



Bright Futures Patient Handout

15 to 17 Year Visits

PHYSICAL GROWTH AND DEVELOPMENT

Your Daily Life

- 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.

RISK REDUCTION

Healthy Behavior Choices

- 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 INJURY PREVENTION

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.
- 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.

EMOTIONAL WELL-BEING

Your Feelings

- 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.

SOCIAL AND ACADEMIC COMPETENCE

School and Friends

- 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.

Article 20-102 of the Maryland Annotated Code)

This law permits minors to receive contraceptive services on a confidential basis. The law states that "a minor has the same capacity as an adult to consent to treatment for or advice about drug abuse, alcoholism, venereal disease, pregnancy, and contraception other than sterilization." This means minors can get those services without parental knowledge or consent:

Appointment Line and After Hours Provider:
410-293-2273

Sign up for Relay Health to e-mail
communicate with your provider at

www.RELAYHEALTH.com

Review your labs on TRICAREONLINE.COM



American Academy
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DEDICATED TO THE HEALTH OF ALL CHILDREN™

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A Message to Parents of Teen Drivers

Traffic crashes are the leading cause of death for teens and young adults. More than 5,500 young people die every year in car crashes and thousands more are injured. Parents can play an important role in reducing these numbers and keeping their teens alive.

The following are ways you can help keep teens safe on the road:

- **Be a role model.** If you expect your teen to drive safely, you need to drive safely, too.
 - Always wear your seat belt.
 - Don't drink and drive. Never allow any alcohol or illegal drugs in the car.
 - Don't eat, drink, talk on your cell phone, or do anything else that could distract you from your driving.
 - Stay within the speed limit and obey all traffic signals.
- **Know the laws in your state.** It is important that you know and understand the graduated driver licensing (GDL) laws where you live. Specifically, you need to know the restrictions and limitations on teen drivers who have permits and provisional licenses. You must also learn about your own legal responsibilities for providing a good supervised driving experience for your teen.
- **Set specific rules.** Before you let your teen drive, set specific rules that must be followed (see Parent-Teen Driving Agreement handout).
 - At first, the restrictions you set should be strict. You can gradually relax the rules after your teen has demonstrated safe driving. And the rules you set should depend on the maturity level of your teen.
 - Because so many crashes occur in the first 6 months of unsupervised driving, your teen shouldn't drive teen passengers or drive after 9:00 pm at first. And don't ask your teen to give rides to younger siblings until he or she has had extensive driving experience.
 - After your teen has demonstrated safe driving for 6 months, you might allow 1 passenger and a later curfew (for example, 10:00 pm). Before allowing more passengers, keep in mind that more passengers may make it more likely that your teen will have a crash. Studies show that 1 passenger increases the risk of a crash by 40%, 2 passengers doubles the risk, and 3 passengers almost quadruples the risk.
- **Enforce strict penalties.** Generally, penalties for breaking the contract should match the seriousness of the rule broken. Punishments for reckless driving, such as speeding or drunk driving, should be strict and may involve loss of driving privileges.
- **Take your teen on the road.** The 6 hours of driving practice in many driver education programs is not enough. Your teen needs a lot more supervised driving practice, and some nighttime driving is important, too.

Some states require 50 hours of supervised practice. There are books, videos, and classes for parents on how to teach teen drivers. Remember that you'll probably need a lot of patience.

- **Check out the car.** Make sure the car your teen is driving is safe and in good condition. If your teen is buying a car, help your teen research safety ratings and find a mechanic to inspect the car. Air bags and lap-shoulder belts in the rear seat are important safety features.
- **Make a tough decision.** If you're concerned that your teen may not be ready to drive, you can prevent your teen from getting a license. All states allow parents to block their teen from getting a license if the teen is thought to be immature or reckless.

For more information

American Academy of Pediatrics

www.aap.org

AAA Foundation for Traffic Safety

www.aaafoundation.org

National Highway Traffic Safety Administration

www.nhtsa.gov

National Safety Council

www.nsc.org

Network of Employers for Traffic Safety

www.trafficsafety.org

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician and allergist. There may be variations in treatment that your physician may recommend based on individual facts and circumstances.

From your doctor

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DEDICATED TO THE HEALTH OF ALL CHILDREN™

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Parent-Teen Driving Agreement

I, _____, will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times.

I promise that I will obey all the rules of the road.

- Always wear a seat belt and make all my passengers buckle up.
- Obey all traffic lights, stop signs, other street signs, and road markings.
- Stay within the speed limit and drive safely.
- Never use the car to race or to try to impress others.
- Never give rides to hitchhikers.

I promise that I will make sure I can stay focused on driving.

- Drive with both hands on the wheel.
- Never eat, drink, or use a cell phone while I drive.
- Drive only when I am alert and in emotional control.
- Call my parents for a ride home if I am impaired in any way that interferes with my ability to drive safely.

I promise that I will respect laws about drugs and alcohol.

- Drive only when I am alcohol and drug free.
- Never allow any alcohol or illegal drugs in the car.
- Be a passenger only with drivers who are alcohol and drug free.

I promise that I will be a responsible driver.

- Drive only when I have permission to use the car and I will not let anyone else drive the car unless I have permission.
- Drive someone else's car only if I have parental permission.
- Pay for all traffic citations or parking tickets.
- Complete my family responsibilities and maintain good grades at school as listed here: _____
- Contribute to the costs of gasoline, maintenance, and insurance as listed here: _____

I agree to the following restrictions, but understand that these restrictions will be modified by my parents as I get more driving experience and demonstrate that I am a responsible driver.

For the next _____ months, I will not drive after _____ pm.

For the next _____ months, I will not transport more than _____ teen passengers (unless I am supervised by a responsible adult).

For the next _____ months, I won't adjust the stereo or air conditioning/heater while the car is moving.

For the next _____ months, I will not drive in bad weather.

I understand that I am not permitted to drive to off-limit locations or on roads and highways as listed here: _____

I agree to follow all the rules and restrictions in this contract. I understand that my parents will impose penalties (see below), including removal of my driving privileges, if I violate the contract. I also understand that my parents will allow me greater driving privileges as I become more experienced and as I demonstrate that I am always a safe and responsible driver.

