

U.S. Preventive Services Task Force have similar guidelines for health supervision of adolescents. These guidelines emphasize the need to provide health services to adolescents that meet their physical and emotional needs. They place great importance on the provision of health care by health care providers who are trained in meeting the adolescents' needs. Bright Futures ([American Academy of Pediatrics, 2015](#)) emphasizes that the following issues should be addressed with adolescents over the course of multiple visits:

- Emotional well-being (coping, mood regulation, mental health, sexuality)
- Physical growth and development (physical and dental health, body image, healthy nutrition, physical activity)
- Social and academic competence (relationships with peers and family, school performance, interpersonal relationships)
- Risk reduction (tobacco, alcohol, other drugs, pregnancy, STIs)
- Violence and injury prevention (safety belt and helmet use, substance abuse and riding in a vehicle, interpersonal violence, bullying)

The following sections focus on some of the Bright Futures topics; other adolescent health issues are discussed later in this chapter.

Emotional Well-Being

Adolescents vacillate in their emotional states between considerable maturity and childlike behavior. One minute they are exuberant and enthusiastic; the next minute they are depressed and withdrawn. Unpredictable but essentially normal, mood swings are common during this time. As the tension is relieved, emotion is brought under control, and individuals retreat to review what has happened, to attempt to master their anger, and to grow in their ability to control their emotions and gain from the new experience. Because of these mood swings, adolescents are frequently labeled as unstable, inconsistent, and unpredictable. Little things can cause an emotional upheaval and, depending on the teenager's interpretation, can mean a great deal.

Teenagers are better able to control their emotions in later adolescence as they can approach problems more calmly and rationally. Although they are still subject to periods of sadness,