

Reproductive Health History

The reproductive health history is an essential component of adolescents' health assessment. The history uncovers areas of concern related to sexual activity, alerts the nurse to circumstances that may indicate screening for sexually transmitted infections or testing for pregnancy, and provides information related to the need for reproductive health counseling, such as safer sex practices. [Box 4-6](#) gives guidelines for anticipatory guidance topics for parents and adolescents.

Box 4-6

Anticipatory Guidance – Sexuality

12 to 14 Years Old

Have adolescent identify a supportive adult with whom to discuss sexuality issues and concerns.

Discuss the advantages of delaying sexual activity.

Discuss making responsible decisions regarding normal sexual feelings.

Discuss the roles of gender, peer pressure, and the media in sexual decision making.

Discuss contraceptive options (advantages and disadvantages).

Provide education regarding sexually transmitted infections (STIs), including human immunodeficiency virus (HIV) infection; clarify risks and discuss condoms.

Discuss abuse prevention, including avoiding dangerous situations, the role of drugs and alcohol, and the use of self-defense.

Have the adolescent clarify his or her values, needs, and ability to be assertive.

If the adolescent is sexually active, discuss limiting partners, use of condoms, and contraceptive options.