



Youth HEALTH Guide

Learn more: www.kdheks.gov/c-f/child.html



KANSAS
MATERNAL &
CHILD HEALTH





Acknowledgements

Thank you to all of our partners and the youth that participated in the focus groups to inform this guide.



KANSAS
MATERNAL &
CHILD HEALTH



Funding Statement:

This project is supported by the Kansas Department of Health and Environment with funding through the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number #B04MC31488 and title *Maternal and Child Health Services*. This guide was created by DCCCA.

Table of Contents

Healthy Eating 2

Fitness and Physical Activity 4

Mental Health 5

Stress 6

Helping a Friend 8

Suicide Prevention 9

Substance Use 10


Social Media 11

Healthy Relationships 12

Well Visits 13

Resources 15

References 16



Introduction to this **YOUTH** Health Guide

Learn more: www.kdheks.gov/c-f/child.html

Purpose

It is time to change the way we think about health. Your brain, body, and emotions all play a part in maintaining a healthy lifestyle! As a teen, it can be difficult to navigate certain aspects of health. This guide will give you the facts and provide you with easy steps you can take to live a healthy life physically, mentally, and emotionally.



Healthy Eating

We'll cover what it means to eat healthy and how to do it on the go.



Fitness & Physical Activity

We'll provide you with tips for staying active.



Mental Wellness

We'll go over maintaining your own mental wellness and supporting your peers if they come to you about mental health.



Substance Use Prevention

We'll look at the risks of substance use and the reasons to stay substance free.



Managing Stress

We'll give you tips for lowering stress and coping skills to manage the stress you can't avoid.



Technology & Social Media

We'll share how to use technology and social media safely, responsibly and productively.



Healthy Relationships .

We'll go over what healthy relationships with family, friends, and romantic partners look like.



Well Visits

We'll provide you with information about well visits and why they should be part of your yearly health routine.



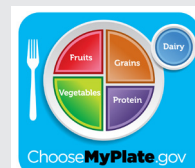
HEALTHY EATING

IMPORTANCE OF EATING HEALTHY

As a teen, your body is doing some major growing and changing and you need plenty of fuel to support that growth. Healthy eating is key for your mental and physical health, but sometimes it can be hard to know what eating healthy is all about. Check out the information below for easy ways to eat healthy, even on the go!

CHOOSE MY PLATE

MyPlate is a guideline to help you eat healthy meals. Click the icon to learn more!



EXAMPLES OF HEALTHY EATING



Eat 3 meals a day, with healthy snacks



Eat balanced meals



Vegetables: Choose a variety including dark green, red, and orange vegetables, legumes (peas and beans), and starchy vegetables



Grains: Go for grains such as whole wheat, brown rice, and oatmeal



Fruits: Fruits can be fresh, canned, frozen, dried, whole, cut up, or pureed. 100% fruit juice counts as part of the fruit group as well, but be careful: it contains a lot of sugar



Dairy: Choose fat-free or low-fat products and those that are high in calcium



Protein: Choose low-fat or lean meats and poultry. Include fish, nuts, seeds, peas, and beans in your protein routine



Eat fruits or vegetables for a snack



Medium-size apple



Medium-size banana



1 cup blueberries



1 cup grapes



1 cup carrots, broccoli, or bell peppers + 2 tbsp. hummus



Drink Water. Try to avoid drinks that are high in sugar such as fruit juice or soda



Try to limit fast food, cookies, candy, frozen desserts, chips, and fries which often have a lot of sugar, unhealthy fat, and salt

TIPS FOR HEALTHY EATING



Take one serving according to the label and eat it off a plate instead of out of the box or bag.



Eat meals at regular times. Skipping meals can cause you to overeat later in the day.



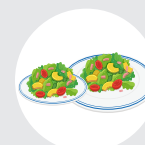
Eat slowly so your brain can get the message that your stomach is full.



Focus on what you are eating and chew your food well.



Avoid eating in front of the TV or while driving.



Eat off of smaller dishes so that you eat and drink less.

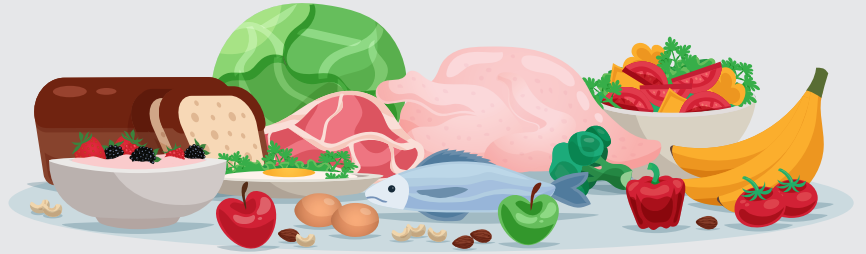


Buy single-serving snacks that are lower in calories. Divide bigger bags or boxes of snacks into single-serve packages.

