



# BRIGHT FUTURES HANDOUT ► PATIENT

## 11 THROUGH 14 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 to help out at home.
- Follow your family's rules.
- Try to be responsible for your schoolwork.
- If you need help getting organized, ask your parents or teachers.
- Try to read every day.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Figure out ways to deal with stress in ways that work for you.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.

### ✓ YOUR GROWING AND CHANGING BODY

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- 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, 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.
- Choose water instead of soda or sports drinks.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.

### ✓ HEALTHY BEHAVIOR CHOICES

- Find fun, safe things to do.
- Talk with your parents about alcohol and drug use.
- Say "No!" to drugs, alcohol, cigarettes and e-cigarettes, and sex. Saying "No!" is OK.
- Don't share your prescription medicines; don't use other people's medicines.
- Choose friends who support your decision not to use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- Talk with your parents about relationships, sex, and values.
- Talk with your parents or another adult you trust about puberty and sexual pressures. Have a plan for how you will handle risky situations.

### ✓ YOUR FEELINGS

- Be proud of yourself when you do something good.
- It's OK to have up-and-down moods, 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. Ask us if you have any questions.

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## STAYING SAFE

- Always wear your lap and shoulder seat belt.
- Wear protective gear, including helmets, for playing sports, biking, skating, skiing, and skateboarding.
- Always wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't ride ATVs.
- Don't ride in a car with someone who has used alcohol or drugs. Call your parents or another trusted adult if you are feeling unsafe.
- 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>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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**Kids:**

# ONLINE SAFETY TIPS

Going online can open up doors to discovery, adventures, and games. But it can be just as risky as crossing a busy street. It's important to make your time online the wonderful experience it's supposed to be, and you can do just that by following the tips that are listed below—and that you should know by heart! As always, you should talk with your parents or a trusted adult if you have questions about these tips or anything else.

Tell your parents or guardian if you see something that makes you uncomfortable.

Let your parents know who you talk to online.

Never give out your full name or address.

Never give out the name of your school or tell anyone its address.

Talk with your parents about the dangers of meeting new friends online.

Ask your parents for their permission before you buy anything online or sign up for anything.

If you download music or movie files onto your computer, don't steal. Check out the rules of pay-per-download services.

Don't use your computer or cell phone to bully anyone.

If someone sends you an email or text message that is saying mean things about you or someone else, don't respond. Show the message to your parent or guardian.

Don't forward a mean or vulgar email or text message.

Don't send an email or message from your camera phone that contains a picture of someone else, especially a picture they might not like, without that person's permission.

Above all, make sure you talk with your parents about any question you might have about what's right or wrong about your Internet or cell phone use. Your cyber safety is a family affair!



**National Crime Prevention Council**  
2345 Crystal Drive • Suite 500 • Arlington, VA 22202  
202-466-6272 • [www.ncpc.org](http://www.ncpc.org)



**The Wireless Foundation**  
1400 16th Street, NW • Suite 600 • Washington, DC 20036  
202-736-3257 • [www.wirelessfoundation.org](http://www.wirelessfoundation.org)