Staying Healthy

13-16 years

Dental

- Teens should have a "dental home" and be seen twice a year or as advised by dentist.
- Ask dentist about fluoride, sealants, braces, and mouth guards.
- Be responsible, brush teeth and tongue twice a day, morning, and before bedtime.
- Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
- Replace toothbrush every three months or after illness.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports, and coffee drinks.
- Use a mouth guard for all sports.
- Oral piercing can cause chipped teeth, bad breath, and pain.

Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer.

Do not smoke or chew tobacco.

Nutrition

Eat healthy food at regular times with 3 meals and planned snacks.

- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Make time to eat breakfast – students learn better with breakfast.
- Limit fast foods and snacks high in sugar and fats. Eat well when eating out.
- Avoid restricting food.

Choose health beverages.

- Drink water often.
- Drink 3-4 cups of nonfat/low fat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

Eat at home often.

- Plan and prepare a variety of foods.
- Turn off the TV. Eat and talk together.

Keep a healthy weight with a healthy lifestyle.

- 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
- Limit TV/video/computer time to 2 hours a day (except for homework).

Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Body Mass Index (BMI) Percentile: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9675
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3663

CalMH California Office of Multicultural Health

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Health

Teen Health

- Get regular health checkups and immunizations (shots).
- Keep nails, hair, genitals, and body clean. Wear clean clothes.
- Wash bed sheets weekly.
- Talk with parents or trusted adult about HIV/AIDS and sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- Use sunscreen. Avoid tanning.

Injury Prevention

- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet, knee, wrist, and elbow guards when using skates, skateboards bikes, and motorcycles.
- Protect your hearing. Avoid loud noises or music.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

What to Expect

Teens should spend time with family. Parents and teens should talk and listen to each other.

You may:

- Want more independence and more time with friends.
- Be growing and notice changes in your body.
- Be concerned about how you look.
- Have an increased appetite.
- Tend to think in the present and not about consequences.
- Disagree with parents and be frustrated.
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.

Tips and Activities for Parents

- Praise and reward teens for making positive choices.
- Make sure teen attends school every day. Allow time for daily homework.
- Respect teen's privacy.
- Discuss and set rules, limits, and penalties.
- Put computer in a place where you can monitor use. Use computer's parental controls.
- Have talks about drugs, alcohol, sex, peer pressure and ways to say "no."
- Teach teen the importance of delaying sexual activity.
- Talk about responsible sexual behavior, such as abstinence or condom use.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

Safety

Teen Safety/Peer Pressure

- **Never** hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Do not accept open drinks from others or leave drink unattended. Be aware that date rape happens. It can happen to you. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities, bullying, or group violence.

Car Safety

- Always wear a seat belt!
- Follow the Graduated Driver's License Law.
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.

Resources for Parents:

If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

Teen: If you need support, or someone to talk to, call the California Youth Crisis Line: 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)