Penalties for contract violations

Drove after drinking alcohol or using drugs	No driving for _____ months.
Got ticket for speeding or moving violation	No driving for _____ months.
Drove after night driving curfew	No driving for _____ weeks/months.
Drove too many passengers	No driving for _____ weeks/months.
Broke promise about seat belts (self and others)	No driving for _____ weeks/months.
Drove on a road or to an area that is off-limits	No driving for _____ weeks/months.

Signatures

Driver _____ Date _____

Parent promise: I also agree to drive safely and to be an excellent role model.

Parent (or guardian) _____ Date _____

Parent (or guardian) _____ Date _____

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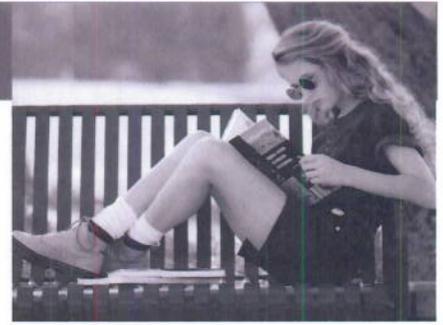
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stressed? read this.



Even though stress makes us feel uncomfortable, it's not always a bad thing. Sometimes stress can really help us deal with tough situations. A lot of stress changes our bodies quickly and helps us react to an emergency. A little stress keeps us alert and helps us work harder.

What is stress?

Stress is the **uncomfortable** feeling you get when you're worried, scared, angry, frustrated, or overwhelmed. It is caused by emotions, but it affects your mood and body. Many **adults think that kids don't have stress** because they don't have to work and support a family. **They are wrong!** Stress can come from things that happen to you and people in your life like your parents, friends, and even yourself.

How does the body handle stress?

The body is a finely tuned machine that can change quickly to do what we need it to do—like react to stress. The body actually has 2 different sets of nerves. **One works while we're relaxed, and the other works when we're stressed or there's an emergency.** These 2 systems can't work together at the same time. It's important to know this because we can **shut off** the emergency system by turning on the relaxed system. **That helps us feel better!**

Ways you can deal with stress

Nobody can avoid all stress, but **you can learn ways to deal with it.** When you're stressed, it is normal to want to feel better. Some people turn to drugs, cigarettes, alcohol, bullying, or fighting. These harmful choices might feel good for a short time, but they can be dangerous. They end up messing up your life, and then you end up a lot more stressed. *They're especially dangerous if they are the only way you manage stress.* This is one of the ways addictions start.

There are many **healthy ways** of dealing with stress. They are safe, help you feel better, and end up making you happy. **Here is a 10-point plan to help you manage stress.** All of these ideas can lower stress safely. None of them are quick fixes, but they will lead you toward a healthy and successful life. The plan is divided into 4 parts.

1. Tackling the problem
2. Taking care of my body
3. Managing my emotions
4. Making the world a better place

When you read over the plan, you'll notice that you can come up with a bunch of ideas for each point. **Please do not think you should try them all. This plan is supposed to help you manage stress, not give you more.** Try out some ideas and then stick to one or two ideas for each point. *Don't choose an idea just to impress someone else.*

Part 1

Tackling the problem

Point 1: Figure out what the problem is and make it manageable.

A lot of people deal with problems by ignoring them. **This does not make them go away; usually they just get worse.** People who try to fix their problems tend to be **emotionally healthier.**

What you can try

- Break the work into small pieces.** Then just do one small piece at a time, rather than look at the whole huge mess. As you finish each piece, the work *becomes less overwhelming.*
- Make lists of what you need to do.** This will **help you sleep** because your head won't spin with worry about whether you can do everything. At the end of the day, you will have **less to worry about** as you check off the things you have finished. You will look at the same huge amount of homework and say to yourself, "I CAN do this!"
- Get your work done first.** When it comes to work (studying, chores), the *best way to enjoy yourself is to get the work done first.* Sometimes people say they will do fun things first and do their work later. But the problem is they're having less fun because they're worrying about the work they're ignoring. And of course the longer they put it off, the more they worry.

Point 2: Avoid things that bring me down.

Sometimes we know **exactly** when we are headed for trouble. Avoiding trouble from a distance **is easier** than avoiding it up close. You know the people who might be a bad influence on you. You know the places where you're likely to get in trouble. You know the things that upset you. **Choose not to be around those people, places, and things that mess you up.**

What you can try

- Avoid certain people, like _____
- Avoid certain places, like _____
- Avoid certain things, like _____

Point 3: Let some things go.

It's important to try to fix problems, but *sometimes there is nothing you can do to change them.* For example, you can't change the weather, so don't waste your energy worrying about it. You can't change the fact that teachers give tests, so just start studying instead of complaining about how unfair they are. You can't change the fact that your parents need to know where you go, so prove to them that you are responsible and deserve more freedom. **People who waste their energy worrying about things they can't change don't have enough energy left over to fix the things they can.**

What you can try

- Instead of worrying about things I can't change, I will _____
- Instead of complaining that things are not fair, I will _____
- Instead of fighting with my parents about where I go, I will _____

Part 2 Taking care of my body

Point 4: Exercise.

Exercise every day to control stress and build a strong, healthy body. **Exercise is the most important part of a plan to manage stress.** You may think you don't have time to exercise when you're most stressed, but that is exactly when you need it the most. If you are stressed about a test but too nervous to sit down and study...*exercise!* **You will be able to think better** after you have used up that stress energy.

What you can try

Regular exercise builds a strong body that better deals with stress. I will work my body hard at least 20 minutes every other day. The kinds of exercises I like to do routinely include

- _____
- _____
- _____

When I am feeling most worried, nervous, or fearful, a really hard physical workout will help me calm down. During these most stressful times, the kinds of things I might do include

- _____
- _____
- _____

Point 5: Learn to relax my body.

You can fool your body into being calmer by turning on the relaxed nervous system.

What you can try

- Breathe deeply and slowly.** Slow, deep breathing turns on your relaxed nervous system and turns off your emergency response. Take a big, deep breath until your chest and belly feel full of air, then let it out slowly as if you're blowing bubbles. **Do this 10 times and you will feel more relaxed.** Yoga and meditation also teach great breathing skills.
- Put your body in a relaxed position.**
 - Your body knows when you're nervous. If you sit down to take a test and your legs are shaking, your body is saying, "I want to run!" Remember, you can't think well and run away at the same time, so you are making it harder to take the test. Instead, take deep breaths and lean back—tell your body there is no emergency.

