

# DENTAL

- Teens should have a “dental home” and be seen twice a year or as advised by dentist.
- Ask dentist about fluoride, sealants, braces, and mouth guards.
- Be responsible, brush teeth and tongue twice a day, morning, and before bedtime.
- Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
- Replace toothbrush every three months or after illness.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports, and coffee drinks.
- Use a mouth guard for all sports.
- Oral piercing can cause chipped teeth, bad breath, and pain.



**Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer.**

**Do not smoke or chew tobacco.**

# NUTRITION

## Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Make time to eat breakfast – students learn better with breakfast.
- Limit fast foods and snacks high in sugar and fats. Eat well when eating out.
- Avoid restricting food.



## Choose health beverages.

- Drink water often.
- Drink 3-4 cups of nonfat/low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

## Eat at home often.

- Plan and prepare a variety of foods.
- Turn off the TV. Eat and talk together.

## Keep a healthy weight with a healthy lifestyle.

- 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
- Limit TV/video/computer time to 2 hours a day (except for homework).



## Staying Healthy



13-16 years

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_

Body Mass Index (BMI) Percentile: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675  
Food Stamps – Supplemental Nutrition  
Assistance Program: 1-877-847-3663



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# HEALTH

## Health

# WHAT TO EXPECT

## What to Expect

# SAFETY

## Safety

### Teen Health

- Get regular health checkups and immunizations (shots).
- Keep nails, hair, genitals, and body clean. Wear clean clothes.
- Wash bed sheets weekly.
- Talk with parents or trusted adult about HIV/AIDS and sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- Use sunscreen. Avoid tanning.

### Injury Prevention

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet, knee, wrist, and elbow guards when using skates, skateboards bikes, and motorcycles.
- Protect your hearing. Avoid loud noises or music.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

Teens should spend time with family. Parents and teens should talk and listen to each other.



### You may:

- Want more independence and more time with friends.
- Be growing and notice changes in your body.
- Be concerned about how you look.
- Have an increased appetite.
- Tend to think in the present and not about consequences.
- Disagree with parents and be frustrated.
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.

### Tips and Activities for Parents

- Praise and reward teens for making positive choices.
- Make sure teen attends school every day. Allow time for daily homework.
- Respect teen's privacy.
- Discuss and set rules, limits, and penalties.
- Put computer in a place where you can monitor use. Use computer's parental controls.
- Have talks about drugs, alcohol, sex, peer pressure and ways to say "no."
- Teach teen the importance of delaying sexual activity.
- Talk about responsible sexual behavior, such as abstinence or condom use.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

### Teen Safety/Peer Pressure

- **Never** hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Do not accept open drinks from others or leave drink unattended. Be aware that date rape happens. It can happen to you. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities, bullying, or group violence.

### Car Safety

- Always wear a seat belt!
- Follow the Graduated Driver's License Law.
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.

### Resources for Parents:

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

Teen: If you need support, or someone to talk to, call the California Youth Crisis Line: 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)



# 13-16 years