

Dental

- You should have a “dental home.” See the dentist twice a year or as advised by dentist.
- Ask dentist about fluoride, braces, mouthguards and “wisdom” teeth.
- Be responsible, brush teeth and tongue twice a day, morning and before bedtime. Floss daily.
- Replace toothbrush every three months or after illness.



Oral piercing can cause chipped teeth, receding gums, bad breath, nerve damage, and pain.

- Tobacco can cause bad breath, stains on teeth, gum disease, sores and disfiguring cancer.
- Use a mouth guard for all sports.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports and coffee drinks.
- Drugs like meth can cause serious dental and medical problems.

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 who eat breakfast learn better.
- Limit fast foods and snacks high in sugar and fat.
- Avoid restricting food.

Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or lowfat 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 well with friends or family.

- Plan and prepare a variety of foods at home.
- Turn off TV. Eat and talk together.
- Choose healthy foods when eating out.

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



17-20 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



Developed by the Nutrition, Dental, and Health Education
Subcommittees of the California Child Health and Disability
Prevention (CHDP) Program Executive Committee. Translation
funded by the California Office of Multicultural Health. Rev 06/2010



HEALTH

Health

WHAT TO EXPECT

What to Expect

SAFETY

Safety

Staying Healthy

- Get regular health checkups and immunizations (shots).
- If you are pregnant, see a doctor for early and regular prenatal care.
- Keep hair and body clean. Wash bed sheets weekly. Wear clean clothes.
- Wash hands frequently.
- Use sunscreen. Avoid tanning.
- Stay away from tobacco smoke. Stop all tobacco use.
- Think carefully before getting a tattoo or piercing.
- Be responsible for your sexual behavior. Use protection to prevent sexually transmitted infections or unplanned pregnancies.
- Learn about HIV/AIDS and other sexually transmitted infections. Find out where to get tested.

Injury Prevention

- 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 when using skates, skateboards and bikes.
- Protect your hearing. Avoid loud noises or music.

Seek support for hopes and dreams.

You May:

- Be concerned about career, school, and the future.
- Be more independent from your family.
- Be concerned about your weight and eating.
- Date and have a close circle of friends.
- Have a regular job and more financial freedom.
- Have rational arguments with others over beliefs, attitudes, and values.

Tips and Activities

- Remember that you have choices. It is okay NOT to use drugs, alcohol, and have sexual contact with others.
- There may be times when you are confused or depressed. Speak with a trusted adult or friend.
- Find others who are positive about life.
- Talk about life events, attitudes, beliefs, and values with those you respect.
- Get involved in outdoor activities, sports, and community groups. Avoid gang activities or group violence.
- Ask for privacy and respect the privacy of others.
- If you are in school, make time to study. Stay in school.
- Plan for the future you want.

Staying Safe

- Never hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Date rape happens and it can happen to men and women. Ensure your safety! Do not accept open drinks from others or leave drink unattended. Take a self-defense class.

Vehicle and Water Safety

- Always wear a seat belt!
- Always wear a helmet when riding a motorcycle
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

Resources

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.

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

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