- When you're angry, the natural thing to do is stand up and face someone shoulder-to-shoulder, chest-to-chest. You do this without even thinking, but this tells the other person that you're angry and ready to fight. It also may prevent you from thinking clearly. Do the **opposite** of what you would do if you were really going to fight. **Sit down; take deep, slow breaths; and tell your body there is no danger.** Then use your brain to get out of the situation.

Point 6: Eat well.

Everyone knows good nutrition makes you healthier. But only some people know that **it also keeps you alert and your mood steady.** People who eat mostly junk food have highs and lows in their energy levels. This hurts their ability to manage stress.

What you can try

- Eat a good breakfast.
- Skip fewer meals.
- Drink fewer sodas and sugary drinks.
- Drink more water.
- Eat smaller portions.
- Eat less greasy meals or snacks.
- Eat more fruits and vegetables.
- _____
- _____

Point 7: Sleep well.

Most kids don't get the sleep they need to grow and think clearly. **Tired people can't learn as well and can be much crankier.**

What you can try

- Go to sleep about the same time every night.**
- Exercise (but finish exercising at least 4 hours before bed).** Your body falls asleep most easily when it has cooled down. If you exercise right before bed, you will be overheated and won't sleep well.
- A hot shower 1 hour before bedtime** also helps your body relax to fall asleep.
- Use your bed only to sleep.** Don't solve your problems in bed. Instead, have another spot to think, like a "worry chair." Give yourself plenty of time to think things through, make a list if you need to, **and then set it aside!** Go to bed to sleep.
- Don't do homework, watch TV, read, or use the phone while in bed.**

Part 3 Managing my emotions

Point 8: Take instant vacations.

Sometimes the best way to de-stress is to imagine yourself in a more relaxing place.

What you can try

- Visualize.** When you're stressed, sit down, lean back, take deep breaths, close your eyes, and imagine yourself in a beautiful and calm place.

- Take time out for yourself.** Everyone deserves time for himself or herself. Enjoy a walk, a relaxing bath, or something special every day. Try a warm bath with your ears just under water; listen to yourself take deep, slow breaths. Take your pulse and count as your heart rate goes down.
- Enjoy hobbies** or creative art as an instant vacation.
- Look at the beauty around you** and get pleasure from the small things you may have stopped noticing.
- Read** a good book and escape from reality. You have to imagine the sights, sounds, and smells—you are somewhere else for a while.

Point 9: Release emotions.

Feelings sometimes get so strong and scary that we cram them all in an imaginary box and **think we'll deal with them later**. But later, there's so much stuff in the box that there is too much to deal with. Sometimes it's good to **pick just one problem** to work on and forget the rest for a while. When you decide to deal with only one problem at a time, it seems much less scary.

What you can try

- Be creative.** People who have a way to express themselves don't need to hold it all inside. Art, music, poetry, singing, dance, and rap are all powerful ways to let your feelings out.
- Talk it out.** Every young person deserves an adult to talk to and some friends to trust. Hopefully, you can talk to your parents. But if you do not want to tell your parents everything, make sure to find an adult you can ask for advice.
- Journal.** Write it out!
- Pray.** Many young people find prayer or meditation helpful.
- Laugh or cry.** Let yourself really feel your emotions.

**Part 4
Making the world a better place**

Point 10: Make the world a better place.

Young people who work to make the world better feel good about themselves. They have a **sense of purpose and handle their own problems better**. They learn that they can **make a difference** in other people's lives. **We need young people to build a better world.**

What you can try

- Help a member of my family by _____
- Volunteer in my community by _____
- Help the environment (or animals) by _____

When to get help

Even if you are great at dealing with problems, there may be times when stress feels like it is getting to you. **You are not alone.** This does not mean you are crazy, weak, or a failure. **Strong people turn to others** for support when they have too much to handle. **It's okay** to turn to wise friends for advice, but it is also important to turn to your parents or another adult to help you. **You deserve to feel good!**

The following signs suggest that you should seek some extra guidance:

- Your grades are dropping.
- You worry a lot.
- You easily get moody or angry.
- You feel tired all the time.
- You get a lot of headaches, dizziness, chest pain, or stomach pain.
- You feel sad or hopeless.
- You feel bored all the time and are less interested in being with friends.
- You are thinking about using alcohol or drugs to try to feel better.
- You ever think about hurting yourself.

Visit the AAP Web site at www.aap.org/stress for more information.

Remember that one of the best ways to be happy and successful is to manage stress well.

You CAN do it!

Adapted from Ginsburg KR, Jablow MM. *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. Elk Grove Village, IL: American Academy of Pediatrics; 2006

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

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From your doctor



Tips for Parents of Adolescents



Adolescence is a time of change and challenge for your preteen or teenager. The changes that occur during adolescence are often confusing not only for your son or daughter, but for you as well. Though these years can be difficult, the reward is watching your child become an independent, caring, and responsible adult. The American Academy of Pediatrics (AAP) offers the following tips to help you face the challenges of your child's adolescence:

- 1. Spend family time with your adolescent.** Although many preteens and teens may seem more interested in friends, this does not mean they are not interested in family.
- 2. Spend time alone with your adolescent.** Even if your teen does not want time alone with you, take a moment here and there to remind him that your "door is always open," and you are always there if he needs to talk. Remind him often.
- 3. When your adolescent talks**
 - Pay attention.
 - Watch, as well as listen.
 - Try not to interrupt.
 - Ask him to explain things further if you don't understand.
 - If you don't have time to listen when your child wants to talk, set a time that will be good for both of you.
- 4. Respect your adolescent's feelings.** It's okay to disagree with your child, but disagree respectfully, not insultingly. Don't dismiss her feelings or opinions as silly or senseless. You may not always be able to help when your child is upset about something, but it is important to say, "I want to understand" or "Help me understand."
- 5. When rules are needed, set and enforce them.** Don't be afraid to be unpopular for a day or two. Believe it or not, adolescents see setting limits as a form of caring.
- 6. Try not to get upset if your adolescent makes mistakes.** This will help him take responsibility for his own actions. Remember to offer guidance when necessary. Direct the discussion toward solutions.

