



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.