Anticipatory Guidance - 16 Year Checkup

Family
• Discuss additional help with teacher if there are concerns/bullying
• Get to know teen’s friends and their parents

Development and Behavior
• Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
• Establish consistent limits/rules and consistent consequences
• Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
• Limit TV/computer time to 2 hours/day
• Pregnancy/STI prevention
• Self-breast/testicular exam
• Discuss nonviolent conflict resolution, demonstrate anger management at home
• Discuss school activities and school work
• Encourage independent decision-making skills/thinking through steps of a project/encourage involvement in family decisions
• Establish an agreed-on curfew, after-school activities
• Establish self-responsibility for homework completion
• Observe for signs of depression/anxiety or other mental health issues
• Provide space/time for homework/personal time

Nutrition
• Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
• Promote healthy weight
• Importance of breakfast
• Eating behaviors
• Ensure adequate calcium and vitamin D

Routine Care
• Establish tooth brushing routine twice a day; floss daily
• Encourage physical activity for 1 hour/day
• Use of hearing protection

Safety
• Discuss self-safety in stalking/abusive relationship/bullying
• Do not ride in a car if use of alcohol/drugs involved
• During sports wear protective gear at all times
• Lock up guns, enroll in gun safety class if interested
• Promote use of seat belt
• Provide information about sexuality/risks involved in sexual activity
• Teach self-safety at friend’s home/car and how to exit situation
• Discuss tobacco use
• Discuss drug/tobacco/alcohol use and peer pressure
• Use of helmet when riding bicycle, skating etc.