"I get upset when I find clothes all over the floor,"

is much better than, *"You're a slob."*

Be willing to negotiate and compromise. This will teach problem solving in a healthy way. Remember to choose your battles. Some little annoying things that adolescents do may not be worth a big fight — let them go.

- 7. Criticize a behavior, not an attitude.**

For example, instead of saying,

"You're late. That's so irresponsible.

And I don't like your attitude,"

try saying,

"I worry about your safety when you're late. I trust you, but when I don't hear from you and don't know where you are, I wonder whether something bad has happened to you. What can we do together to help you get home on time and make sure I know where you are or when you're going to be late?"

- 8. Mix criticism with praise.** While your teen needs to know how you feel when she is not doing what you want her to do, she also needs to know that you appreciate the positive things she *is* doing. For example,

"I'm proud that you are able to hold a job and get your homework done. I would like to see you use some of that energy to help do the dishes after meals."

- 9. Let your child be the adolescent he wants to be,** not the one you wish he was. Also, try not to pressure your adolescent to be like you were or wish you had been at that age. Give your teen some leeway with regard to clothes, hairstyle, etc. Many teens go through a rebellious period in which they want to express themselves in ways that are different from their parents. However, be aware of the messages and ratings of the music, movies, and video games to which your child is exposed.
- 10. Be a parent first, not a pal.** Your adolescent's separation from you as a parent is a normal part of development. Don't take it personally.
- 11. Don't be afraid to share with your adolescent that you have made mistakes** as a parent. A few parenting mistakes are not crucial. Also, try to share with your teen mistakes you made as an adolescent.
- 12. Talk to your pediatrician** if you are having trouble with your adolescent. He or she may be able to help you and your child find ways to get along.

The following is additional information you may find helpful in understanding some of the life changes and pressures your adolescent may be experiencing.

Dieting and body image

"My daughter is always trying new diets. How can I help her lose weight safely?"

We live in a society that is focused on thinness. Adolescents see many role models in fashion magazines, on television, and in the movies that emphasize the importance of being thin. This concern about weight and body image leads many adolescents, especially girls, to resort to extreme measures to lose weight. Be aware of any diet or exercise program with which your child is involved. Be watchful of how much weight your child loses, and make sure the diet program is healthy. Eating disorders such as anorexia nervosa and bulimia nervosa can be very dangerous. If you suspect your child has an eating disorder, talk to your pediatrician right away.

Nutrition

The growth rate during adolescence is one of the most dramatic changes the body ever goes through. It is very important for your adolescent to have a proper diet. Follow these suggestions to help keep your teen's diet a healthy one

- Limit fast food meals. Discuss the options available at fast food restaurants, and help your teen find a good balance in her diet. Fat should not come from junk food but from healthier foods such as cheese or yogurt. Vegetables and fruit are also important.
- Keep the household supply of “junk food” such as candy, cookies, and potato chips to a minimum.
- Stock up on low-fat healthy items for snacking such as fruit, raw vegetables, whole-grain crackers, and yogurt.
- Check with your pediatrician about the proper amounts of calories, fat, protein, and carbohydrates for your child.
- As a parent, model good eating habits.

Many diets are unhealthy for adolescents because they do not have the nutritional value that bodies need during puberty. If your teen wants to lose weight, urge her to increase physical activity and to take weight off slowly. Let her eat according to her own appetite, but make sure she gets enough fats, carbohydrates, protein, and calcium.

Make sure your teen is not confusing a “low-fat” diet with a “no fat” diet. Teens need 30% of their calories from fat, and cutting fat out of the diet altogether is not healthy. A low-fat diet should still include 30 to 50 grams of fat daily. Many teens choose vegetarian diets. If your child decides to become a vegetarian, make certain she reads about it and becomes an educated vegetarian. She may need to see her pediatrician or a nutritionist to ensure that she is getting enough fat, calories, protein, and calcium.

Many adolescents are uncomfortable with their bodies. If your adolescent is unhappy with the way she looks, encourage her to start a physical activity program. Physical activity will stop hunger pangs, create a positive self-image, and take away the “blahs”. Unfortunately, some teens may try to change their bodies by dangerous means such as unhealthy dieting (as discussed previously) or with drugs such as anabolic steroids. Encourage *healthy exercise*. If your child wants to train with weights, she should check with her pediatrician, as well as a trainer, coach, or physical education teacher. Help create a positive self-image by praising your child about her appearance. Set a good example by practicing what you preach. Make exercise and eating right a part of your daily routine also.

Dating and sex education

“With all the sex on television, how can I teach my son to ‘wait’ until he is ready?”

There are constant pressures for your adolescent to have sex. These pressures may come from the movies, television, music, friends, and peers. Teens are naturally curious about sex. This is completely normal and healthy. Talk to your adolescent to understand his feelings and views about sex. Start early and provide your teen with access to information that is accurate and appropriate. Delaying sexual involvement could be the most important decision your child can make. Talk to your teen or preteen about the following things he needs to think about before becoming sexually active:

Medical and physical risks, like unwanted pregnancy and STDs (sexually transmitted diseases) such as

- Gonorrhea
- Chlamydia
- Hepatitis B
- Syphilis
- Herpes
- HIV, the virus that causes AIDS

Emotional risks that go along with an adolescent having sex before he is ready. The adolescent may regret the decision when he is older or feel guilty, frightened, or ashamed from the experience. Have your adolescent ask himself, “Am I ready to have sex?” “What will happen after I have sex?”

Methods of contraception — Anyone who is sexually active needs to be aware of the various methods of contraception that help prevent unintended pregnancies, as well as ways to protect against sexually transmitted diseases. Remember to tell your teen that latex condoms should always be used *along with* a second method of contraception to prevent pregnancy and STDs.

Setting limits — Make sure your adolescent has thought about what his limits are *before* dating begins.

Most importantly, let your adolescent know that he can talk to you and his pediatrician about dating and relationships. Offer your guidance throughout this important stage in your teen's life.

Smoking and tobacco

“My daughter smokes behind my back. How do I convince her to quit?”