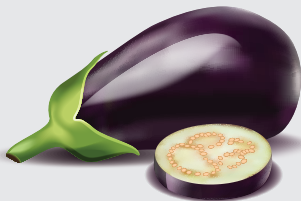
HEALTHY EATING

BENEFITS OF EATING HEALTHY

- Supports healthy growth and development
- Stabilizes your energy
- Improves your mind
- Helps you maintain a healthy weight
- Evens out your mood
- Helps prevent mental health conditions



Easy Ways To Add More Veggies to Your Day

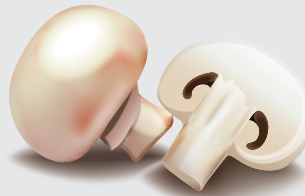


Choose a new vegetable that you've never tried before to mix up your routine!

Cook fresh or frozen vegetables in the microwave for a simple and fast addition to lunch or dinner.



Go for veggies that are red, orange, or dark green. They are full of vitamins and minerals.



Take low-sodium vegetable soups with you when you're on the go.



HEALTHY CHOICES WHEN DINING OUT

STOP EATING AND DRINKING WHEN YOU ARE FULL.

SHARE A MEAL WITH A FRIEND OR TAKE HALF OF IT HOME.

AVOID ALL-YOU-CAN-EAT BUFFETS.

IF YOU'RE HAVING A SALAD, ASK FOR THE DRESSING ON THE SIDE.

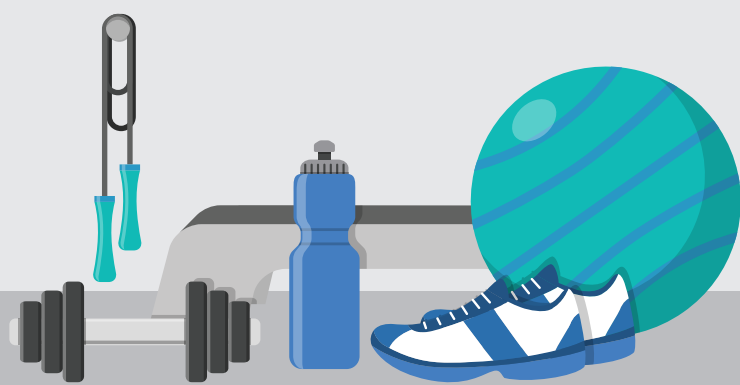
CHOOSE STEAMED, GRILLED, OR BAKED INSTEAD OF FRIED.

ORDER HEALTHY APPETIZERS OR SIDE DISHES INSTEAD OF A WHOLE MEAL.

ASK TO HAVE THE BREAD BASKET OR CHIPS REMOVED FROM THE TABLE.

PICK THE SMALL SIZE OF A MEAL, DRINK, SIDE, SALAD, OR DESSERT.

FITNESS & PHYSICAL ACTIVITY



BENEFITS OF PHYSICAL ACTIVITY

- Improves cardiorespiratory fitness
- Builds strong bones and muscles
- Improves mental health
- Reduces the risk of developing health conditions

DID YOU KNOW?

You don't have to get all of your exercise at once! Activity in 10 or 15 minute bursts throughout the day adds up to your recommended amount of daily activity and is just as healthy for you.

Check out YouTube for workout ideas! There are hundreds of free videos that are made to get you moving, even in small spaces.



30-60 Minutes
of moderate-to-vigorous physical activity daily is recommended

AEROBICS



Aerobic Activities

running, hopping, skipping, jumping rope, swimming, dancing, bicycling

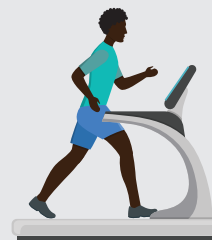
MUSCLE-STRENGTHENING



Muscle-Strengthening Activities

playing on playground equipment, climbing trees, playing tug-of-war, lifting weights, working with resistance bands

BONE-STRENGTHENING



Bone-Strengthening Activities

running, jumping rope, basketball, tennis, hopscotch

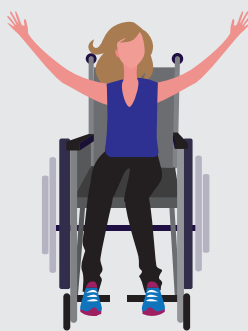
TIPS FOR GETTING ACTIVE SAFELY



Check with your doctor before starting a new exercise routine.



Talk to a coach at school or gym staff member who can help you pick activities that are appropriate for your fitness level.



Learn about the types and amounts of exercise that are both right for you and fun so that it is easier to keep up!



If you haven't been physically active lately, start slowly to build up your endurance.



