



BRIGHT FUTURES HANDOUT ► PATIENT

15 THROUGH 17 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways you can help at home.
- Find ways to work with your family to solve problems. Follow your family's rules.
- Form healthy friendships and find fun, safe things to do with friends.
- Set high goals for yourself in school and activities and for your future.
- Try to be responsible for your schoolwork and for getting to school or work on time.
- Find ways to deal with stress. Talk with your parents or other trusted adults if you need help.
- Always talk through problems and never use violence.
- If you get angry with someone, walk away if you can.
- Call for help if you are in a situation that feels dangerous.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- When you're dating or in a sexual situation, "No" means NO. NO is OK.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.

✓ YOUR FEELINGS

- Be proud of yourself when you do something good.
- Figure out healthy ways to deal with stress.
- Develop ways to solve problems and make good decisions.
- It's OK to feel up sometimes and down others, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Please consider asking us if you have any questions.

✓ HEALTHY BEHAVIOR CHOICES

- Choose friends who support your decision to not use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Avoid situations with alcohol or drugs.
- Don't share your prescription medicines. Don't use other people's medicines.
- Not having sex is the safest way to avoid pregnancy and sexually transmitted infections (STIs).
- Plan how to avoid sex and risky situations.
- If you're sexually active, protect against pregnancy and STIs by correctly and consistently using birth control along with a condom.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, and salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat with your family often.
 - Eat breakfast.
- Drink plenty of water. Choose water instead of soda or sports drinks.
- Make sure to get enough calcium every day.
- Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Aim for at least 1 hour of physical activity every day.
- Wear your mouth guard when playing sports.
- Get enough sleep.

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STAYING SAFE

- Always be a safe and cautious driver.
 - Insist that everyone use a lap and shoulder seat belt.
 - Limit the number of friends in the car and avoid driving at night.
 - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding. Wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

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Why is age of first use of alcohol so critically important?

Kids who start drinking alcohol before age 15 are 5 times more likely to develop alcohol abuse or dependence than people who first used alcohol at age 21 or older. A study published in the *Archives of Pediatrics & Adolescent Medicine* showed that 47% of those who began drinking before age 15 experienced alcohol dependence at some point in their life, compared to 9% percent of those who began drinking at age 21 or older.

Can you get addicted even though you only do it once in a while?

YES. For most, addiction to alcohol and drugs is a process -- not an event. Most people who use alcohol and drugs do so with an intention of only using once or "once in a while." No one decides that they want to become addicted to alcohol and drugs. But, we are dealing with addictive drugs that directly affect the brain. It is easy for occasional use to change to frequent use or constant use -- that is addiction. The only thing we know for sure: if you don't drink alcohol and don't do drugs, you definitely won't become addicted.

Does marijuana use lead to the use of other drugs?

While most marijuana smokers do not go on to use other illegal drugs, long-term studies of high school students show that few young people use other illegal drugs without first using marijuana. Using marijuana puts people in contact with people who are users and sellers of other drugs and are more likely to be exposed to and urged to try other drugs.

Why do some people become addicted, while others don't?

Risk factors for becoming addicted to alcohol and drugs, like other conditions and diseases, vary from person to person. But, the common risk factors include: 1. Genetics--your family history; 2. Age when you start using alcohol or drugs; 3. Family (including abuse, neglect and traumatic experiences in childhood) and Social Environment (including access to alcohol and drugs), and 4. Types of drugs used.

Should I be concerned about prescription drugs when the "real problem" is the illegal drugs like cocaine, heroin and methamphetamine?

As a teen you should be concerned about alcohol and all of the other drugs, legal and illegal. Recently there has been a significant increase in the non-medical use of prescription pain drugs among young people. In fact, after marijuana, the next three most commonly used drugs are the non-medical use of prescription pain medications: Vicodin, OxyContin and Adderall.

I think prescription drugs might help me feel better. Is it OK to use them once in a while?