Smoking can turn into a lifelong addiction that can be extremely hard to break. Discuss with your adolescent some of the more undesirable effects of smoking, including bad breath, stained teeth, wrinkles, a long-term cough, and decreased athletic performance. Addiction can also lead to serious health problems like emphysema and cancer.

“Chew” or “snuff” can also lead to nicotine addiction and causes the same health problems as smoking cigarettes. Mouth wounds or sores also form and may not heal easily. Smokeless tobacco can also lead to cancer.

If you suspect your teen or preteen is smoking or using smokeless tobacco, talk to your pediatrician. Arrange for your child to visit the pediatrician, who will want to discuss the risks associated with smoking and the best ways to quit before it becomes a lifelong habit. Smokers young and old often are more likely to listen to advice from their doctor than from others.

If you smoke...quit

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

Alcohol

"I know my son drinks once in a while, but it's just beer. Why should I worry?"

Alcohol is the most socially accepted drug in our society, and 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 teenager (or anyone else) behind the wheel of a car is a lethal weapon. Alcohol-related car crashes are the leading cause of death for young adults, aged 15 to 24 years.

Though it's illegal for people under age 21 to drink, we all know that most teenagers are no strangers to alcohol. Many of them are introduced to alcohol during childhood. If you choose to use alcohol in your home, be aware of the example you set for your teen. The following suggestions may help:

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

Drugs

"I am afraid some of my daughter's friends have offered her drugs. How can I help her make the right decision?"

Your child may be interested in using drugs other than tobacco and alcohol, including marijuana and cocaine, to fit in or as a way to deal with the pressures of adolescence. Try to help your adolescent build her self-confidence or self-esteem. This will help your child resist the pressure to use drugs. Encourage your adolescent to "vent" emotions and troubles through conversations and physical activity rather than by getting "high."

Set examples at home. Encourage your adolescent to participate in leisure and outside activities to stay away from the peer pressure of drinking and drugs. Talk with your children about healthy choices.

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A Parent's Guide to Teen Parties

As a parent, you know the importance of your teen's social life and that parties are a way to socialize and relax. But an unsupervised or poorly planned party can result in unwanted or even tragic consequences. However, parental responsibility is the key to a fun and safe party.

The following is important information from the American Academy of Pediatrics about teen parties.

Facts about teen parties

- **Guest list.** When a teen plans a party, news spreads very quickly via social networking sites like Facebook or Twitter. Because of these new media, teen parties can grow too large for parents to control.
- **Time and place.** Teen parties often start late at night and move from house to house.

Facts about alcohol and drugs

Teens often expect alcohol and marijuana at parties. Some parents believe that it is better to allow teens to drink in their home so they can keep them safe. While this idea may be well intentioned, it is simply misguided. Parents cannot keep impaired teens safe.

Alcohol and other drugs impair judgment. Teens are more likely to have sex, be involved in a violent incident, or suffer an injury after using drugs or alcohol. All too frequently teens die from violence, unintentional injuries, or overdoses related to alcohol and other drugs.

Alcohol effects teens differently than adults. For example, compared with adults, teens are more likely to remain awake, to wander about, or to drive a car while having a much greater degree of mental impairment.

What parents need to know

Communication and honesty are important to keep your teen safe. Teens whose parents talk with them regularly about drugs and alcohol are 42% less likely to use substances than those whose parents don't. Tell your teens that you expect them not to use alcohol or other drugs at parties.

Parent networking is the best prevention tool to combat underage drinking. Get to know your teen's friends and their parents. If your teen is planning on going to a party, call the parents to ensure that they will be home and that they will not allow drugs or alcohol. If this is not possible, don't let your teen go.

Parents are legally responsible for anything that happens to a minor who has been served alcohol or other drugs in their home. If anyone brings alcohol or other drugs to your home, be prepared to contact their parents. And if someone comes to your home already intoxicated, make sure that they get home safely. Help your teen feel responsible for this as well.

Parents may be criminally or civilly liable if...

- Alcohol is provided to a minor at a party they have organized.
- Someone's property is damaged.
- Someone is injured.
- Someone leaves and gets into a car accident and/or injures someone else.
- Someone dies.
- Understand the local laws about alcohol and other drugs. Laws about alcohol and drug use vary from state to state, so make sure you know what the laws are in your state.

If you are hosting a teen party...

- Plan in advance.** Go over party plans with your teen. Encourage your teen to plan non-alcohol-related group activities or games.
- Keep parties small.** Ten to 15 teens for each adult. Make sure at least one adult is present at all times. Ask other parents to come over to help you if you need it.
- Set a guest list.** The party should be for invited guests only. No "crashers" allowed. This will help avoid the "open party" situation.
- Set starting and ending times for the party.** Check local curfew laws to determine an ending time.
- Set party "rules" and your expectations.** Discuss them with your teen before the party. Rules should include the following:
 - o No tobacco, alcohol, or other drugs.
 - o No one can leave the party and then return.
 - o Lights are left on at all times.
 - o Certain rooms of the house are off-limits.
- Have plenty of food and non-alcoholic beverages available.** Also, put your alcohol and any prescription or over-the-counter medicines in a locked cabinet.
- Be there, but not square.** Pick out a spot where you can see what is going on without being in the way. You can also help serve snacks and beverages.

If your teen is going to a party...

- Know where your teen is going and how long he will be there.** Have the phone number and address of the party. Ask your teen to call you if the location of the party changes. Be sure to let your teen know where you will be during the party.
- Call the parent of the party host** to make sure a parent will be home the entire time and supervising the party. Make sure that tobacco, alcohol, and other drugs will not be allowed.
- Talk with your teen beforehand** about how to handle a situation where alcohol is available at a party.

- Make sure your teen has a way to get to and from the party.** Make it easy for your teen to leave a party by making it clear that he can call at any time for a ride home. Discuss why he might need to make such a call. Remind your teen NEVER to ride home with a driver who has been drinking or using other drugs.
- Be up to greet your teen when he comes home.** This can be a good way to check the time and talk about the evening.
- If your teen is **staying overnight** at a friend's house after the party, verify this arrangement with the friend's parents and that they will be home.

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The AAP Committee on Adolescence and AAP Section on Adolescent Health would like to thank the AAP Committee on Substance Abuse and AAP NY Chapter 2 Committee on Adolescence for their assistance in developing this publication.