Don't forget to rest! Rest days are important to help your body recover from the physical activity.

MENTAL HEALTH

IMPORTANCE OF MENTAL HEALTH

We know it is good to take care of our physical health but feeling mentally healthy is just as important to our overall health. One in five teens has a mental health condition, but sometimes the fear of what others might think keep us from getting the help we need.

Here is some information about mental health and how to talk about it:



COMMON MENTAL HEALTH CONDITIONS IN TEENS

Anxiety Disorders

Feelings of excessive uneasiness, worry, and fear

Depression

Depressed mood that impacts thoughts, feelings, and daily activities

Attention Deficit-Hyperactivity Disorder (ADHD)

Inattention and/or hyperactivity-impulsivity that interferes with daily life

Eating Disorders

Extreme and abnormal eating behaviors such as refusing to eat or self-induced vomiting after eating

[Click here for more information about common mental health conditions in teens.](#)



MENTAL HEALTH TERMS

Mental Health

Our emotional, psychological, and social well-being

Mental Health Condition

Disorders that affect your mood, emotions, thinking, and behavior

Behavioral Health

The promotion of mental wellbeing, the treatment of mental and substance use disorders, and the support of those who experience and/or are in recovery from these conditions

TIPS FOR TALKING ABOUT YOUR MENTAL HEALTH

Whether you're speaking to a parent, a friend, a teacher, or your doctor it can be tough to know how to talk about mental health. These tips can help guide the conversation.

- Plan out what you are going to say ahead of time
- Focus on sharing how you have been feeling
- Suggest ways they can help you

SEEKING HELP

If you are worried about someone else or are in mental health distress yourself, it is important to reach out for help.

Find a trusted adult who can help such as a parent, guardian, teacher, or coach.

Connect with a free 24/7 support line:

- Call Kansas Suicide Prevention HQ at 785-841-2345 or 800-273-8255
- Crisis Text Line: Text "Kansas" to 741741
- Visit with your doctor or pediatrician; they can help with treatment or refer you to a mental health specialist.

To find treatment near you visit <https://findtreatment.samhsa.gov/>



RECOGNIZING SIGNS OF EARLY MENTAL HEALTH ISSUES

Feeling sad or withdrawn for more than 2 weeks



Having thoughts of suicide



Sleeping too much or too little



Fear of gaining weight; not eating; throwing up



Lost interest in things you used to enjoy



Intense worries or fear that get in the way of life



Avoiding social activities



Extreme difficulty in concentrating



IMPORTANCE OF STRESS MANAGEMENT

Being a teenager is stressful! School, relationships, jobs, the future, finances, identity, and more are part of your daily life and they all can cause stress. There are different types of stress and not all stress is bad! The daily stress we experience can actually help us become more resilient and motivate us to accomplish things as long as it doesn't become too overwhelming. But when we feel too stressed, it can impact our health and keep us from completing daily tasks.

Check Your Stress

It is important to tune into your body. Here are some ways to tell if you may be experiencing too much stress:

- crying
- neck aches
- aggressiveness
- irritability
- excessive sweating
- headaches
- chest tightness
- substance use to relax
- stomach aches
- restlessness
- loneliness
- difficulty sleeping
- nervousness
- anger
- eating too much or too little

TACKLING STRESS

If you're feeling overwhelmed by your stress, there are ways you can tackle the problem.

ADDRESS THE ISSUE



Whether it is finishing a big homework assignment or making peace with your parent or guardian after a disagreement, it is better to be proactive about addressing the stress.

Remember: ignoring the problem will only increase your stress over time!

AVOID PROCRASTINATING

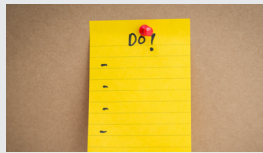


We're all guilty of procrastination, but a great strategy to prevent stress is to kick the habit of putting things off.

Set a schedule for yourself that allows you to get things done in plenty of time and stick to it.

Use your reminders on your phone or a planner to help you remember to complete tasks.

MAKE A LIST



Take a moment before you go to bed or when you wake up in the morning to write down what you need to accomplish for the day.

Start small: Write down 3 things you need to get done, 3 things you could get done, and 3 things you could do if you have extra time.

STEER CLEAR



Some stress is unavoidable, but here's the good news: self-created stress doesn't have to be!

Avoid stressful situations when you can.

Practice good time management with the things you need to get done and when you can, avoid people, places, and things that cause you stress.

LET IT GO!

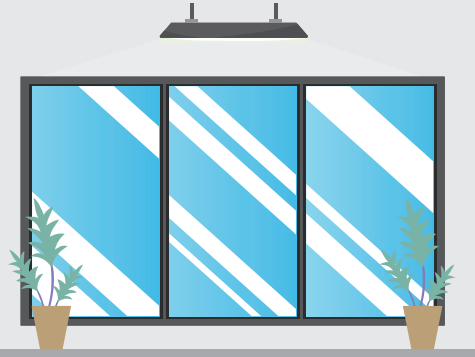


If there's nothing you can do to solve a stressful situation, practice coping skills to help you move on.

