

Well Check: Teen (for Patients)

Friends are pretty important at this age. Your friends also have a lot of ideas about what's healthy and what's safe. Whatever you hear, make sure you check it out with your parents or your doctor and make sure it's right.

Take care of your body

Choose to eat healthy. It's up to you to make food choices that will keep you healthy and at a healthy weight. Here's how:

- Choose fruits and vegetables (5 a day) and low-fat dairy (3 servings a day).
- Drink water or milk, not soda or juice drinks.
- Hold off on the candy, chips, and fast food.
- Eat 3 healthy meals a day, including breakfast!
- If you're concerned about your weight or eating habits, ask your doctor for advice.
- **Keep moving.** You should be really active for at least an hour a day. Make activity part of your routine, like being on a sports team or walking to school. Don't spend more than 2 hours a day in front of screens (unless it's for homework).
- **Keep your teeth shiny and your breath fresh.** Brush your teeth morning and night, floss every night, and visit the dentist twice a year. You'll look better, and you'll smell better.
- **Get good information about healthy sexuality.** It's important to understand both the physical and emotional issues. Talk with your doctor or your parents, and read information. Get answers to all your questions, even the embarrassing ones.

Don't get hurt

The biggest health risk for kids your age is accidents. Don't take the kinds of risks that could cause permanent damage.

- **Use safety gear.** Always wear your seat belt or helmet. Wear your life jacket, mouth guard, or



There are a lot of things you can do to stay healthy, safe, and feeling strong. Some of them are listed on this handout. There are others things that may be important for your life. What are they?:

padding. Use ear plugs at loud concerts. These are all there to keep you safe.

- **Be safe in cars and other vehicles.** Never ever ride in a car with some who is texting, talking on the phone, or who's been using drugs or alcohol. Never do these things yourself. Don't ride ATVs.
- **Stay away from guns.**

Hang around good people

- **Choose friends who stay out of trouble.**
Choose to be around people you respect and want to be like. Support friends who stay away from drugs, alcohol, steroids, diet pills, or other substances.
- **Don't let anyone be mean to you.** If you're in a bad relationship, try to walk away from it. If you need help handling it, ask. Keep asking until you find someone who can really help.
- **Get out of situations that make you feel uncomfortable.** If you're in a place or with a person that makes you feel weird or unsafe, leave. You don't have to have a great reason.
- **Stay connected with your family.** Even if you have a lot going on outside your home, it's important to keep ties strong at home. If there are problems, try to be part of the solution. It's up to everyone, not just your parents.
- **Eat meals with your family.** This is a great way to stay connected and to help everyone eat healthier. If they don't sit down together much, tell them you want to. Make sure the screens are off so you can talk.

Try to stay in a good mood

- **Be sure to stop and pat yourself on the back** when you do something you worked hard at.
- **If you feel sad** sometimes, that's normal. Try to figure out what works best to help you feel better at these times. If you feel sad *most* of the time, ask for help. Your parents, your teachers, or your doctor can help you find help. It's important.
- **If someone or something makes you really angry, get help.** Sometimes it's hard to know what to do. Violence and guns are never a good answer.

Do your best in school

- **Be in charge of your own school work.** You be the one who makes sure you get there on time, do your best and get everything turned in.
- **Learn how to be organized** about your time and schoolwork. Sometimes this means choosing to not be involved with too many different activities at once. Think hard about using your time in a way that won't stress you out.
- **Get involved with issues you care about.** Look at what's going on in your community that you care about. Look for ways to volunteer or get involved.

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

Other things you and your doctor discussed:

Your next well check will be in one year.

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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