



BRIGHT FUTURES HANDOUT ► PATIENT

15 THROUGH 17 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways you can help at home.
- Find ways to work with your family to solve problems. Follow your family's rules.
- Form healthy friendships and find fun, safe things to do with friends.
- Set high goals for yourself in school and activities and for your future.
- Try to be responsible for your schoolwork and for getting to school or work on time.
- Find ways to deal with stress. Talk with your parents or other trusted adults if you need help.
- Always talk through problems and never use violence.
- If you get angry with someone, walk away if you can.
- Call for help if you are in a situation that feels dangerous.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- When you're dating or in a sexual situation, "No" means NO. NO is OK.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.

✓ YOUR FEELINGS

- Be proud of yourself when you do something good.
- Figure out healthy ways to deal with stress.
- Develop ways to solve problems and make good decisions.
- It's OK to feel up sometimes and down others, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Please consider asking us if you have any questions.

✓ HEALTHY BEHAVIOR CHOICES

- Choose friends who support your decision to not use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Avoid situations with alcohol or drugs.
- Don't share your prescription medicines. Don't use other people's medicines.
- Not having sex is the safest way to avoid pregnancy and sexually transmitted infections (STIs).
- Plan how to avoid sex and risky situations.
- If you're sexually active, protect against pregnancy and STIs by correctly and consistently using birth control along with a condom.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, and salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat with your family often.
 - Eat breakfast.
- Drink plenty of water. Choose water instead of soda or sports drinks.
- Make sure to get enough calcium every day.
- Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Aim for at least 1 hour of physical activity every day.
- Wear your mouth guard when playing sports.
- Get enough sleep.

15 THROUGH 17 YEAR VISITS—PATIENT



STAYING SAFE

- Always be a safe and cautious driver.
 - Insist that everyone use a lap and shoulder seat belt.
 - Limit the number of friends in the car and avoid driving at night.
 - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding. Wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this handout and in no event shall the AAP be liable for any such changes.

© 2019 American Academy of Pediatrics. All rights reserved.



BRIGHT FUTURES HANDOUT ► PARENT

15 THROUGH 17 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- 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 worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.

✓ YOUR TEEN'S FEELINGS

- If you are concerned that your teen is sad, depressed, nervous, irritable, hopeless, or angry, let us know.
- If you have questions about your teen's sexual development, you can always talk with us.

✓ YOUR GROWING AND CHANGING TEEN

- Make sure your teen visits the dentist at least twice a year.
- Give your teen a fluoride supplement if the dentist recommends it.
- Support your teen's healthy body weight and help him be a healthy eater.
 - Provide healthy foods.
 - Eat together as a family.
 - Be a role model.
- Help your teen get enough calcium with low-fat or fat-free milk, low-fat yogurt, and cheese.
- Encourage at least 1 hour of physical activity a day.
- Praise your teen when she does something well, not just when she looks good.

✓ 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, driving, 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.

15 THROUGH 17 YEAR VISITS—PARENT



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.
 - 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.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this handout and in no event shall the AAP be liable for any such changes.

© 2019 American Academy of Pediatrics. All rights reserved.

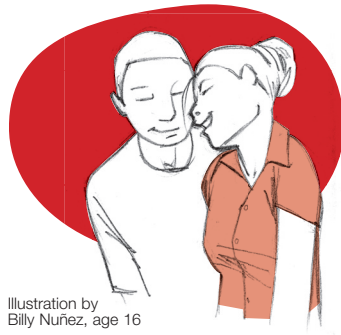


Illustration by
Billy Nuñez, age 16

EXPECT RESPECT: HEALTHY RELATIONSHIPS

SIGNS OF A HEALTHY RELATIONSHIP

- Respecting each other
- Knowing that you make each other better people
- Sharing common interests, but having outside friends and activities too
- Settling disagreements peacefully and with respect

Relationships are supposed to make both people feel happy. People should feel good about what happens when they are together.

Check (✓) the signs of a healthy relationship that apply to you.

Respect

- You ask each other what you want to do.
- No one tries to control the other person.

Common interests

- You enjoy doing things together, but no one feels forced to do anything.
- If you do have a disagreement—and it's OK to disagree—you both get to say what you want, talk until you're both happy, and then go out and enjoy what you've planned.