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Substance Abuse Prevention



The use of tobacco, alcohol, and other drugs is one of the biggest temptations facing young people today. As a parent, you are your child's best protection against drug use. You can start by telling your children that you expect them not to use drugs and become informed yourself about drug use. This publication was written by the American Academy of Pediatrics to help you identify the warning signs of drug use and provides tips on how to help your child (especially during the preteen and teen years) say no to drugs.

Stages of drug use

Both casual drug use and addiction impact health, but it is important for parents to know the difference. The same pattern of use and abuse exists for alcohol as with other drugs, such as marijuana or cocaine. The following is how experts explain the stages of alcohol or drug use:

Stage	Description
Abstinence	No use.
Experimentation	The first 1 or 2 times your child drinks alcohol or uses drugs. Children at this stage are curious about what it feels like to be drunk or high.
Non-problematic use	Repeated drug use in social situations without associated problems. Children at this stage are using in order to have fun with friends.
Problem use	Drug use for purposes other than recreation or drug use associated with a single problem, such as to deal with tension with parents or a school suspension. Children at this stage have begun to use in order to help them manage their emotions.
Abuse	Drug use that has a negative impact on daily functioning or that is associated with recurrent and significant risks and problems. Children at this stage have experienced problems because of their drug use but continue to use anyway.
Dependence	Loss of control over use. Children at this stage have developed a compulsion to use and no longer can simply decide to "just say no" or "stop using any time they wish."

How can I tell if my child or teen is using drugs?

Certain symptoms and behaviors are warning signs for drug use. But keep in mind they may also indicate other problems, such as depression. Look for

- Alcohol, smoke, or other chemical odors on your child's or their friends' breath or clothing
- Obvious intoxication, dizziness, or bizarre behavior
- Changes in dress and grooming
- Changes in choice of friends
- Frequent arguments, sudden mood changes, and unexplained violent actions
- Changes in eating and sleeping patterns
- Sudden weight gain or loss
- Loss of interest in usual activities or hobbies
- School problems like declining or failing grades, poor attendance, and recent discipline problems
- Trauma or frequent injuries
- Runaway and delinquent behavior
- Depressed mood or talk about depression or suicide; suicide attempts

Teens will try to hide, disguise, or downplay alcohol or other drug use, so you must learn to recognize the signs of abuse and stay on top of things. Also, trust your instincts. If you suspect a problem, talk with your teen, ask questions, and speak with a health professional about your concerns.

Remember that your child's doctor has the knowledge and experience to help you find out if your child has a drug or alcohol problem and how to help your child.

What you can do

The following is what you can do to help your child say no to drugs:

- **Talk with your children about drugs.** Young people who do not know the facts about drugs may try them just to see what they are like. After you become informed, talk with your children about drugs and their harmful effects. Use current magazine articles or news reports, as well as TV or movie scenes, to bring up the topic and make a quick point. Try to get your children to share any questions and concerns they have. Be sure to really listen; do not lecture or do all the talking. Ask your children what they think about drug use and its consequences.
- **Help your children handle peer pressure.** Peers and friends can strongly influence teens to try drugs. As a parent, your influence can be just as strong in helping them be independent and resist unhealthy peer pressure. Tell them that it is OK to say no and mean it. They can try saying, "I need all the brain cells I have to make it through this school year," or "I would get in a lot of trouble if my parents ever found out," or they can try saying, "No, that's not for me," and leave to do something else. Practice these and other responses with your children. If a friend is

offering drugs, it may be harder to say no. Encourage your child to suggest other things to do with that friend. This shows that they are rejecting the drug, not the friend.

- **Help your children deal with emotions.** During the teen years, many young people face strong emotions for the first time. These new feelings can be hard to cope with, and your child may sometimes get depressed or anxious and possibly turn to drugs to try to escape such feelings and forget problems. It is important to talk with your children about any concerns and problems they are facing. Explain that everyone has these feelings at times. Everyone must learn how to cope with feelings and face their stressors in ways that are healthy and help them get through their problems. Assure them that everything has an upside, and things often do not stay "bad" for very long. Point out that even after using drugs, the same problems and hassles are still going to be there.
- **Boost their self-confidence.** It is often overlooked how important it is to notice and frequently praise others' positive qualities. Encourage your child to set goals, make personal decisions to achieve them, and actively work toward these goals. With each success, your children will gain more confidence. Applaud effort as well as success. As your children become more responsible, you should still provide guidance, emotional support, and security when needed. Becoming responsible also means facing the results of one's actions—good or bad. Making mistakes is a normal part of growing up, so try not to be too critical when your child makes a mistake.
- **Instill strong values in your children.** Teach your children the values that are important to your family. Also teach them to think of these values when deciding what is right and wrong. Explain that these are the standards your family lives by, despite what other people are doing.
- **Be a good role model.** As a parent, your actions often speak louder than words. You should use alcohol only in moderation and avoid using tobacco and drugs. You should not drink and drive or ride with a driver who has been drinking. Have a safety plan to pick up a teen in an unsafe situation, like if they end up at a party where drugs are being used. Make a stand against drug issues—your children will listen. You are the best role model for your family, so show them how to have fun without using drugs.
- **Encourage healthy ways to have fun.** Young people are always looking for ways to have fun. They can also get bored easily. Drugs offer what seems to be a carefree high with little or no effort or consequences. Help your child understand this myth. Encourage interests in different hobbies, clubs, sports, or other activities. Look for healthy ways to reduce boredom and too much free time. Take an active interest in what is important to your children. Plan interesting activities together as a family, and have fun!

About teen confidentiality

All teens should be screened for alcohol and other drug use as part of routine medical care. Your child's doctor will want to ask questions about alcohol in private in order to get honest answers. If your child does report alcohol use, the doctor will determine whether your child needs very brief advice, a return visit, or a referral to a specialist. Every doctor will have his or her own policy about what information must be shared with a parent and what will stay confidential (meaning stay between the patient and the doctor), but most doctors will protect a teen's confidentiality if they believe that the teen's drug use is not an immediate safety risk to the child or others. It is important for you to respect the doctor's decisions about confidentiality in order to encourage your child to have an open and honest discussion with the doctor.

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making healthy decisions about sex



Are you thinking about having sex? Is anyone trying to talk you into having sex? Does it seem like all your friends are having sex?