We can't control everything but we can control how we react to things.

If you shift your focus from frustration over things out of your control to tackling things that are your responsibility, it will help lower your stress.

STRESS MANAGEMENT



COPING SKILLS

There are many things we can do to cope with our stress and other mental health conditions.

Build a healthy support network of people you trust

Spend time thinking about and expressing your emotions

Make time to exercise

Get 8-10 hours of sleep every night

Eat healthy

Practice good hygiene by bathing daily, brushing your teeth twice a day, and flossing daily

Avoid drinking or using drugs

Keep your caffeine intake low

Spend time outside; sunlight contains Vitamin D which is a natural mood booster

FINDING “ME” TIME

It can be really difficult for teens to find time to relax, unwind, and de-stress. However, it is important to squeeze in some “me” time every single day.

We often think we need to set aside hours to do this, but the truth is there are ways you can de-stress using any amount of time!



If you have 1 minute...

Take 5 deep breaths and exhale
Draw something on a post-it note
Stretch



If you have 5 minutes...

Listen to your favorite song
Drink a glass of water
Write down 5 things you're grateful for



If you have 15 minutes...

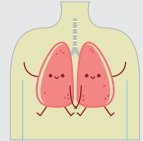
Read a magazine
Take a quick walk outside
Call a friend



If you have 30 minutes...

Write in a journal
Do yoga
Watch or listen to something funny

BREATHING EXERCISE



Sit comfortably in a chair or lie down.

Close your eyes.

Inhale slowly through your nose, counting to four in your head.

Exhale slowly through your mouth, counting to four in your head.

Repeat 5-10 times.

Practice this exercise every day.

PHRASE MEDITATION EXERCISE



Sit comfortably in a chair or lie down.

Close your eyes and take a few deep breaths.

Pick a word (IE “breathe”, “calm”, “relax”) or phrase (IE “I am strong”).

For the next few minutes, slowly repeat the word or phrase out loud or in your head.

COUNTING MEDITATION EXERCISE



Sit comfortably in a chair or lie down.

Close your eyes and take a few deep breaths.

In your head, count down from 100 to 1.

Try not to think about anything else.

If you lose your count, start again from 100.

If you reach 1, take a few deep breaths.

VISUALIZATION EXERCISE



Sit comfortably in a chair or lie down.

Close your eyes and take a few deep breaths.

Imagine yourself in your very favorite place to be.

Take a few minutes to visualize everything around you in your favorite place.

Take in every detail of your favorite place: sights, sounds, smells, and feelings.

When you're ready to leave your favorite place, slowly open your eyes.

HELPING A FRIEND



GETTING HELP

If you are worried about a friend, it is important to reach out for help.

Find a trusted adult who can help such as a parent, guardian, teacher, or coach.

Connect with a free 24/7 support line:

- Call Kansas Suicide Prevention HQ at 785-841-2345 or 800-273-8255
- Crisis Text Line: Text “Kansas” to 741741

Visit with your doctor or pediatrician; they can help you find someone who specializes in mental health.

Helpful Websites

- <http://ksphq.org/>
- <http://teenmentalhealth.org/>
- <https://www.nami.org/>
- <https://findtreatment.samhsa.gov/>

TIPS FOR HELPING A FRIEND

Many of us rely on our friends for support with our mental health. If we’re approached by a friend, it can be tough to know how to help. Here are some ways you can offer support:

Pay Attention to Your Friend’s Behavior

If you feel your friend is not acting like they usually do, ask yourself if they have:



Expressed feeling sad for two or more weeks?



Shown big changes in their behavior or personality?



Stopped eating or thrown up regularly after meals?



Expressed a sudden, unexplainable, overwhelming fear?



Engaged in behaviors that risk their life or others’ lives?



Had sudden changes in their mood?



Started using substances like drugs or alcohol?



Started sleeping much more or less than usual?



Engaged in self-harm actions like cutting or burning?



Threatened to kill themselves?

SHARE YOUR CONCERNS & OFFER SUPPORT

If you have noticed any of the behaviors above in your friend....

Start a Conversation with Them

Use “I” comments to begin the conversation - “I’ve noticed you haven’t been acting like yourself lately.”

Ask them how they are feeling - “Is everything okay?”

Listen - Give them the opportunity to express themselves. Remain calm, patient, and non-judgemental. Avoid language such as, “get over it” or “you’ll be fine”.

Support - Let them know they are not alone: you are here to help them get through this. Ask them what they need.

