



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>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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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

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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14-18 years old

for parents

Name _____

Height _____ Weight _____ Date _____

BMI _____ percentile _____ %



Fueling your thoughts

- Are you concerned about your teenager's weight?
- Are you concerned with your teenager's eating habits or level of physical activity?
- Do you and your teenager 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 teenager spend watching TV, using the computer, texting or playing videogames?
- What do you do as a family to stay active?

Nutrition Advice

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

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

Lunch ~ Buying school meals can be nutritious. If your teenager packs a lunch, it is important they 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 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, eat when hungry 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 heart rate, 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 for more information.

Be Active

- Make sure you and your teenagers are active 60 minutes every day.
- 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.
- Screens may be monitored easily if moved to a common area; keep them out of teenager's bedroom.
- A good night sleep with a regular bed time is critical to good health and weight maintenance.
- If you have concerns about your teenager's weight, physical activity or eating behaviors, ask your healthcare provider.

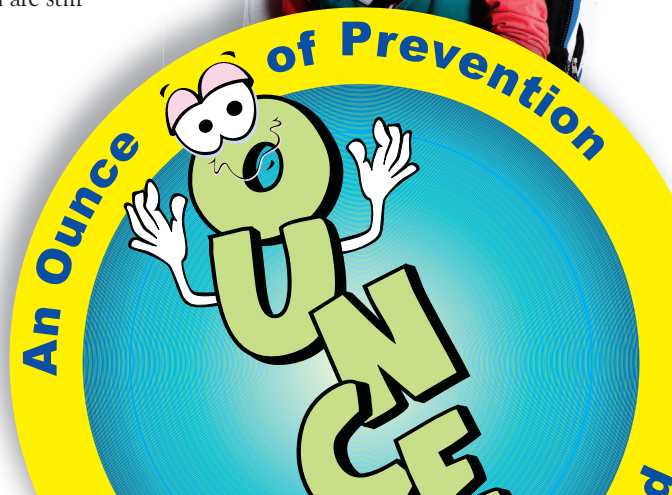


More Parent Tips...

- Do not criticize your teenager about their size and shape. Focus on strengths rather than appearance.
- Remember that parents can still influence choices...as a parent you are still the role model!



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



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?

Tips for Parents of Adolescents: Common Concerns

Adolescence is the time between childhood and adulthood that children go through many physical and emotional changes. Here is information from the American Academy of Pediatrics about common concerns during adolescence. Teen is used in this publication to refer to adolescents, teenagers, preteens, and tweens.

Dieting and Body Image

Many teens try extreme diets or exercise programs because they want their bodies to look like those of the models, singers, actors, or athletes they see in the media, or they have a misguided understanding of what is “healthy.” Be aware of any diet or exercise program your teen is following. Many diets are unhealthy for teens because they do not have the nutritional value that bodies need during puberty.

If you have questions about your teen’s nutritional needs, ask their doctor. If you are concerned about rapid weight loss or suspect your teen has an eating disorder, contact your teen’s doctor right away. Eating disorders like anorexia nervosa and bulimia nervosa can be very dangerous, and treating them promptly is critical for recovery.

If your teen wants to train with weights, they should check with their doctor, as well as a trainer, coach, or physical education teacher. Also, help create a positive self-image by praising teens for their strengths and not focusing on their appearance. Set a good example by making eating right and exercising a part of your daily routine. Avoid negative self-talk or dieting. At home, stock up on healthy snacks like fruit, raw vegetables, whole-grain crackers, and yogurt, and limit unhealthy snacks like candy, cookies, chips, and soda pop.

Dating and Sex

Teens are naturally curious about sex. This is completely normal and healthy. However, teens may be pressured into having sex too soon by their peers or the media. Talk with your teen to understand their feelings and views about sex. Start early, and provide them with access to accurate and appropriate information.

Talking With Your Teen About Sex

Making healthy decisions about sex is important. Before your teen becomes sexually active, make sure you discuss

- **Medical and physical risks.** Risks include unplanned pregnancy and sexually transmitted infections (STIs) like gonorrhea, chlamydia, hepatitis B, syphilis, herpes, HIV (the virus that can cause AIDS), and HPV (human papillomavirus—the virus that can cause cancers of the mouth and throat, cervix, and genitals).
- **Emotional risks.** Teens who have sex before they are emotionally ready may regret the decision when they are older or may feel guilty, frightened, or ashamed from the experience. Your teen should ask themselves “Am I ready to have sex?” or “What will happen after I have sex?”
- **Promoting safer sex.** Anyone who is sexually active needs to be aware of how to prevent unplanned pregnancy as well as how to protect against STIs. Condoms should always be used along with a second method of contraception to prevent pregnancy and reduce the risk for STIs.
- **Setting limits.** Make sure your teen has thought about what their sexual limits are before dating begins. Help them understand the concept of consent and that they control whether they engage in sexual activity. Most importantly, let your teen know they can talk with you and their doctor about dating and relationships. Offer your guidance throughout this important stage in your teen’s life.
- **Sex positivity.** Talking about sex only in negative terms is not realistic or healthy. At best, it can cause a teen to tune out, and at worst, it can lead to shame and guilt about sex and may discourage your teen from coming to you with questions or concerns. When discussing risks, it is important to acknowledge that sex can be a positive part of a healthy relationship, when the relationship is mature, respectful, safe, and monogamous. Think about how to discuss sex in a positive way, while upholding your personal and family values.

Drug Use

Teens may try or use tobacco like vaping devices, e-cigarettes, or chewing tobacco, and alcohol, or other drugs, out of curiosity or to deal with peer pressure.

Help build self-confidence or self-esteem in your teen. Ask your teen about any concerns and problems they are facing, and help them learn how to deal with strong emotions and cope with stress in healthy ways. If you suspect your teen is using drugs, talk with your teen's doctor.

Note: If you or someone else in the household smokes, now is a good time to quit. Watching a parent struggle through quitting can be a powerful message for a teen who is thinking about starting. It also shows you care about your health as well as your teen's.

Alcohol Use

Alcohol is not only the most socially accepted drug in our society but also one of the most abused and destructive. Even small amounts of alcohol can impair judgment, provoke risky and violent behavior, and slow down reaction time. An intoxicated teen (or anyone else) behind the wheel of a car makes it a lethal weapon. Alcohol-related car crashes are the leading cause of death for teens and young adults aged 15 to 24 years.

Although it's illegal for people younger than 21 years to drink, we all know most teens are not strangers to alcohol. Many of them witness alcohol use throughout their childhood, and many begin alcohol use as teens. If you choose to use alcohol in your home, be aware of the example you are setting.

- Having a drink should never be shown as a way to cope with problems.
- Don't drink in unsafe conditions—for example, while driving the car, mowing the lawn, or using the stove.
- Don't encourage your teen to drink or to join you in drinking.
- Don't allow your children to drink alcohol before they reach the legal age, and teach them never ever to drink and drive.
- Never make jokes about getting drunk. Make sure your children understand that it is neither funny nor acceptable.
- Show your children there are many ways to have fun without alcohol. Happy occasions and special events don't have to include drinking.

Remember

Well-child visits (annual health supervision visits) are especially important during adolescence. Your teen's doctor will make sure your teen is on a healthy track and suggest necessary changes to get on track and how to stay on track.

For More Information

American Academy of Pediatrics
www.aap.org and www.HealthyChildren.org

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