Before you make any decisions, or even if you have had sex but are unsure if you should again, read on for some **important information** about how to **stay healthy**. (And remember, if anyone has ever forced you to have sex, this is **WRONG** and not your fault! Tell someone you trust as soon as possible.)

It's OK to say NO Way!

Not everyone is having sex. **Half of all teens say "no" to sex**. There's nothing wrong if you decide to wait; in fact, it's a great idea. If you decide to wait, **stick with your decision**. Plan ahead how you are going to say "no" so that you are clearly understood. Stay away from situations that can lead to sex. Too many young people have sex without meaning to when they drink alcohol or use drugs. Not using alcohol and drugs will help you make clearer choices about sex. Whether you decide to have sex, it's important that you **know the facts** about birth control, diseases, and emotions.

Why wait?

- **Sex can lead to pregnancy.** Are you ready to be pregnant or a teen parent? **It's an awesome responsibility**—will your baby have food, clothes, and a safe place to live?
- **Sex has health risks.** You could become infected with one or more **sexually transmitted diseases (STDs)** like herpes, *Trichomonas*, or human immunodeficiency virus (HIV) (the virus that causes acquired immunodeficiency syndrome [AIDS]). One type of disease called human papillomavirus (HPV) may cause **cancer**.
- You may feel **sad** or **angry** if you let someone pressure you into having sex when you're not really ready.
- You also may feel sad or angry if you chose to have sex and then your partner leaves you. He may even tell other people that you had sex with him. **Can you handle that?**

If you don't want to get an STD, use condoms

If you're going to have sexual intercourse, using **condoms** is the best way to avoid getting STDs. Remember that **nothing will ever be 100% effective** in preventing diseases except abstinence (no sex). Use a **latex** condom every time you have sex—no matter what other type of birth control you and your partner also might use. To **protect** against getting a disease from having oral sex, use a condom, a dental dam, or non-microwavable plastic wrap. Your pediatrician can explain all these things to you. To make sure

you **stay healthy**, get regular medical checkups, urine testing for STDs, and a pelvic exam (if you're female).

Condoms are easy to use. They work best when you use them the right way. Here is **what you need to know**.

- **Use only latex or polyurethane condoms.** You also have a choice between a male condom or female condom. Never use these 2 types of condoms at the same time; they might tear. When buying male condoms, get the kind with a reservoir (nipple) at the tip to catch semen.
- **Follow the instructions** on the package to make sure you are using them the right way. Also, **check** the expiration date on the package. Don't buy or use expired condoms.
- **You can carry condoms with you at all times**, but do not store them where they will get hot (like in the glove compartment of a car). Heat can damage the condom. Also, you can carry them in a purse or wallet, but not for too long—this shortens their life.

If you don't want to get pregnant...

You need a **reliable form of birth control!**

- **Condoms** used the right way have a 90% chance of preventing pregnancy.
- "The pill" is the most popular type of birth control used by women. There are many brands of **the birth control pill**. For the pill to work, a woman must take it **every day**. When used correctly, the pill is 99% effective at preventing pregnancy.
- The birth control **patch** is similar to the pill and looks like an adhesive strip. The patch is placed on the skin and changed every week for 3 weeks. Side effects are similar to the pill.
- Depo-Provera is a **shot** that you get every 3 months. It is a popular choice for women who have trouble remembering to take the pill.

There may be **minor side effects** when using the pill, patch, or Depo-Provera like mild irregular bleeding, nausea, sore breasts, or weight gain. Your pediatrician will talk to you in detail about what to expect.

Other types of birth control

The following are **NOT recommended** for young people:

- **Withdrawal** (when the male "pulls out" of the female before he ejaculates or "cums") does not prevent pregnancy. If even a small amount of sperm enters a woman, pregnancy can occur.
- **Norplant**. It's no longer approved.

- **Diaphragms and spermicides.** These require some planning. The teen pregnancy rate using these methods is very high.
- The **"rhythm method."** This is when you avoid having sex during certain times of your monthly cycle. This method is not very effective at preventing pregnancy.
- The **intrauterine device (IUD)**, unless you have had a baby and are at a low risk for STDs.

The choice to become sexually active is **your choice.**

Choosing not to have sex is the **only** way to avoid all STDs and getting pregnant.

It's your choice!

Talk with your pediatrician about birth control—how safe and effective these methods are, what side effects they can cause, and how much they cost.

Note: Products are mentioned for informational purposes only and do not imply an endorsement by the American Academy of Pediatrics.

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deciding to wait



No matter what you've heard, read, or seen, not everyone your age is having sex, including oral sex and intercourse. In fact, more than half of all teens choose to wait until they're older to have sex. If you have already had sex but are unsure if you should again, then wait before having sex again.

New feelings

Being physically attracted to another person and trying to figure out how to deal with these feelings is perfectly normal. Kissing and hugging are often accompanied by really intense sexual feelings. These feelings may tempt you to "go all the way."

Before things go too far, try asking yourself the following questions:

- Do I really want to have sex?
- Is this person pressuring me to have sex?
- Am I ready to have sex?
- What will happen after I have sex with this person?

Remember, you can show how you feel about someone without having sex (being abstinent) with him or her.

Can you be sexual without having sex?

Yes. Being sexual can mean

- Spending romantic time together
- Holding hands, kissing, or cuddling

Are you ready?

Ask yourself the following questions:

- How do you feel when you are with this person?
- Is this person kind and caring?
- Does this person *respect* you and your opinions?
- Have you talked together about whether to have sex?
- Have you talked together about using some form of protection like condoms to prevent infections, and using condoms or other forms of protection to prevent pregnancy?
- Will you stay together even if one of you does not want to have sex?
- Do you know if your partner has *ever had sex with other people*?
- Do you feel pressured to have sex just to please your partner?

If you and your partner find it hard to talk about sex, it might be a sign that you are not ready to have sex. Open and honest communication is important in any relationship, especially one that involves sex.

Know the risks

It's normal for teens to be curious about sex, but deciding to have sex is a big step.

Sex does increase your chances of becoming pregnant, becoming a teen parent, and getting a sexually transmitted infection (STI), and it may affect the way you feel about yourself or how others feel about you.

