Questions for the Parent(s)

- What makes you most proud of Kamal?
- What questions/concerns do you have today? (E.g., weight gain/loss, substance use, physical complaints, depression, friendships, sexual activity.)
- Does Kamal’s school work match his future goals?
- Do you keep track of Michelle’s social and recreational activities? How do you check for alcohol or drug use?
- What have you discussed with Michelle about sexuality, values, and decision-making?
- Does Michelle have a driving permit/license? What rules have you set for her use of the car?

Questions for the Adolescent

Social and Emotional Development

- What do you do for fun? What ages are your friends?
- Tell me some things you’re really good at.
- 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/depressed? Have you ever thought about hurting or killing yourself?
- If you could change anything in your life, what would it be?

Physical Development and Health Habits

- How do you feel about the way you look?
- 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 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? What’s the most you’ve had to drink at one time?
- 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 when driving/riding in a car?
- Do you ever drink and drive? Ever been in a car when the driver was drinking or using drugs?
- Have you ever witnessed or been a victim of violence?
- Do you own a gun or have access to one?

Relationships and Sexuality

- Do you date? Do you date one person or more than one?
- What questions/concerns do you have about sex?
- Have you ever had sex? Are you having sex now? If so, tell me about your partner.
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 other family members?
Who do you live with? If adolescent lives with one parent: When do you see your other parent?

School Performance
How are you doing in school? Tell me about your grades.
How often do you miss school?
What activities are you involved in?
What do you plan to do after high school?

 Observation: Is parent supportive of adolescent? Does adolescent’s attitude change when parent is not in the room? Does parent respect adolescent’s need for confidentiality? Is adolescent able to discuss sensitive topics?

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; excessive body hair.

Females: Teach breast self-exam. Examine genitals; check for condyloma/lesions, vulvovaginitis. If amenorrhea or menstrual complaints, perform pelvic exam.


Screening: Vision and hearing (age 15), 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
• Practice time management skills

Injury and Violence Prevention

• Always wear safety belt in car, be sure passengers wear them
• Follow speed limits, drive responsibly, avoid distractions
• Don’t drink alcohol, especially when driving, biking, swimming, operating machinery
• Plan to ride with designated driver or call for a ride if drinking
• Limit sun, use sunscreen, avoid tanning salons

Mental Health

• Know fire and other emergency procedures
• Wear helmet on bikes, motorcycles
• Use protective sports gear
• Use protective gear at work, follow job safety rules
• Don’t carry or use weapons
• Learn how to swim
• Learn to protect self from abuse, deal with anger, resolve conflicts

Nutrition

• Eat 3 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
• 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 sexual development, contraception, STDs; discuss questions
• Ask questions if concerned about feelings for same or opposite sex
  Recognize that sexual feelings are normal, but having sex should be a well-thought-out decision
• Delay having sex until mature enough to handle responsibilities
• Learn how to say no to sex
• Abstinence is safest way to prevent pregnancy and STDs
  If sexually active, discuss folic acid supplementation, 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
  If you smoke, or use 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 team sports
• Respect parental limits and consequences for unacceptable behavior
  Discuss handling negative peer pressure
• Continue building decision-making skills, understand consequences of your behavior

Promotion of Responsibility
• Respect rights and needs of others
• Follow family rules (curfew, car)
• Share household chores
• Take on new responsibility
• Learn new skills (lifesaving, mentoring)
• Discuss taking responsibility for own health, becoming informed about preventive health services

Promotion of School Achievement
• Be responsible for attendance, homework, course selection
• Discuss frustrations with school or thoughts of dropping out
• Participate in school activities
• Identify/pursue talents, interests
• Make plans for after high school

Promotion of Community Interaction
• Ask for resources/referrals if needed
• Explore cultural heritage, cultural diversity
• Discuss current events, community responsibilities
• Advocate for community programs
• Ask about health programs and services in school