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?

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**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.
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

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