



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.

Males: Teach testicular self-exam. 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 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.





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
- 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

- 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

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 you often feel angry, depressed, or hopeless
- Set reasonable, challenging goals
- Learn how to deal with stress
- Meet spiritual needs

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