are doing and seeing online. Most of the time, they are using technology safely and responsibly, but sometimes they run into trouble. As a parent, you want to establish an open line of communication so that they are comfortable turning to you in times of crisis, whether perceived or actual, and whether online or off.

Below we list several questions that you can use to get the proverbial ball rolling. Be strategic in how you approach your children with these queries: don't badger them with questions first thing in the morning or when they are stressed out about something at school. Find a time when they are open to your interest in these topics. Maybe it is during a longer car ride to an activity that they are really looking forward to. Or bring them up while you are eating ice cream on a hot summer afternoon. If you catch them at the right time, they will prove to be a treasure trove of information that can help you better understand what they are doing online.

### GENERAL TECH USE

What is your favorite app? What do you do on it?

What apps or websites are your friends into these days?

Are you ever contacted by someone online that you don't know? If yes, what did they want? What did you do? How did you respond?

Have you ever received a text message from someone that made you upset? How did you respond?

How do you keep yourself safe online?

Do you get concerned that people will read what others have written about you online that is not true but think it's true?

Do you ever talk to anyone online that isn't in your school?

### CYBERBULLYING

Do you ever argue or post hurtful updates on your Instagram, Snapchat, Twitter, or another social media site? Why?



Have you ever had to delete a post or comment on your page that was written by someone else?

Does cyberbullying happen a lot? Would you feel comfortable telling me if you were being cyberbullied?

Do you think your school takes cyberbullying seriously?



Have you ever had to contact a teacher or someone else at school because of a cyber-threat? If so, did they do something about it and did it help?

Does your school have a way to anonymously report bullying and cyberbullying?

Do you feel like your friends would be supportive of you if you told them you were being cyberbullied?

Do you ever get verbally attacked during online games?

Have you ever had to leave an online game because someone was bothering you online?

Have rumors ever started about you in school, based on something said online?



Did you find out who started the rumor? What did you do when you found out?





Have you ever blocked somebody online because you felt harassed? If so, did that make it stop?

## SEXTING



Have you ever had anyone do or say anything sexually inappropriate to you online? How did you deal with it?

Has anyone ever asked any of your friends for an inappropriate photo or video? Has anyone ever asked you?

Do you know about the consequences that can result if you send inappropriate pictures (child pornography laws)?

How might sexting affect the reputation of those involved?

Is there a way to participate in sexting while still making sure that pictures or video sent in trust are never shared outside that relationship?

Has any adult at school ever talked with you about sexting?

What might participation in sexting say about your level of maturity, and your readiness to be in a healthy, mature romantic relationship?

Have you heard stories of other kids from your school (even those who may have graduated) or your community who have dealt with major fallout from sexting?

## SAFE SOCIAL MEDIA USE



What social media apps do you use most frequently? How many friends or followers do you currently have on each? Are your accounts set to Public or Private?

What kind of people have you met on social media, outside of people you know at school? Do you feel like you can trust them? Do you ever worry that they might use your posts or content against you in \*any\* way?

Do you get a lot of friend or follow requests from strangers? If so, how are you handling that?

Do you use Twitter? What do you like or dislike about it? Who do you follow and who follows you?

Do you use Snapchat? Can you explain to me how it works? Do you think your sent and received snaps are really completely gone?

Do you know how to use the privacy settings on Instagram, Facebook, Snapchat, YouTube, and Twitter? What about on the games and gaming networks you use?

Do you have them set so that only those you accept as friends can see what you post? Are you sure about this?

What kind of personal information are you posting or sharing online? Have you ever posted your full name? Age? School? Phone number? Current location?

Have you ever been tagged in a photo or video in a way that made you upset?

Do you know how to edit your privacy settings so that if somebody wants to tag you in a post or photo, you have to approve it?



Do you know how to untag yourself in pictures?

Do you feel like social media apps should be used to vent your frustrations? Do your friends vent on social media? Do people comment? What do they say?

What kind of videos are you watching on YouTube? Do you have your own channel? How often are you posting and what kind of reception are you getting from those who see your videos?

Have you ever reported inappropriate videos that you have seen on YouTube? Or any other site or app?

Does anyone else know your password or passcode for any site or social media app? What about for your laptop, or cell phone?

How do you feel about your level of FOMO (fear of missing out) right now? Do you feel like you can control it based on how much you use social media?

Do you ever feel like you're addicted to social media? Has that "addiction" ever messed with your emotions or brought you down or negatively affected other areas of your life?

What do you think you can do to maintain a healthy balance when it comes to social media use?