

## LATE ADOLESCENCE / 18-21 YEARS

### Promotion of healthy habits

Get adequate sleep.

Discuss with the health professional or your coach athletic conditioning, weight training, fluids, and weight gain or loss.

Limit television viewing, video games or computer playing to 2 hours a day.

### Injury and violence prevention

Always use a lap shoulder seat belt for the best protection while driving or riding in the car. If you are driving, insist that your passengers wear seat belts. Follow the speed limit.

### Never text while driving.

Do not drink alcohol, especially while driving, boating, or swimming. Plan to have a designated driver if drinking. Don't ride in car with driver who has used alcohol/drugs; call parents/trusted adult for help.

Remove guns from home; if a gun necessary, store unloaded and locked with ammunition separate; keep key away from any children.

Learn how to swim

Protect yourself from skin cancer by putting sunscreen on before you go outside for long periods of time. Avoid tanning salons.

Always wear a helmet when on a motorcycle, all-terrain vehicle, or riding a bicycle. Even with a helmet, motorcycles and ATVs are very dangerous.

Wear protective sports gear such as a mouth guard or a face protector.

Wear appropriate protective gear at work and follow job safety procedures.

Avoid high noise levels, especially in music headsets.

Do not carry or use a weapon of any kind.

Develop skills in conflict resolution, negotiation, and dealing with anger constructively.

Learn techniques to protect yourself from physical, emotional, and sexual abuse, including rape by either strangers or acquaintances. Seek help if you are physically or sexually abused or fear that you are in danger.

### Mental health

Take on new challenges that will increase your self-confidence. Continue to develop your sense of identity, clarifying your values and beliefs.

Trust your own feelings as well as listening to the ideas of good friends and valued adults.

Find ways to deal with stress and seek help if you often feel angry, depressed, or hopeless. Set reasonable but challenging goals.

### Nutrition

Remember to eat 3 meals a day at regularly scheduled times in a pleasant environment. Breakfast is especially important. Choose nutritious snacks rich in complex carbohydrates. Limit high-fat or low-nutrient foods and beverages such as candy, chips, or soft drinks.

Choose plenty of fruits and vegetables; breads, cereals, and other grain products; low-fat dairy products; lean meats; and foods prepared with little or no fat. Include foods rich in calcium and iron in your diet. Have 3+ serving's low fat milk/other dairy a day.

Achieve and maintain a healthy weight. Manage weight through appropriate eating habits and regular exercise.

### Promoting Physical Activity

Be physically active for 1 hour each day.

Be physically active in a safe environment

Encourage friends and family members to exercise

### Oral health

Brush your teeth twice a day with a pea-size amount of fluoridated toothpaste, and floss daily.

Ask the health professional any questions you have about how to handle dental emergencies, especially the loss or fracture of a tooth.

Schedule a dental appointment every six months, unless your dentist determines otherwise based on your individual needs/susceptibility to disease.

As your permanent molars erupt, ensure that your dentist evaluates them for application of dental sealants.

Do not smoke or use chewing tobacco.

### Sexuality

Educate yourself about birth control, sexually transmitted diseases, celibacy, and other issues related to sexuality.

Having sexual intercourse should be a well thought out decision. Do not have sex if you do not want to. Remember that healthy relationships are built on trust and that it is alright to say "no".

Not having sexual intercourse is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infection/AIDS.

If you are engaging in sexual activity, including intercourse, ask your health professional for an examination and discuss methods of birth control.

Practice safer sex. Use latex condoms and other barriers correctly.

If you are confused or concerned about your sexual feelings, talk to a trusted adult or your health professional.

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#### ***Prevention of substance use / abuse***

Do not smoke, use smokeless tobacco, drink alcohol, or use drugs, diet pills, or steroids. Do not become involved in selling drugs.

If you smoke, find out about smoking cessation programs.

If you use drugs or alcohol, ask for help (e.g., a substance abuse treatment program).

Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.

Become a peer counselor to prevent substance abuse.

#### **Promotion of social competence**

Participate in social activities, community groups, and team sports.

Develop satisfying peer and sibling relationships.

Identify social support systems.

Practice peer refusal skills to handle negative peer pressure.

Continue your progress in separating from your family, making independent decisions, and understanding the consequences of your behavior.

#### **Promotion of responsibility**

Respect the rights and needs of others.

Serve as a positive ethical and behavioral role model.

Discuss with the health professional your plans for the future (e.g., employment, education, housing, marriage). Discuss lifetime reproductive plans.

Learn about how you can take on new responsibility for your family, peers, and community.

Learn new skills that may be useful with your friends, family, or community (e.g. CPR).

Discuss with the health professional becoming a health care consumer (e.g., health insurance coverage, responsibility for a healthy lifestyle).

Ask for assistance with entering the adult health care system if your care has been provided by a pediatrician or pediatric nurse practitioner.

#### **Promotion of school/vocational achievement**

Identify talents and interests that you want to pursue.

Plan for the future (e.g., college, graduate school, vocational training, and job/career).

#### **Promotion of community interactions**

Ask for help with food, housing, or transportation if needed.

Participate in social, religious, cultural, volunteer, or recreational organizations or activities.

Advocate for community programs (recreational, sports, educational).

Discuss current events and social responsibility with friends, family, and others.

Learn about your cultural heritage and that of others. Participate in activities that reflect cultural diversity (e.g., holidays, festivals, musical events, dance performances).

Find out what you can do about community problems such as unemployment, lack of housing, violence, crime, environmental issues, or poor public services.

Join community campaigns to prevent substance abuse. Advocate for smoke-free environments and smoking cessation programs in your school, workplace, and/or community.

#### **ANTICIPATORY GUIDANCE FOR THE PARENT(S)**

Encourage your child's independent decision-making when appropriate.

Discuss with your child their plans for independent living (money management, health care, food preparation, education, job/career).

Establish joint expectations with your child regarding family rules and responsibilities.

Enhance your child's self-esteem by providing praise and recognizing positive behavior and achievements.

Minimize criticism, nagging, derogatory comments, and other belittling or demeaning messages.

Spend time with your child.

Respect your child's need for privacy.

Discuss with your health professional your own preventive and health-promoting practices (e.g., using seat belts, avoiding tobacco, eating properly, exercising and doing breast self-exams or testicular self-exams).

Test smoke detectors in your home to ensure that they work properly. Change batteries yearly.