

Well Check: 9 and 10 years (for Patients)

These days you're making a lot of your own decisions. You choose your friends. You choose what snack to eat after school. You decide if you're going to wear your bike helmet when your parents aren't watching. It's up to you to make choices that will make you smarter and stronger and safer.

Try your best in school

Work hard. Some things will be easy to learn. Some things will be harder. Try your best at all of them. Learning something hard makes you feel great.

- **Ask for help when you need it.** Everyone needs help understanding sometimes. Your teacher or parents can explain things a different way. They can let you practice. Or they can draw a picture so you can see. There are lots of ways to learn! You just have to find the best one for you.
- **Read books you like.** Go to the library. Read about things you like — sports, vampires, animals — whatever! Read for fun every day.
- **Join the fun.** Teams, clubs, and other groups are a great place to make friends. You can find them both inside and outside of school.
- **Don't let anyone be mean to you.** If someone is being mean, tell them to stop. Then go away. Tell your parents or your teacher.

Go out and play

- **Run around and play.** Run and play for at least an hour every day. Join a team or a club that's fun, whether or not you're good at it.
- **Don't just sit and watch.** Don't sit in front of the TV, the computer, or a video game for more than 2 hours in a day.

Don't get hurt

- **Wear a seat belt or sit in a booster seat** when you're in the car. You should ride in the back seat until you're 13 years old.



Name or draw some activities you like to do outside:

- **Wear a helmet** when you ride your bike, skate, skateboard, or ski. Use the safety gear for any sport you play.
- **Wear sunscreen** when you go outside.
- **Never swim alone** or without an adult nearby.
- **Never, ever play with guns**, even if they're not loaded.

Keep your teeth shiny

- **Brush your teeth.** Brush every morning and before bed. Then smile at yourself in the mirror!
- **Floss your teeth.** Floss before bed every night.

Power up with good food

- **Eat breakfast every day.** It helps you learn.
- **Fruits and vegetables are good food.** Try to eat 5 of them every day.
- **Drink milk or water.** Drink 3 cups of low-fat milk a day. Drink lots of water. Don't drink a lot of soda pop, energy drinks, or juice drinks.
- **Don't eat junk,** like candy and fast food.
- **Eat at the table with your family.** If they don't sit down together much, tell them you want to.
- **If you're uncomfortable about your weight or your eating habits,** ask your doctor for advice.

Be safe around people

- **Don't go to anybody else's house** unless your parents say it's okay. Ask your parents before you bring anyone to *your* house, too.
- **Stay away from kids** who want you to do things that are dangerous or harmful or things you know are wrong.
- **Ask to go home** if you feel strange about what's happening at someone else's house or party. You don't need a great reason. Say you don't feel good.
- **Keep your private parts covered.** Your private parts are the parts covered by your swim suit.
- **Tell your parents** or another adult you trust if an older kid or an adult:
 - shows you their private parts.
 - asks you to show them your private parts.
 - touches your private parts.
 - asks you to keep a secret from your parents.
 - makes you feel strange or worried.

Talk about how you feel

- **Find a good listening friend.** It could be your mom or dad, or someone else. If you're angry, disappointed, worried, or sad, talking can help.
- **Ask about how your body is changing.** Talk to a parent or another adult you trust. Any question is okay. If you're a girl, talk to your parents or doctor about when you might get your period.
- **Everyone is sad some of the time.** If you're sad most of the time, talk to the doctor about it.

Your next well check will be in one year.

All kids are a little different. Your doctor may tell you some things that are different from what this paper says. If so, follow what your doctor says.

Other things your doctor says: _____

HELPFUL RESOURCES

If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit 211ut.org for community resources.

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