Reach Out To A Trusted Adult

You don’t have to have all the answers and you don’t have to support your friend alone. With your friend’s consent, find an adult that you trust who can offer guidance and support. Teachers, parents, family members, school counselors, coaches, or faith leaders are all examples of adults who could help.

Emergencies

If you feel that your friend is in danger of hurting themselves or others: stay calm, call 911, and get an adult immediately.

SUICIDE PREVENTION

SUICIDE PREVENTION AWARENESS

THE FACTS

Suicide is the second leading cause of death among individuals between the ages of 15 and 24. The suicide rate in Kansas has gone up 45% since 1999. It is important for you to know signs to be aware of and how to help a friend who may feel suicidal.

There are many ways we can help prevent suicide every day including:

Encouraging your friends to get help when they aren't feeling like themselves

Sharing stories about times that getting help has worked

Leading by example, demonstrating kindness, concern, and connection with your peers

Breaking the stigma by talking about mental wellness with those around you

SIGNS TO BE AWARE OF

- Sadness, hopeless, tearful, crying
- Irritable, angry, hostile
- Loss of interest, apathy, withdrawn
- Fatigue, lack of energy
- Feeling worthless, guilty
- Restless, agitated
- Changes in eating, sleeping, hygiene

IF YOU THINK SOMEONE MAY BE SUICIDAL, ASK THEM DIRECTLY.

If they answer yes:

Ask about a plan

Listen - threats about suicide must be taken seriously

Be non-judgmental and offer empathy

Call the National Suicide Prevention Lifeline with them (800-273-8255)

Connect them with professional help

Continually follow up with them

WHEN HELPING SOMEONE WHO FEELS SUICIDAL, REMEMBER TO:

1. Offer support
2. Be gentle, but persistent
3. Listen without lecturing
4. Validate their feelings



GETTING HELP

If you are worried about someone else or are in mental health distress yourself, it is important to reach out for help.

Find a trusted adult who can help such as a parent, guardian, teacher, or coach.

Connect with a free 24/7 support line:

• Call Kansas Suicide Prevention HQ at 785-841-2345 or 800-273-8255

• Crisis Text Line: Text "Kansas" to 741741

Visit with your doctor or pediatrician; they can help you find someone who specializes in mental health.

SUBSTANCE USE



DRUGS + YOUR BODY GAME



PLAY GAME

DANGERS OF SUBSTANCE USE

Substance use can really hurt your physical and mental health. Drugs such as marijuana, alcohol, tobacco/e-cigarettes, prescription drugs, and other substances are extremely addictive and can cause lasting damage to your brain and body. Using substances can lead to:

- Disruption of normal growth and development
- Poor academic achievement
- An increased risk for depression and suicide
- Impaired self-control, motor skills, and decision-making skills
- A permanent lowering of your IQ
- Memory problems
- Developing substance use problems and/or addiction in adulthood

Check out the links below to learn more about the risks of substance use, warning signs, and where to get help for a friend, loved one, or yourself.

ALCOHOL



WATCH VIDEO

Alcohol impairs judgment and can lead to poor decisions about engaging in risky behaviors that put one's self and others at risk.

Our brains do not fully develop until around the age of 25, so alcohol use can permanently impair brain development.

MARIJUANA



WATCH VIDEO

Marijuana is increasingly becoming more potent and it is addictive. It contains close to 500 different chemicals, including THC which is a mind-altering chemical compound.

These chemicals can lead to health consequences and hinder brain development.

WARNING SIGNS

Warning Signs That a Friend or Loved One May Need Help

- Irritability, headaches, fatigue
- Unsuccessful attempts to quit or cut down
- Continued use despite negative consequences
- Loss of interest in academic, social, and recreational activities

PRESCRIPTION DRUGS



WATCH VIDEO

Prescription drug abuse is when you take more of the medication than prescribed, taking medication for a reason other than prescribed, or taking someone else's medication. Prescription drug abuse can permanently impair brain development.

TOBACCO



WATCH VIDEO

Nicotine exposure through both combustible tobacco products and e-cigarettes can cause addiction and harm brain development. Most e-cigarettes and vaping devices contain nicotine as well as many harmful chemicals that can cause health problems and lead to addiction.

HOW YOU CAN HELP

Encourage them to quit and to talk to a parent, teacher, or other trusted adult.

Encourage or help them get into treatment or access resources.

To find a local treatment provider visit <https://findtreatment.samhsa.gov/>

For free and confidential help call 1-800-662-HELP or Text ABOVE to 741-741

[illegible]

An illustration of a woman with dark hair tied back, wearing a blue t-shirt and black pants, sitting on a large blue smartphone. She is holding a small black smartphone in her hands. Above her are two speech bubbles: a teal one on the left and a light green one on the right, both containing three horizontal lines representing text. The background is a light gray gradient.

