

should be cautioned that with sun exposure, protection is still required. Targeting health education messages to adolescents and incorporating educational components relating to sun protection behaviors in school health curricula and in health care visits will increase adolescents' knowledge and awareness.

## **Nursing Care Management**

With continued increases in the numbers of adolescents in the United States and rising rates of health-related problems of youth, there is an unprecedented need for adolescent health promotion. Nursing professionals can make significant contributions to health promotion among adolescents and their families. Because nurses understand the biologic, cognitive, psychosocial, and social transitions of adolescence and their impact of health behavior, they can address adolescents' developmental and health needs. Working with colleagues from other disciplines, community members, parents, and adolescents themselves, nurses must become part of a comprehensive approach that delivers consistent messages across clinical, school, and community-based settings. Nurses should be at the forefront of developing and disseminating culturally appropriate health promotion interventions.

Both adolescents and their parents are often confused and perplexed about the changes and behavior of this stage of development. Parents need support and guidance to help them through this trying time. They need to understand the changes taking place and to accept the expected behaviors that accompany the process of detachment. Parents may need help to “let go” and to promote the changed relationship from one of dependence to one of mutuality. Suggestions for anticipatory guidance of parents of adolescents are listed in the [Family-Centered Care](#) box.

### **Family-Centered Care**

#### **Guidance During Adolescence**

Encourage parents to:

- Accept adolescent as a unique individual.