Well Check: 11 to 14 years *(for Patients)*

Things are changing pretty fast for you these days. You may be at a different school or have different friends. Your body may be changing, too. Some of the ideas on this paper you may have heard before. Think about them again, in terms of what's going on in your life right now.

Keep your body healthy

- **Talk with your parents or your doctor about how your body is changing.** It's really important to get correct information. Ask for things to read, too. You need to get answers to all your questions, even the embarrassing ones.
- **Keep your teeth shiny and your breath fresh.** Brush your teeth morning and night, floss every night, and visit the dentist twice a year.
- **Protect your ears.** If you turn up the music too loud, you could damage your hearing. Turn it down.
- **Eat the good stuff.** It'll make you stronger, smarter, and help you feel better. 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 uncomfortable about your weight or eating habits,** ask your doctor for advice.
- **Get up and move.** Be active for at least an hour a day. Don't spend more than 2 hours a day in front of the TV or other screens, unless it's for homework.
- **Stay safe!** Always wear your seat belt or helmet. Don't ride on ATVs. And stay away from guns!

Do your best in school

- **Be in charge of your own schoolwork.** You be the one who makes sure you do your best and get everything turned in on time.

Sometimes you need help when your parents aren't around. Write the names and numbers of a few adults that both you and your parents trust:

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- **Learn how to be organized** about your time and schoolwork. It's a big job at this age, and it's important. Your teachers and parents can help.
- **Read books you like.** Go to the library and get books that sound fun. Read for fun every day.
- **Find activities you really like.** Pick a sport or a type of art or performance. It's a great way to make friends and show who you are.

Stay close to your parents and family

- **Be a part of helping your family "run" well.** Follow the rules of your family. Help out at home. Try to stay connected with each other. It's up to everyone, not just your parents.
- **Eat meals with your family.** If they don't sit down together much, tell them you want to. Make sure the screens are off so you can talk.
- **Talk to your parents** about drugs, alcohol, and sex. Tell them what you hear and see happening at school.
- **Spend time doing things with your family.** Suggest things that *you* want to do together.

Hang around with good people

- **Hang around people who are good to you**. If you're in a bad relationship, try to get out of it. If you need help handling it, ask. Keep asking until you find someone who can really help.
- **Choose friends who stay out of trouble.** Support friends who stay away from drugs, alcohol, steroids, diet pills, etc.
- **Get out of situations that make you feel uncomfortable.** If you're in a place or with a person that makes you feel strange, leave. You don't have to have a great reason.
- **Make sure you know how to get help** if you're feeling unsafe. Have the phone numbers of adults your family trusts who can help you if your parents aren't around.
- **If someone or something makes you really angry, get help.** Sometimes it's hard to know what to do. Violence is never a good answer.

Try to stay in a good mood

- **Stop and pat yourself on the back** when you do something you worked hard at.
- **If you feel sad** sometimes, that's normal. 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.

Everyone's 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:_____

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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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