HEALTHY RELATIONSHIPS



CHARACTERISTICS OF HEALTHY RELATIONSHIPS

We learn about ourselves and others through the relationships we have with our family, friends, and romantic partners. Understanding what healthy relationships involve and how to create them with those around us is key in the development of your identity.

MUTUAL RESPECT



In a healthy relationship, both people demonstrate respect for themselves and each other in ways such as listening, speaking kindly to and about each other, and building each other up.

HONEST & OPEN COMMUNICATION



Strong communication means talking openly and honestly with each other, listening, being aware of what you say and how you say it, and trying to understand the other person's point of view.

SUPPORT & UNDERSTANDING



Valuing each other's feelings and needs and supporting each other's identities, experiences, and interests builds support and understanding in healthy relationships.

BOUNDARIES



Each person needs to establish their mental, emotional and physical boundaries. Then, it is up to the other person to respect those boundaries.

BALANCE



Balance means that both people are contributing to and benefitting from the connection. Being aware of your needs and considering the other person's needs is important.

WITH PARENTS



Try to see things from one another's point of view

WITH FRIENDS



Never pressure each other to make bad choices or treat others poorly

IN ROMANTIC RELATIONSHIPS



Honor each other's privacy and enjoy time apart

SIGNS THAT YOU, A FRIEND, OR LOVED ONE MAY NEED HELP

- Frequently putting someone down
- Isolating someone from their family or friends
- Extreme jealousy or insecurity
- Checking someone's phone, social media, or email without permission
- Explosive temper
- Being possessive of someone
- Telling someone what to do or what to wear
- Physically hurting someone

GETTING HELP

If you or a loved one has concerns about a relationship, it is important to reach out for help. If it is an emergency, tell a trusted adult such as a parent, guardian, teacher, or coach and call 911 right away.

Connect With A Free 24/7 Support Line

- Love is Respect - Text loveis to 22522 to chat with a peer advocate or call 1-866-331-9474
- National Domestic Violence Hotline - Visit <https://thehotline.org/> to chat with a specialist or call 1-800-799-7233.
- Crisis Text Line - Text KANSAS to 741741

WELL VISITS



WHAT TO EXPECT DURING A WELL VISIT

As you grow, it is important to schedule and attend yearly adolescent well visits with your pediatrician, family doctor, or local health department. Many teens play sports and are required to get a sports physical every year, but this exam only focuses on your physical health history and should not take the place of your well visit.

Here's why comprehensive, preventative, annual well visits are important and what you can expect:

MEDICAL HISTORY



They'll ask you about any existing or new medical conditions like asthma or allergies as well as any changes to your medical or family history. It is important to provide them with as much information as you can so that they can help you stay healthy in the most informed way possible.

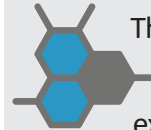
SPORTS EVALUATION



They'll evaluate you for any activity or sports-related symptom, injuries and concussions.

This is a good time to bring up any physical concerns you might have.

PREVENTATIVE HEALTH SCREENINGS



They may provide additional screenings that can be an early disease detector. An example might be an STD test or any screenings related to medical concerns discussed during the visit.

PHYSICAL EXAM



They'll check your body temperature, pulse rate (the number of times your heart beats in one minute), respiration rate (how many breaths you take in a minute), blood pressure, eyes, ears, nose, throat, neck, mouth, chest, abdomen, back, legs, and arms. They'll also assess your physical growth and changes of puberty.

This is another good time to bring up any physical concerns you might have.

PSYCHOLOGICAL & SOCIAL ASSESSMENT



To make sure you're feeling safe, happy, and healthy, they'll ask you about your eating habits and physical activity, your home life, life at school, drug and alcohol use, sexual history, and how you are feeling mentally.

This is a good opportunity to discuss any concerns you have related to your life and/or your mental health.

IMMUNIZATIONS



You may be due for immunizations such as the Hepatitis vaccine when you go in for your annual well visit. When you schedule your visit, ask about immunizations so you know what to expect.

FIND A DOCTOR

The American Medical Association offers a Doctor Finder search tool.

<https://doctorfinder.ama-assn.org/>

ADDITIONAL CHECK UPS

In addition to your well visit, be sure to get your ears and eyes checked annually and your teeth checked every six months. Brush your teeth twice a day and floss at least once a day to maintain healthy teeth.

WELL VISITS



HOW TO NAVIGATE A WELL VISIT

Your annual well visit is an opportunity for you to connect with your doctor or pediatrician who is there to support you in maintaining your health. Before you visit with them, it is a good idea to think about and prepare to share with them any questions or concerns you have. It never hurts to write things down ahead of time in case you forget!

TIPS

It is normal to feel nervous about talking to a doctor! Here are some helpful things to consider when you're feeling anxious:



As medical professionals they've seen and heard it all!



