Anticipatory Guidance - 20 Year Checkup

Family
• Support young adult when they need help

Development and Behavior
• Transition to adulthood for health, social and work matters
• Manage conflict resolution in constructive/nonviolent manner
• Avoid alcohol/drugs/tobacco/steroid use
• Before becoming sexually active, obtain information on protection against STDs/pregnancy
• Adhere to agreed-on curfew, after-school/work activities
• Attend school/work on time
• Continue chores as participant in family support
• Make decisions about education/work training with help of family
• Practice independent decision skills/problem solving, making decision to engage in sexual activity
• Signing consents for health/legal matters
• Stay connected with family and discuss questions/fears with them as needed

Nutrition
• Eat nutritious meals and snacks; limit sweets/sodas/high-fat foods
• Focus on healthy weight
• Make healthy food decisions

Routine Care
• Establish tooth brushing routine twice a day; floss daily
• Engage in physical activity for 1 hour/day
• Pregnancy/STI prevention
• Recognize signs of depression/anxiety or other mental health issues and discuss with parents/trusted adult/doctor if needed
• Self-breast/testicular exam

Safety
• Enroll in gun safety class if interested
• Lock up guns for safety of others in household
• No riding in a car if use of alcohol/drugs involved
• Self-safety in stalking/abusive relationship/bullying
• Use seat belt for self at all times and all others in the car when driving
• Use of helmet when riding bicycle, skating etc.