Being with each other or being apart

- You enjoy each other's company and feel happy when together.
- You each feel free enough to have your own friends and interests outside the relationship.

If you think your relationship is unhealthy, there are things you can do to make it better.

WAYS TO MAKE YOUR RELATIONSHIP HEALTHY

Respect each other.

Show you really care by sharing your thoughts and feelings. Listen to what your partner has to say.

Ask about the other person's interests.

Talk about sports, music, or movies—whatever helps you get past any awkward feelings and get to know each other better.

Have a life outside the relationship.

People are more attractive to each other if they have other interests. Keep up with your schoolwork, friends, and the activities you enjoy that do not involve your partner.

Resolve disagreements with love and respect.

People don't always have to agree on movies, music, or favorite sports, or even on how often to call or see each other. It is only natural for people to disagree. The important thing is how you reach an agreement. *With a good attitude, you can have a healthy disagreement.*

Can't agree on a movie?

Talk calmly until you both figure out what you are going to do. Two possible solutions are:

- Go to one kind of movie this week and a different kind next week.
- One of you can choose the movie and the other can choose where to eat.

It's also OK to agree to do things separately with your own friends.



SIGNS OF AN UNHEALTHY RELATIONSHIP

Feelings of fear, stress, and sadness are not part of a healthy relationship.

Check (✓) if any of the following signs of an unhealthy relationship apply to you.

Lack of respect

You “go along” with something even if you think it is not right. You feel bad about what happens when you are together.

Being held back

Your partner does not let you succeed in school, or you are made to feel guilty about doing things that interest you.

Controlling behavior

You may hear, “If you love me, I need to know where you are.” Your partner does not care about your friends.

Feeling “crazy in love”

One or both of you calls the other all the time. You feel your partner is possessive and smothering.

Getting blamed for your partner's problems

You hear, “This is all your fault.”

Feeling jealous most of the time

A little bit of jealousy is normal. A lot of jealousy, or allowing jealousy to control what goes on between the two of you, will hurt the relationship.

Trying to change the other person's behavior

One of you tells the other, “My way or no way.”

When you can talk about a problem, an unhealthy relationship can become a healthy one. But, if you can't find ways to enjoy the time that you spend together, it may mean that it is time to end the relationship.

CROSSING THE LINE

There are some things that should never happen in a relationship. Your relationship has serious problems if any of the following things are happening.



Verbal abuse

Screaming, swearing, bullying, or calling each other names is never all right.

Pushing, shoving, hitting, or kicking in anger

Trying to control the other person's behavior

Forced sex

You always have the right to refuse attention or affection.

Threats

If one of you does not get your way, a threat is made to hurt either the other person or yourself.

Breaking or hitting objects during an argument

If your relationship is crossing the line, the behavior needs to stop right away or the relationship needs to end. If you are having trouble ending a relationship, seek the help of an adult who cares about your well-being.

Talk with an adult you trust about how to end an abusive relationship safely. Use what you have learned to help make your next relationship better.

In a healthy relationship, after you settle a disagreement, you both feel respected.

NO EXCUSE FOR ABUSE

Nothing you say or do is a reason to be abused.

When things have calmed down, try saying:

- “I hated it when you swore at me. Don't do that again.”
- “Don't treat me that way. I have done nothing to deserve being _____.”
- “If you are upset, tell me. I can try to help, but yelling, screaming, and swearing at me does not help.”
- “If you treat me like that again, it's over.”

OBEDIENCE IS NOT RESPECT

Nothing anyone says or does is a reason for you to be abusive.

You deserve to be liked and respected. Using force, power, or control only gets “your way.” This is not how to get respect.

If you push your partner around, you may get your way, but you lose your partner’s respect, support, and love.

If you are crossing the line, STOP.

If you can’t stop, get help.

- A teacher, coach, or counselor at school can help you learn how to treat your partner with respect.

- A spiritual leader or an adult at an after-school activity or club can help you learn how to control emotions, like anger or jealousy, and avoid abusive behavior.

By changing your behavior, you can get the true respect, support, and love that you deserve.

If there is no change in your partner’s behavior, talk with friends or a trusted adult and figure out how to end the relationship safely.

Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 66,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

This project was supported by Grant No. 2001-JN-FX-0011 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

HE50399

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™