



Questions for the Adolescent/Young Adult

Social and Emotional Development

- What do you like to do for fun? Do you have a lot of friends or a few close friends?
- What goals are you pursuing? Do you feel you'll accomplish what you would like to do?
- What do you do when you feel really down/depressed? Have you ever thought about hurting or killing yourself?
- Have you ever been in trouble at school, at work, or with the law?

Physical Development and Health Habits

- How do you feel about the way you look?
- Are your periods regular?
- Do you ever fast, vomit, or take laxatives or diet pills to control your weight?
- What kind of physical activities do you participate in?
- Do you work? How many hours per week?
- How often do you smoke cigarettes or chew tobacco?
- How often did you drink alcohol or use drugs in the

past month? Which drugs? What's the most you've had to drink at one time?

- How often do you wear a safety belt in the car?
- Are you aware that this is a high-risk time for being in an auto crash? What are you doing to reduce your risk?
- Do you ever drink and drive? Ever been in a car when the driver was drinking or using drugs?
- Do you own a gun or have access to one?
- Have you ever been threatened with violence? Ever been a victim of violence?

Relationships and Sexuality

- Are you dating anyone now? Are you happy with the relationship?
- Have you ever had sex? Are you having sex now? With men, women, or both?
- Do you use condoms? How often?
- Have you ever been pregnant, or responsible for someone becoming pregnant?
- Has anyone ever touched you in a way you didn't like? Forced you to have sex?
- Have you had any sexually transmitted diseases (STDs)? Ever had sexual contact with someone with an STD?



Family Functioning

- How do you get along with family members?
- How are you dealing with living away from home or preparing to do so?

School/Vocational Performance

- Are you attending school? Working?
- What are your career goals and how will you achieve them?

Questions for Parent(s) if Accompanying the Adolescent

- What questions or concerns do you have today? (E.g., weight gain/loss, substance use, physical complaints, depression, friendships, sexual activity.)
- Have you discussed your concerns with Todd?
- How do you think Fran's living away will affect things at home? Is she prepared to live away?
- What plans have you made for Fran's health insurance coverage?

Exam and Screening

Exam: Measure and plot height, weight, and BMI-for-age on CDC growth chart. Note Sexual Maturity Rating; possible neglect/abuse; eating disorders; sports

injuries, orthopedic problems; teeth; acne; tattoos, piercing; excessive body hair.

Females: Teach breast self-exam; encourage monthly self-exam at home. Examine genitals; check for condyloma/lesions, vulvovaginitis. If amenorrhea or menstrual complaints, perform pelvic exam. (Offer pelvic exam as routine preventive care).

Males: Teach testicular self-exam. Examine genitals; check for varicoceles, hernias, condyloma/lesions, testicular cancer (risk factors: history of undescended testes, single testicle).

Screening: Vision and hearing (age 18), blood pressure annually, anemia annually (menstruating females); urinalysis at least once in adolescence. Assess emotional health (risk factors: stressors, substance use, sexual behavior, depression, history of abuse, learning disabilities, school problems, cruelty).

Risk: Assess risk of anemia, hyperlipidemia; screen as needed. Assess tuberculosis risk; give PPD as indicated.

If sexually active: Annual pelvic exam and Pap smear (females), STD screening (see p. 57).

Immunizations: See schedule, pp. 51–53. Discuss possible side effects, what to do, when to call.



ANTICIPATORY GUIDANCE FOR THE ADOLESCENT

Promotion of Healthy and Safe Habits

- Keep home and car smoke-free
- ☀️ Try to get 8 hours of sleep a night
- Engage in physical activity (30–60 minutes 3 or more times a week)
- Discuss athletic conditioning, weight training, fluids, weight gain/loss, supplements
- Practice time management skills

Injury and Violence Prevention

- ☀️ Wear safety belt in car
- ☀️ Follow speed limits, drive responsibly, avoid distractions
- ☀️ Don't drink alcohol, especially when driving, biking, swimming, operating machinery
- ☀️ Ride with designated driver or call for a ride if drinking
- Limit sun, use sunscreen, avoid tanning salons
- Know fire and other emergency procedures

- Use protective sports gear, helmet on bikes, motorcycles
- ☀️ Use protective gear at work, follow job safety rules
- Avoid high noise levels, especially with earphones
- Don't carry or use weapons
- ☀️ Learn how to protect self from abuse, resolve conflicts

Mental Health

- Take on new challenges to build confidence
- ☀️ Continue to develop sense of identity and clarify values, beliefs
- Trust own feelings, listen to good friends and valued adults
- ☀️ Seek help if often feeling angry, depressed, or hopeless
- Set reasonable, challenging goals
- ☀️ Learn how to deal with stress
- Meet spiritual needs

Nutrition

- Eat 3 nutritious meals a day at regular times
- ☀️ Purchase/prepare a variety of healthy foods (fruits, vegetables; breads, cereals, other grains; lean meats, chicken, fish; low-fat dairy products)
- Limit high-fat, high-sugar foods
- Eat in pleasant environment with companions
- ☀️ Maintain healthy weight with good eating habits, physical activity

Oral Health

- Brush teeth; floss
- Learn dental emergency care
- Schedule dental appointment
- Ask dentist to check wisdom teeth
- ☀️ Don't smoke or chew tobacco

Sexuality

- ☀ Discuss contraception; STD prevention; gay, lesbian, bisexual issues; celibacy; questions/concerns
 - Delay having sex until older; having sex should be a well-thought-out decision
 - Abstinence is safest way to prevent pregnancy and STDs
 - Learn to resist sexual pressures
- ☀ If sexually active, discuss contraception, STD prevention; practice safer sex
- ☀ Limit partners, use latex condoms and other barriers correctly

Prevention of Substance Use/Abuse

- ☀ Don't use tobacco, alcohol, drugs, diet pills, inhalants; don't sell drugs
- ☀ If you smoke, or use drugs or alcohol, discuss help available, seek assistance
- ☀ Support friends who choose not to smoke, drink, use drugs

Promotion of Social Competence

- ☀ Continue to maintain strong family relationships
 - Develop good peer relationships, social support systems
 - Use peer refusal skills to handle negative peer pressure
- ☀ Continue progress in independence, decision-making, anticipating consequences of behavior

Promotion of Responsibility

- Respect rights and needs of others
- Serve as positive role model
- ☀ Learn new responsibilities, skills
 - Become an informed health care consumer
- ☀ Ask for help entering adult health care system
 - Discuss future reproductive plans with health professional

If Thinking of Having a Baby...

- Discuss responsibilities involved (physical, emotional, financial)
- Eat a variety of healthy foods, be physically active
- Take a folic acid supplement daily before and during pregnancy
- Avoid tobacco, alcohol, drugs before and during pregnancy
- Seek genetic counseling if needed

Promotion of School/Vocational Achievement

- ☀ Identify/pursue talents and interests
 - Plan for the future

Promotion of Community Interaction

- Ask for resources/referrals if needed
- ☀ Participate in community activities
 - Explore heritage, cultural diversity
- ☀ Discuss community responsibility
 - Become a community advocate