Some things to think about before you have sex are

- What would *your parents* say if you had sex?
- Are you ready to be a parent?
- Could you handle being told that you have an STI?
- Do you know where to go for birth control methods?
- How would you feel if your partner tells you *it's over after you have sex*?
- How would you feel if your partner tells people at school the two of you had sex?
- How would you handle feeling guilty, scared, or sad because you had sex?

Set your limits

If you don't want to have sex, set limits before things get too serious. Never let anyone talk you into doing something you don't want to do. Boys and girls need to understand that forcing someone to have sex is wrong.

Stick by your decision

If you don't know what to say, here are some suggestions.

- "I like you a lot, but I'm just not ready to have sex."
- "You're really fun to be with, and I wouldn't want to ruin our relationship with sex."
- "You're a great person, but sex isn't how I prove I like someone."
- "I'd like to wait until I'm older before I make the decision to have sex."

Remember, "no" means "no"—no matter how far you go. If you feel things are going too far sexually, tell your partner to stop.

Better safe than sorry

If you choose to wait to have sex, try to avoid

- Being alone with the same person too often. Spending time with your other friends is important too.
- Giving someone the wrong idea. Stick to your limits. It's also not a good idea for you to kiss a lot or go too far sexually if you don't really want to have sex.

- Using alcohol or drugs. Both of these *affect your judgment*, which may make it hard to stick to your decision not to have sex.
- Giving in to the pressure. It may be tempting to keep up with the crowd, but keep in mind that they may not be telling the truth.

Why wait?

People who wait until they are older to have sex usually find out that it's

- More *special*
- More satisfying
- Less risky to their health
- Easier to act responsibly and take precautions to avoid infections and pregnancy
- More accepted by others

Be patient. At some point, you will be ready for sex. Move at your own pace, not someone else's.

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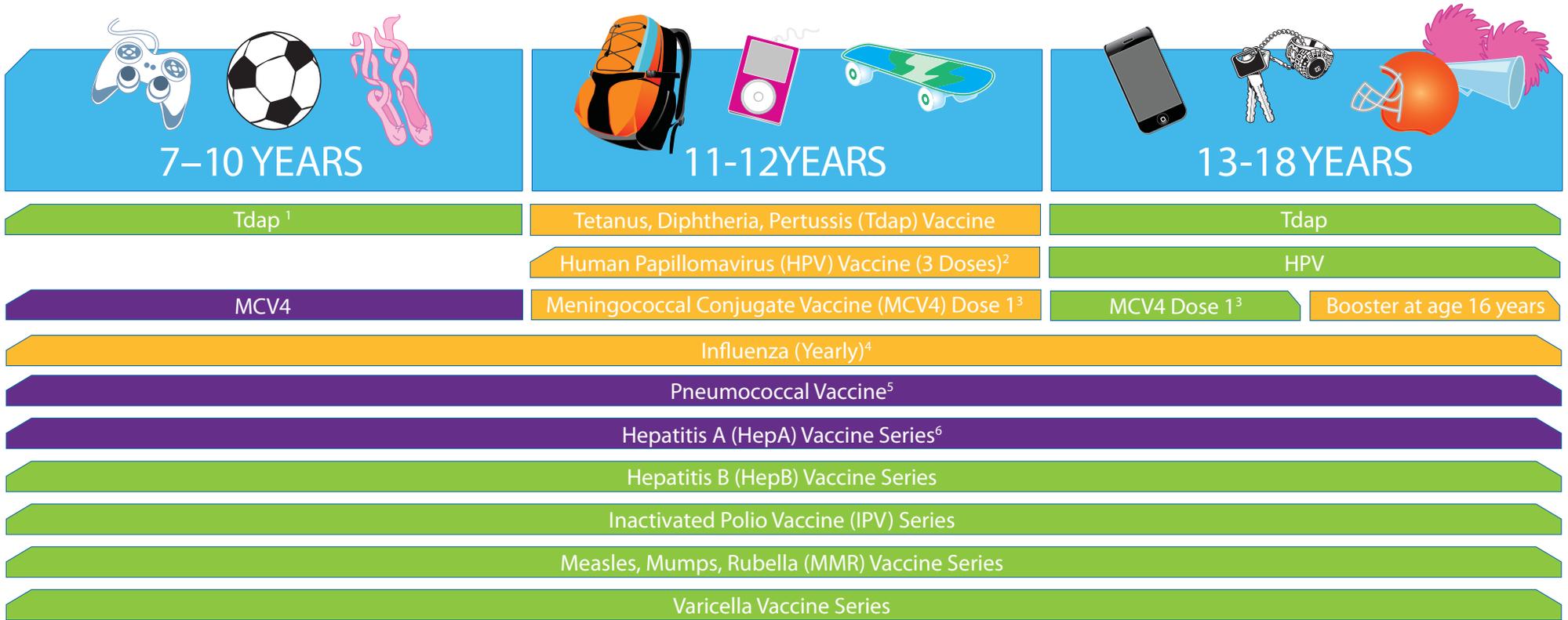
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2014 Recommended Immunizations for Children from 7 Through 18 Years Old



 These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

 These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.

 These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children **can** get the HepA series⁶. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.

FOOTNOTES

¹ Tdap vaccine is combination vaccine that is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don't know if your child has received these shots, your child needs a single dose of Tdap when they are 7 -10 years old. Talk to your child's health care provider to find out if they need additional catch-up vaccines.

² All 11 or 12 year olds – both girls *and* boys – should receive 3 doses of HPV vaccine to protect against HPV-related disease. Either HPV vaccine (Cervarix[®] or Gardasil[®]) can be given to girls and young women; only one HPV vaccine (Gardasil[®]) can be given to boys and young men.

³ Meningococcal conjugate vaccine (MCV) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV for the first time at age 13 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

⁴ Everyone 6 months of age and older—including preteens and teens—should get a flu vaccine every year. Children under the age of 9 years may require more than one dose. Talk to your child's health care provider to find out if they need more than one dose.

⁵ A single dose of Pneumococcal Conjugate Vaccine (PCV13) is recommended for children who are 6 - 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccine and what factors may place your child at high risk for pneumococcal disease.

⁶ Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may decide you want your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit <http://www.cdc.gov/vaccines/teens>



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