



Bright Futures Patient Handout Early Adolescent Visits

Your Growing and Changing Body

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Eat 3 healthy meals a day.
- Eating breakfast is very important.
- Consider choosing water instead of soda.
- Limit high-fat foods and drinks such as candy, chips, and soft drinks.
- Try to eat healthy foods.
 - 5 fruits and vegetables a day
 - 3 cups of low-fat milk, yogurt, or cheese
- Eat with your family often.
- Aim for 1 hour of moderately vigorous physical activity every day.
- Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
- Be proud of yourself when you do something good.

PHYSICAL GROWTH AND DEVELOPMENT

Healthy Behavior Choices

- Find fun, safe things to do.
- Talk to your parents about alcohol and drug use.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Talk about relationships, sex, and values with your parents.
- Talk about puberty and sexual pressures with someone you trust.
- Follow your family's rules.

RISK REDUCTION

How You Are Feeling

- Figure out healthy ways to deal with stress.
- Spend time with your family.
- Always talk through problems and never use violence.
- Look for ways to help out at home.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please consider asking me if you have any questions.

EMOTIONAL WELL-BEING

School and Friends

- Try your best to be responsible for your schoolwork.
- If you need help organizing your time, ask your parents or teachers.
- Read often.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Spend time with your family and help at home.
- Stay connected with your parents.

SOCIAL AND ACADEMIC COMPETENCE

Violence and Injuries

- Always wear your seatbelt.
- Do not ride ATVs.
- Wear protective gear including helmets for playing sports, biking, skating, and skateboarding.
- Make sure you know how to get help if you are feeling unsafe.
- Never have a gun in the home. If necessary, store it unloaded and locked with the ammunition locked separately from the gun.
- Figure out nonviolent ways to handle anger or fear. Fighting and carrying weapons can be dangerous. You can talk to me about how to avoid these situations.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.

VIOLENCE AND INJURY PREVENTION



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Bright Futures Patient Handout

15 to 17 Year Visits

Your Daily Life

PHYSICAL GROWTH AND DEVELOPMENT

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Wear your mouth guard when playing sports.
- Protect your hearing at work, home, and concerts.
- Try to eat healthy foods.
 - 5 fruits and vegetables a day
 - 3 cups of low-fat milk, yogurt, or cheese
- Eating breakfast is very important.
- Drink plenty of water. Choose water instead of soda.
- Eat with your family often.
- Aim for 1 hour of vigorous physical activity every day.
- Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
- Be proud of yourself when you do something good.

Healthy Behavior Choices

RISK REDUCTION

- Talk with your parents about your values and expectations for drinking, drug use, tobacco use, driving, and sex.
- Talk with your parents when you need support or help in making healthy decisions about sex.
- Find safe activities at school and in the community.
- Make healthy decisions about sex, tobacco, alcohol, and other drugs.
- Follow your family's rules.

Violence and Injuries

VIOLENCE AND INJURY PREVENTION

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Insist that seat belts be used by everyone.
- Always be a safe and cautious driver.
 - Limit the number of friends in the car, nighttime driving, and distractions.
- Never allow physical harm of yourself or others at home or school.
- Learn how to deal with conflict without using violence.
- Understand that healthy dating relationships are built on respect and that saying "no" is OK.
- Fighting and carrying weapons can be dangerous.

Your Feelings

EMOTIONAL WELL-BEING

- Talk with your parents about your hopes and concerns.
- Figure out healthy ways to deal with stress.
- Look for ways you can help out at home.
- Develop ways to solve problems and make good decisions.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please ask me if you have any questions.

School and Friends

SOCIAL AND ACADEMIC COMPETENCE

- Set high goals for yourself in school, your future, and other activities.
- Read often.
- Ask for help when you need it.
- Find new activities you enjoy.
- Consider volunteering and helping others in the community with an issue that interests or concerns you.
- Be a part of positive after-school activities and sports.
- Form healthy friendships and find fun, safe things to do with friends.
- Spend time with your family and help at home.
- Take responsibility for getting your homework done and getting to school or work on time.



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Bright Futures Patient Handout

18 to 21 Year Visits

PHYSICAL GROWTH AND DEVELOPMENT

Your Daily Life

- Visit the dentist at least twice a year.
- Protect your hearing at work, home, and concerts.
- Eat a variety of healthy foods.
- Eat breakfast every morning.
- Drink plenty of water.
- Make sure to get enough calcium.
 - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products each day.
- Aim for 1 hour of vigorous physical activity.
- Be proud of yourself when you do something well.

