



FIFTEEN TO SEVENTEEN YEAR VISITS

Anticipatory Guidance

Safety

- Encourage safe and responsible driving habits.
 - Lap and shoulder seat belts should be used by everyone.
 - Limit the number of friends in the car and ask your teen to avoid driving at night.
 - Do not allow your teen to text or talk on the phone while driving.
 - Discuss with your teen how to avoid risky situations, who to call if your teen feels unsafe, and what you expect of your teen as a driver.
 - Do not tolerate drinking and driving.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- Encourage your teen to keep their earbud volume at a reasonable level to protect their hearing.
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.

Your Growing and Changing Teen

- Make sure your teen visits the dentist at least twice a year.
- Support a healthy body weight and help your teen be a healthy eater.
 - Provide healthy foods.
 - Eat together as a family.
 - Be a role model.
- Help your teen get enough calcium with two to three servings of dairy per day.
- Encourage at least 1 hour of physical activity per day.

Healthy Behavior Choices

- Know your teen's friends and their parents. Be aware of where your teen is and what he is doing at all times.
- Talk with your teen about your values and your expectations on drinking, drug use, tobacco use, and sex.
- Praise your teen for healthy decisions about sex, tobacco, alcohol, and other drugs.
- Be a role model.
- Know your teen's friends and their activities together.
- Lock your liquor in a cabinet.
- Store prescription medications in a locked cabinet.
- Be there for your teen when she needs support or help in making healthy decisions about her behavior.

Feelings

- Set aside time to be with your teen and really listen to her hopes and concerns.
- Support your teen in finding activities that interest him. Encourage your teen to help others in the community.
- Help your teen find and be a part of positive after-school activities and sports.

- Support your teen as she figures out ways to deal with stress, solve problems, and make decisions.
- Help your teen deal with conflict.
- If you are concerned that your teen is sad, depressed, nervous, irritable, hopeless, or angry, let us know.

Next Well Check: In one year

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your teenager.