You or your friends might think that prescription drugs are safer than alcohol or illegal drugs because doctors prescribe them. But, these drugs can be just as dangerous. When prescription drugs are used without a prescription they can be as dangerous as alcohol or illegal drugs. You can die from abusing prescription drugs . . . even the first time.

I thought drinking and driving was the only alcohol-related risk for college students?

An estimated 1,900 young people under the age of 21 die each year from alcohol-related motor vehicle crashes. And, approximately 600,000 college students are unintentionally injured while under the influence of alcohol. Approximately 700,000 students are assaulted by other students who have been drinking and about 100,000 students are victims of alcohol-related sexual assault or date rape (from NCADD Fact Sheet: Facts About Underage Drinking).

What drugs are the most commonly abused?

Each year, the National Institute on Drug Abuse (NIDA) tracks drug use trends among high school students (8th, 10th and 12th grades) through the Monitoring the Future Study (MTF). The following is a list of the most commonly abused drugs among 12th graders, starting with the most frequent: marijuana, Adderall, Vicodin, tranquilizers, cough medicine, sedatives, hallucinogens, MDMA/ecstasy, OxyContin, cocaine, salvia and Ritalin.

Can a person be too young to become addicted to alcohol and drugs?

No. And, research and experience show that the younger someone starts using alcohol and drugs, the greater the chance that they will become addicted.

Marijuana is just a plant... is it really that dangerous?

Yes, marijuana is a plant but it has very real health consequences, including drug

addiction. While some people think marijuana is a “harmless drug,” actual experience and the real science show a different reality. More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

How do I know if I or someone close to me is addicted to alcohol or drugs?

The short answer -- if you or someone close to you is having a problem with alcohol or drugs and they continue to use, it's time to get help. Continued use, despite negative consequences, is a powerful indicator of addiction. To learn more, visit Friends and Family, Signs and Symptoms.

What is a “standard drink” of alcohol?

A standard alcohol drink contains about 14 grams of pure alcohol (0.6 ounces):

12-ounces of Beer or Cooler

8-ounces of Malt Liquor

5-ounces of Wine

1.5-ounces or “shot” of Distilled Spirits/Liquor (e.g., rum, gin, vodka, or whiskey).

Note: These are approximate, as different brands and types of alcoholic beverages vary in their actual alcohol content.

How does alcohol leave the body?

Once absorbed into the bloodstream, the Kidneys eliminate 5% of alcohol in the urine, the Lungs exhale 5% of alcohol (detectable by breathalyzer) and the Liver breaks down the remaining 90% of alcohol. Alcohol is broken down (metabolized) by the liver at the average rate

of one standard drink per hour and nothing can speed this up, including drinking coffee.

though no one in their family has a drinking or drug problem.

Are alcoholism and drug addiction genetically inherited?

Research shows that the risk for developing alcoholism and drug addiction runs in families. But just because there is a genetic predisposition doesn't mean that the child of an alcoholic or addicted parent will automatically become alcoholic or addicted. Not all children of alcoholic or addicted parents get into trouble with alcohol and drugs. And some people develop alcoholism and addiction even

Can alcoholism and drug addiction be treated?

Yes, alcoholism and addiction can be treated. Alcoholism and addiction treatment programs can help a person stop drinking and using drugs. Treatment has helped millions of people stop drinking and drugging, rebuild their lives and live a life in long-term recovery.

Helpful addiction resources:

Substance Abuse and Mental Health Services Administration

National Drug Information Treatment and Referral Hotline, available 24/7
800-662-HELP (4357) (toll free)
<http://www.findtreatment.samhsa.gov>

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

HOPE LINE: (800) NCA-CALL (24-hour Affiliate referral)
<http://www.ncadd.org>

Join Together

Partnership for Drug-Free Kids
<http://www.drugfree.org/join-together/>

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov>
<http://teens.drugabuse.gov/>



Massachusetts Laws: Cell Phone Use while Driving

- Ban on all cell phone use (handheld and hands-free) for bus drivers
- Ban on all cell phone use (handheld and hands-free) for novice drivers (under the age of 18 with a learner's permit or provisional license)
- Ban on texting for drivers of all ages



WWW.CDC.GOV/PARENTSARETHEKEY

EIGHT DANGER ZONES FOR TEENS BEHIND THE WHEEL

Six teens a day are killed in car crashes. Make sure your young driver is aware of the leading causes of teen crashes, and put rules in place to help your teen stay safe.