They're there to help you, not judge you or get you in trouble.



They are not mind readers! Help them help you by sharing your concerns.

PARENTAL/GUARDIAN INVOLVEMENT

Lots of teenagers have their parent or guardian help out with their health care.

As you learn to navigate your own health care, it is important to both keep your parent or guardian involved and also take an active role in managing your health. A good start is to:



Share your desire to learn to be responsible for your own medical care with your parent or guardian.



Learn to schedule your own doctor's appointments & fill out medical paperwork.



Speak with the doctor alone during part of each doctor's visit.

QUESTIONS TO ASK YOUR DOCTOR

One of the most important parts of your annual well visit is being able to communicate about your health with your doctor. Knowing what questions to ask and practicing having that conversation with your doctor now will help prepare you to navigate your own health care as an adult. Some examples of good questions to ask include:



If you would like to know more about provider/patient confidentiality...

Ask if the information you share with your provider will remain confidential, if it is okay to see your provider without your parent and/or guardian in the room.



If you are discussing an illness or symptom...

Ask what causes the illness, if it is contagious, if there is anything that should be avoided, and how to prevent it from happening again.



If you are prescribed a medicine....

Ask what the medicine does, what the side effects are, how often and for how long it should be taken, what to do if a dose is missed, and when to check in with your provider about the medicine.



If the doctor recommends a test...

Ask why the test is needed, how soon you should get the test, how the test will be conducted, what risks are involved, where it will be performed, and if there are any side effects.

RESOURCES



We have so much information available at our fingertips, so it can be really hard to know which sources are reliable. We cannot trust everything we read online, so here are some tips for finding reliable information:

Questions To Ask Yourself About Information You Consume

- Who created this?
- Why did they make it?
- Who is the message for?
- What are they using to make the message credible (i.e., statistics, quotes from subject experts, evidence)
- Were any details left out? why?
- How did you feel about the message?

Good Sources for Information

- University websites
- The library
- Google Scholar
- Professionals in your community
- Books
- Information from Google and Wikipedia need to be cross-referenced with other sources
- Websites that end in .org, .gov, and .edu are generally sources that you can trust

HEALTH RESOURCES FOR TEENS

Kansas Department of Health and Environment (KDHE)

<http://www.kdheks.gov/>

Kansas Department of Aging and Disability Services (KDADS)

<http://www.kdads.ks.gov/>

Kansas Prevention Collaborative

<http://www.kansaspreventioncollaborative.org/>

Kansas Suicide Prevention HQ

<http://www.ksphq.org/>

Kansas Chapter National Alliance on Mental Illness (NAMI)

<https://www.namikansas.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/>

National Institute on Drug Abuse for Teens (NIDA for Teens)

<https://teens.drugabuse.gov/>

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

Ok2talk

<https://ok2talk.org/>

Centers for Young Women's Health and Young Men's Health

<https://youngwomenshealth.org/>

<https://youngmenshealthsite.org/>

Love is Respect

<https://www.loveisrespect.org/>

Go Ask Alice!