RISK REDUCTION

Healthy Behavior Choices

- Support friends who choose not to use drugs, alcohol, tobacco, steroids, or diet pills.
- If you use drugs or alcohol, you can talk to us about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use a condom to prevent STIs.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Find safe activities at school and in the community.

PHYSICAL GROWTH AND DEVELOPMENT

Violence and Injuries

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Always wear a seat belt in the car.
- Know the rules for safe driving.
- Never allow physical harm of yourself or others at home or school.
- Always deal with conflict using nonviolence.
- Remember that healthy dating relationships are built on respect and that saying “no” is OK.
- Fighting and carrying weapons can be dangerous.

EMOTIONAL WELL-BEING

Your Feelings

- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Most people have daily ups and downs. But if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with me or another health professional.
- We understand sexuality is an important part of your development. If you have any questions or concerns, we are here for you.

SOCIAL AND ACADEMIC COMPETENCE

School and Friends

- Take responsibility for being organized enough to succeed in work or school.
- Find new activities you enjoy.
- Consider volunteering and helping others in the community on an issue that interests or concerns you.
- Form healthy friendships and find fun, safe things to do with friends.
- As you get older, making and keeping friends is important. You may find that you drift away from some of your old friends—that’s normal.
- Evaluate your friendships and keep those that are healthy.
- It is still important to stay connected with your family.



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Important Information to Parents and Guardians of Minor Children (Washington State Law)

The providers and staff of Ballard Pediatric Clinic place great emphasis on the health and well-being of each and every patient in our clinic and we appreciate that you have entrusted us to provide health care services to your minor child. We look forward to working with you to ensure that your child receives the best health care possible.

It is the philosophy of this clinic to encourage minor patients to include a parent, guardian, or other trusted adult in all aspects of their health care including those areas noted below. However, for legal and other reasons, parent or guardian involvement may not always be possible. Rest assured that we would continue to provide health care services that are in the best interests of your minor child.

Under **Washington State law**, minor children have the right to consent to certain health care without a parent or guardian's consent. A minor may consent to medical care:

- If the minor is emancipated (legally independent) or married to someone at or above age 18 (RCW 26.28.020)
- If emergency care is necessary. (When impractical to get parental consent first)
- For birth control and pregnancy-related care at any age.
- For outpatient drug- and alcohol-abuse treatment beginning at age 13 (RCW 70.96A.095)
- For outpatient mental health treatment beginning at age 13 (RCW 71.34.500 and 71.34.530)
- For sexually transmitted diseases, including HIV/AIDS, beginning at age 14 (RCW 70.24.110)

If a minor consents to care as allowed by law, he or she can request confidentiality for that aspect of care which would prohibit us from releasing this information to anyone, including a parent or guardian, without the minor's express written permission.

If you have questions regarding any of this information, please discuss this with your child's primary doctor.

Adolescent (13-18 years) Questionnaire

PLEASE HAVE THE PATIENT / CHILD COMPLETE THESE QUESTIONS

Interval History/New Problems

Has there been any change in general family history since last visit? yes no

If 'yes', please specify: _____

Any changes at home since last visit? yes no

If 'yes', please specify: _____

Please list all hospitalizations, surgical operations, injuries and major illnesses since last visit _____

General

Do you have any concerns or worries you would like to discuss today? yes no

If "yes", please specify: _____

School

Where do you attend school? _____ What grade: _____

Activities

In what activities do you participate outside of school? _____

Nutrition

Do you eat or drink dairy products? yes no If no, what is your source of calcium? _____

Do you eat fruits and vegetables every day? yes no

Sleep

Do you have difficulty falling asleep or staying asleep? yes no

How many hours of sleep do you get each night on average? _____

Safety

If you ride a motorcycle or bicycle and/or ski or snowboard, do you always wear a helmet? yes no

Do you always use your seatbelt in the car? yes no

Do you text while driving? yes no

Do you or any of your friends have access to guns? yes no

Do you ever drive, or ride with a driver who is under the influence of alcohol or drugs? yes no

Sports Participation Screening

Have you ever:

had chest pain, dizziness, fainting or passing out during exercise? yes no

had convulsions or seizures? yes no

gotten dizzy or had headaches while exercising? yes no

been knocked out? yes no

had a significant bone or joint problem? yes no

Do you have any family members with heart disease before age of 50? yes no

Do you have any family members who died suddenly before age of 50? yes no

Do you tire more easily than your friends during exercise? yes no

Do you have frequent severe headaches? yes no

Completed by: _____ Relationship to Patient: _____ Date: _____

End of parent questionnaire

Provider review: _____

Patient Name: _____ DOB: _____