



## Questions for the Parent(s)

- What makes you proud of Angela?
- How have things changed now that Angela is becoming a teenager?
- What questions/concerns do you have about her? (E.g., weight, substance use, friends, sexual activity.)
- How is Angela doing in school? What does she do after school?
- What has Matt been taught in school or at home about drugs, sex, and other health topics?
- Do you supervise Matt's social and recreational activities? How do you check for alcohol or drug use?

## Questions for the Adolescent

### Social and Emotional Development

- What do you do for fun? What is your favorite activity?
- Who is your best friend? What do you do together?
- What are some things that make you sad? Angry? Worried? Who do you talk to about them?
- What do you do when you feel really down or depressed? Have you ever thought about hurting or killing yourself?

### Physical Development and Health Habits

- What do you do to stay healthy?
- What changes have you noticed in your body in the past 6 months?
- Have you started having wet dreams? Started your period? Is it regular?
- How do you feel about the way you look?
- What do you usually eat for breakfast? For lunch? How often do you eat meals with your family?
- Do you ever fast, vomit, or take laxatives or diet pills to control your weight?
- What physical activities do you participate in? Ever been injured playing sports? Ever been encouraged to “play hurt”?
- How often have you smoked or chewed tobacco in the past month?
- How often did you drink alcohol, use inhalants, or use drugs in the past month? Which drugs?
- Do your friends try to pressure you to do things you don't want to do? How do you handle that?
- How often do you wear a safety belt in the car? Use a bike helmet when bike riding?
- Have you been in a fight in the past year? Have you ever carried a weapon?



## Relationships and Sexuality

- Have you started dating or going out with anyone?
- What questions/concerns do you have about sex?
- Have you ever had sex? Are you having sex now? Do you use condoms?
- 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 other family members?
- Who do you live with? *If adolescent lives with one parent: When do you see your other parent?*
- What would you change about your family if you could?

## School Performance

- How are you doing in school? Tell me about your grades.
- What activities are you involved in?

**Observation:** How do adolescent and parent respond when health professional talks with adolescent alone? Does parent seem to respect adolescent's growing need for confidentiality?

## Exam and Screening

**Exam:** Measure and plot height, weight, and BMI-for-age on CDC growth chart. Note Sexual Maturity Rating; scoliosis or kyphosis (screen annually); possible neglect/abuse; eating disorders; sports injuries, orthopedic problems; teeth; acne; tattoos, piercing.

**Females:** Examine genitals; check for condyloma/lesions, vulvovaginitis.

**Males:** Examine genitals; check for varicoceles, hernias, condyloma/lesions, testicular cancer (risk factors: history of undescended testes, single testicle). Evaluate for gynecomastia.

**Screening:** Vision and hearing (age 12), 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
- Limit TV, computer time
- Learn to manage time, activities

### Injury and Violence Prevention

- Use lap and shoulder belt in car
- Don't drink alcohol, especially when biking, swimming, operating machinery
- Limit sun, use sunscreen
- Use bike helmet, mouth guards, protective gear
- Discuss home safety rules with parents (visitors, emergencies)
- Don't carry or use weapons
- Learn to swim

- Avoid loud music
- Learn to protect self from abuse

### Mental Health

- Take on new challenges to build confidence
- Learn about self, strengths
- Listen to valued friends, adults
- Talk with health professional or trusted adult if feeling sad or if things are not going right
- Recognize, deal with stress
- Understand/meet spiritual needs

### Nutrition

- Eat three nutritious meals a day and healthy snacks
- Eat most meals with family
- Limit high-fat, high-sugar foods
- Choose fruits, vegetables; breads, cereals, other grains; lean meats, chicken, fish; low-fat dairy products
- Maintain healthy weight with good eating habits, physical activity

### Oral Health

- Brush teeth; floss daily
- Ask about fluoride, dental sealants
- Learn dental emergency care
- Schedule dental appointment
- Don't smoke or chew tobacco

### Sexuality

- Identify adult who can give accurate information
- Ask health professional about puberty, sexual development, contraception, STDs
- Recognize that sexual feelings are normal, but delay having sex
- Learn how to say no to sex
- Practice abstinence, the safest way to prevent pregnancy and STDs
- If sexually active, discuss contraception, practice safer sex, use latex condoms correctly
- Ask questions if concerned about feelings for same or opposite sex

## Prevention of Substance Use/Abuse

- ☀ Don't use tobacco, alcohol, drugs, diet pills, inhalants
- ☀ Discuss how to resist peer pressure to smoke, drink, use drugs
- ☀ If using drugs or alcohol, discuss help available, seek assistance
  - Avoid situations where drugs or alcohol are present

## Promotion of Social Competence

- Enjoy family activities
- ☀ Participate in social activities, community groups, or sports
- ☀ Understand parental limits and consequences for unacceptable behavior
  - Respect and care about peers and siblings

## Promotion of Responsibility

- Respect rights and needs of others
- Share in household chores
- Take on new responsibility
- ☀ Learn new skills (child care, CPR)

## Promotion of School Achievement

- Discuss school transitions
- ☀ Become responsible for attendance, homework, course selection
- ☀ Discuss frustrations with school, thoughts of dropping out
  - Participate in school activities
  - Identify/pursue talents, interests

## Promotion of Community Interaction

- Ask for resources/referrals if needed
- Participate in volunteer, religious, recreational activities
- Explore heritage, cultural diversity
- Participate in peer-mediated conflict management training

## ANTICIPATORY GUIDANCE FOR THE PARENT(S)

- Spend time with adolescent
- Show affection, praise good behavior
- ☀ Model respect, family values, safe driving practices, and healthy behaviors
  - Respect adolescent's need for privacy
- ☀ Establish realistic expectations, clear limits, consequences
  - Anticipate challenges to parental authority
  - Minimize criticism; avoid nagging, negative messages
- ☀ Emphasize importance of school, show interest in school activities
  - Ask for resources/referrals if needed
  - Keep guns unloaded and locked up, or remove from home