<https://goaskalice.columbia.edu/>

Girls Health

<https://www.girlshealth.gov/>

Teens Health

<https://teenshealth.org/en/teens/>

Teen Mental Health

<http://teenmentalhealth.org/>

Mindfulness for Teens

<http://mindfulnessforteens.com/>

REFERENCES

- American Academy of Pediatrics. (n.d.). *Just for Teens: A Personal Plan for Managing Stress*.
- American Psychological Association. (n.d.). *Identifying Signs of Stress In Your Children and Teens*. Retrieved from American Psychological Association: <https://www.apa.org/topics/stress-children>
- Amir-Yaffee, G. (n.d.). *10 Cool Meditations for Pre-Teens and Teens*. Retrieved from Do You Yoga: <https://www.doyou.com/10-cool-meditations-for-pre-teens-and-teens-67578/>
- Amy Morin, L. (2020, February 03). *How Much Exercise Does Your Teen Really Need?* Retrieved from Very Well Health: <https://www.verywellhealth.com/how-much-exercise-does-your-teen-really-need-2611242>
- Bright Futures. (n.d.). *Adolescent Visits - 11 Through 21 Years*. Retrieved from Bright Futures: https://brightfutures.aap.org/Bright%20Futures%20Documents/BF4_AdolenceVisits.pdf
- Centers for Disease Control and Prevention. (n.d.). *Physical Activity Guidelines for School-Aged Children and Adolescents*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>
- Centers for Disease Control and Prevention. (n.d.). *Tips for Parents - Ideas to Help Children Maintain a Healthy Weight*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/healthyweight/children/index.html>
- Centers for Disease Control and Prevention. (n.d.). *Tips for Parents—Ideas to Help Children Maintain a Healthy Weight*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/healthyweight/children/index.html>
- Common Sense Media. (n.d.). *What is media literacy, and why is it important?* Retrieved from Common Sense Media: <https://www.commonsensemedia.org/news-and-media-literacy/what-is-media-literacy-and-why-is-it-important>
- Dr. Stan Kutcher, M. F., Mina Hashish, B., & Emma Johnston, B. (2019). *Teening Your Parent - Adolescent Development: A Primer for Teens*.
- Girl's Health. (2015, November 02). *Friendships*. Retrieved from Girl's Health: <https://www.girlshealth.gov/relationships/friendships/>
- Health for Teens. (n.d.). *Friendship: Just the Facts*. Retrieved from Health for Teens: <https://www.healthforteens.co.uk/relationships/friendships/friendship-just-the-facts/>
- Johns Hopkins Medicine. (n.d.). *Healthy Eating During Adolescence*. Retrieved from Johns Hopkins Medicine: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/healthy-eating-during-adolescence>
- Johns Hopkins Medicine. (n.d.). *Physical Examination: Adolescent Male*. Retrieved from Johns Hopkins Medicine: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/physical-examination-adolescent-male>
- Joseph, D. B. (2020, March 25). *10 Meditation Techniques For Teens To Deal With Anxiety And Stress*. Retrieved from Mom Junction: https://www.momjunction.com/articles/meditation-techniques-for-teens_00330301/#gref
- Love is Respect. (n.d.). *What is a Healthy Relationship?* Retrieved from Love is Respect: <https://www.loveisrespect.org/healthy-relationships/>

- Michele Dritz, M. F., & James Fitzgibbon, M. F. (2017, June). *Doing Better For Teens: Proven Strategies to Improve Adolescent Well Visit Rates and Quality of Care*. Retrieved from Ohio Chapter, American Academy of Pediatrics: <http://ohioaap.org/wp-content/uploads/2017/05/Adolescent-Well-Visit-Strategies-ODH-AAP-Webinar-June-2017-FINAL-3.pdf>
- National Alliance on Mental Illness. (n.d.). *Getting the Right Start: Student Guide To Mental Health*.
- National Alliance on Mental Illness. (n.d.). *How to Help a Friend*. Retrieved from National Alliance on Mental Illness: <https://www.nami.org/Your-Journey/Teens-Young-Adults/How-to-Help-a-Friend>
- National Institute on Drug Abuse for Teens. (n.d.). Retrieved from <https://teens.drugabuse.gov/>
- National Institute of Diabetes and Digestive and Kidney Diseases. (n.d.). *Just Enough for You: About Food Portions*. Retrieved from National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/health-information/weight-management/just-enough-food-portions>
- National Institute of Diabetes and Digestive and Kidney Diseases. (n.d.). *Taking Charge of Your Health: A Guide for Teenagers*. Retrieved from National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>
- National Institute of Mental Health. (n.d.). *Child and Adolescent Mental Health*. Retrieved from National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>
- Nemours. (2018, January). *Why Exercise Is Wise*. Retrieved from TeensHealth: <https://kidshealth.org/en/teens/exercise-wise.html?WT.ac=ctg#cattake-care>
- Nemours. (n.d.). *Fitness and Your 13- to 18-Year-Old*. Retrieved from KidsHealth: <https://kidshealth.org/en/parents/fitness-13-18.html#cattake-care>
- Nemours. (n.d.). *Food & Fitness*. Retrieved from TeensHealth: <https://teenshealth.org/en/teens/food-fitness/?WT.ac=t-nav-food-fitness#catnutrition>
- Nemours. (n.d.). *Questions to Ask Your Doctor*. Retrieved from TeensHealth: <https://kidshealth.org/en/teens/questions-doctor.html>
- Nemours. (n.d.). *Talking to Your Doctor*. Retrieved from TeensHealth: <https://kidshealth.org/en/teens/talk-doctor.html>
- Nemours. (n.d.). *Teaching Kids to Be Smart About Social Media*. Retrieved from KidsHealth: <https://kidshealth.org/en/parents/social-media-smarts.html>
- Teen Mental Health. (n.d.). *Mental Disorders*. Retrieved from Teen Mental Health: <http://teenmentalhealth.org/learn/mental-disorders/>
- U.S. Department of Agriculture. (n.d.). *ChooseMyPlate*. Retrieved from <https://www.choosemyplate.gov/>
- U.S. Department of Agriculture. (n.d.). *Physical Activity Amount*. Retrieved from ChooseMyPlate: <https://www.choosemyplate.gov/resources/physical-activity-amount>
- U.S. Department of Health and Human Services. (2019). *Physical Activity Guidelines for Americans 2nd Edition*. Washington D.C.: U.S. Department of Health and Human Services.