



Anticipatory Guidance - 19 Year Checkup

Family

- Support young adult when they need help

Development and Behavior

- Transition to adulthood for health, social and work matters
- Avoid alcohol/drugs/tobacco/steroid use
- Manage conflict resolution in constructive/nonviolent manner
- 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
- Self-breast/testicular exam
- Recognize signs of depression/anxiety or other mental health issues and discuss with parents/trusted adult/doctor if needed
- Pregnancy/STI prevention

Safety

- Enroll in gun safety class if interested
- Lock up guns for safety of others in household
- No driving/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.