NO. 1: DRIVER INEXPERIENCE. Most crashes happen during the first year a teen has a license. Provide at least 30 to 50 hours of supervised driving practice over at least six months. Make sure to practice on a variety of roads, at different times of day, and in varied weather and traffic conditions. This will help your teen gain the skills he or she needs to be safe.

NO. 2: DRIVING WITH TEEN PASSENGERS. Crash risk goes up when teens drive with other teens in the car. Follow your state's teen driving law for passenger restrictions. If your state doesn't have such a rule, limit the number of teen passengers your teen can have to zero or one. Keep this rule for at least the first six months.

NO. 3: NIGHTTIME DRIVING. For all ages, fatal crashes are more likely to occur at night; but the risk is higher for teens. Make sure your teen is off the road by 9 or 10 p.m. for at least the first six months of licensed driving.

NO. 4: NOT USING SEAT BELTS. The simplest way to prevent car crash deaths is to buckle up. Require your teen to wear a seat belt on every trip. This simple step can reduce your teen's risk of dying or being badly injured in a crash by about half.

NO. 5: DISTRACTED DRIVING. Distractions increase your teen's risk of being in a crash. Don't allow activities that may take your teen's attention away from driving, such as talking on a cell phone, texting, eating, or playing with the radio.

NO. 6: DROWSY DRIVING. Young drivers are at high risk for drowsy driving, which causes thousands of crashes every year. Teens are most tired and at risk when driving in the early morning or late at night. Be sure your teen is well rested before he or she gets behind the wheel.

NO. 7: RECKLESS DRIVING. Research shows that teens lack the experience, judgment, and maturity to assess risky situations. Help your teen avoid the following unsafe behaviors.

- **Speeding:** Make sure your teen knows to follow the speed limit and adjust speed to road conditions.
- **Tailgating:** Remind your teen to maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

NO. 8: IMPAIRED DRIVING. Even one drink will impair your teen's driving ability and increase their risk of a crash. Be a good role model: never drink and drive, and reinforce this message with your teen.

Take the next step and download the Parent-Teen Driving Agreement at www.cdc.gov/parentsarethekey.





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E-Cigarettes

What are E-Cigarettes?

E-Cigarettes, JUULS, vapes, vape pens, dab pens, mods or tanks are electronic devices that use a battery to aerosolize a liquid which is then inhaled. This liquid usually contains nicotine, chemicals, flavors and other additives. These electronic devices can also be used to deliver marijuana and other substances. The use of these devices has increased rapidly and they are now more common than traditional cigarettes among middle and high school students.

Why are they harmful?

Nicotine: Many people may not know that the liquid used in these electronic devices usually contains nicotine. A single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes! Nicotine in any form is not safe for youth as it is highly addictive, can harm the developing brain and affect memory and concentration. Nicotine use may also increase risk for certain mood disorders and negatively affect impulse control. E-cigarette use is strongly associated with other tobacco products like regular cigarettes.

Other chemicals: The liquid used in these electronic devices may contain chemicals including flavorants like Diacetyl (a chemical linked to serious lung disease), volatile organic compounds, and heavy metals like tin and lead. Heavy metals can cause respiratory distress and disease. Other chemicals in the e-liquids and in the aerosol from e-cigarettes are known to cause cancer in humans.

Some e-cigarettes have also exploded and hurt or burned people.

Impact on others:

The cloud created by e-cigarettes can be harmful to others. The e-liquid and e-cigarettes can also be extremely harmful to infants and young children if swallowed or handled incorrectly.

Further resources:

E-cigarettes.SurgeonGeneral.Gov

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Facts-For-Parents-About-E-Cigarettes-Electronic-Nicotine-Delivery-Systems.aspx>

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