

CMA 15-21 Year Well Adolescent Visit

Growth and Development

Adolescents at this stage:

- Develop facial features and adult stature by 18 years for females and 20 years for males
- Have increased need for long periods of sleep due to rapid growth and activity level
- Can realistically plan educational and vocational goals
- Become less dependent on peer groups for social stature and behavior patterns
- Have increasing need to be more independent
- Have increased ability to think abstractly leading to better assessment of self and others
- May develop sense of community

Nutrition

- Encourage 5 servings of fruits/vegs per day
- Encourage 3-4 servings dairy/calcium daily
- Eat 3 meals a day and snacks
- Avoid high fat foods/low nutrient foods like candy, chips, soda
- Good eating habits/regular exercise will help manage weight
- Maintain family meals as much as possible

Hygiene/Health practices

- Brush teeth at least twice a day; floss
- Dental check ups every 6 months
- Participate in at least 30-60 minutes of physical activity 3-5 times a week
- **Maintain good hand washing practices**

Social Skills and School Success/Sleep

- Encourage 8-10 hours of sleep per night: teen biological clocks make going to bed early and getting up early extremely difficult
- Limit “screen” time to less than 2 hours/day outside of school work
- Balance screen time with ability to engage with others face to face; Avoid electronics in bedroom; Turn screens off 1 hour before bedtime
- Recommend parental mentoring over technology use
- Resolve conflict without violence
- Listen to, respect, and care about friends, but consider methods to handle peer pressure
- Continue identifying talents and interests which may lead to a career choice
- Learn how to handle anger appropriately
- Learn/practice stress management

*See CMA links page for more helpful health information:
www.cmanva.com

Safety/Injury Prevention

- Accidents are chief cause of death at this age
- Use seatbelts at all times. Avoid distractions while driving like texting and cell phone use
- Never drink and drive or ride with others who are under the influence
- Use protective equipment when playing sports; helmets with bike riding, skates etc.
- Avoid use of weapons
- Use sunscreen SPF 15 before outdoor activities
- Encourage not using cigarettes, chewing tobacco, alcohol, steroids, inhalants, illicit drugs, diet pills
- Avoid situations where drugs or alcohol are present; learn to say “no” to peer pressure
- Learn to protect self from physical/sexual/emotional abuse. Have a plan with parents/trusted adult if you find yourself in an unwanted situation
- Ask for help if you often feel angry, depressed, hopeless
- Delay/limit social media use as much as possible: there is + correlation between high social media use and increased anxiety/depression
- Creating/sharing/storing explicit photos on your devices under the age of 18 y/o is considered pornography and considered a felony in the state of VA.
- Be aware of phishing, sextortion, sex trafficking scams

Sexuality

- Abstinence is the best way to prevent pregnancy, STI's, HIV/AIDS. Sexual feelings are normal, but having sex should be a well-thought decision.
- If you are having sex, know the risks and methods to prevent STI's and pregnancy; seek advice from appropriate health clinic for associated concerns

Family Issues

- Establish good communication patterns
- Know family limits and establish consequences
- Give praise liberally; show affection
- Encourage independence; support job responsibilities
- Review allowances and associated responsibilities
- Be aware of signs of depression: drop in grades, poor sleeping/eating, not participating in previously enjoyed activities

Next Well Visit in 1 year

***Needs PE exam after May 1 if sports clearance is needed for upcoming school year!**