Your Growing and Changing Body

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Eat 3 healthy meals a day.
- Eating breakfast is very important.
- Consider choosing water instead of soda.
- Limit high-fat foods and drinks such as candy, chips, and soft drinks.
- Try to eat healthy foods.
  - 5 fruits and vegetables a day
  - 3 cups of low-fat milk, yogurt, or cheese
- Eat with your family often.
- Aim for 1 hour of moderately vigorous physical activity every day.
- Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
- Be proud of yourself when you do something good.

Healthy Behavior Choices

- Find fun, safe things to do.
- Talk to your parents about alcohol and drug use.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Talk about relationships, sex, and values with your parents.
- Talk about puberty and sexual pressures with someone you trust.
- Follow your family’s rules.

How You Are Feeling

- Figure out healthy ways to deal with stress.
- Spend time with your family.
- Always talk through problems and never use violence.
- Look for ways to help out at home.
- It’s important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please consider asking me if you have any questions.

School and Friends

- Try your best to be responsible for your schoolwork.
- If you need help organizing your time, ask your parents or teachers.
- Read often.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Spend time with your family and help at home.
- Stay connected with your parents.

Violence and Injuries

- Always wear your seatbelt.
- Do not ride ATVs.
- Wear protective gear including helmets for playing sports, biking, skating, and skateboarding.
- Make sure you know how to get help if you are feeling unsafe.
- Never have a gun in the home. If necessary, store it unloaded and locked with the ammunition locked separately from the gun.
- Figure out nonviolent ways to handle anger or fear. Fighting and carrying weapons can be dangerous. You can talk to me about how to avoid these situations.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
Your Daily Life
• Visit the dentist at least twice a year.
• Brush your teeth at least twice a day and floss once a day.
• Wear your mouth guard when playing sports.
• Protect your hearing at work, home, and concerts.
• Try to eat healthy foods.
  • 5 fruits and vegetables a day
  • 3 cups of low-fat milk, yogurt, or cheese
• Eating breakfast is very important.
• Drink plenty of water. Choose water instead of soda.
• Eat with your family often.
• Aim for 1 hour of vigorous physical activity every day.
• Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
• Be proud of yourself when you do something good.

Healthy Behavior Choices
• Talk with your parents about your values and expectations for drinking, drug use, tobacco use, driving, and sex.
• Talk with your parents when you need support or help in making healthy decisions about sex.
• Find safe activities at school and in the community.
• Make healthy decisions about sex, tobacco, alcohol, and other drugs.
• Follow your family’s rules.

Violence and Injuries
• Do not drink and drive or 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.
• Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
• Insist that seat belts be used by everyone.
• Always be a safe and cautious driver.
• Limit the number of friends in the car, nighttime driving, and distractions.
• Never allow physical harm of yourself or others at home or school.
• Learn how to deal with conflict without using violence.
• Understand that healthy dating relationships are built on respect and that saying “no” is OK.
• Fighting and carrying weapons can be dangerous.

Your Feelings
• Talk with your parents about your hopes and concerns.
• Figure out healthy ways to deal with stress.
• Look for ways you can help out at home.
• Develop ways to solve problems and make good decisions.
• It’s important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please ask me if you have any questions.

School and Friends
• Set high goals for yourself in school, your future, and other activities.
• Read often.
• Ask for help when you need it.
• Find new activities you enjoy.
• Consider volunteering and helping others in the community with an issue that interests or concerns you.
• Be a part of positive after-school activities and sports.
• Form healthy friendships and find fun, safe things to do with friends.
• Spend time with your family and help at home.
• Take responsibility for getting your homework done and getting to school or work on time.
Your Daily Life
- Visit the dentist at least twice a year.
- Protect your hearing at work, home, and concerts.
- Eat a variety of healthy foods.
- Eat breakfast every morning.
- Drink plenty of water.
- Make sure to get enough calcium.
- Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products each day.
- Aim for 1 hour of vigorous physical activity.
- Be proud of yourself when you do something well.

Healthy Behavior Choices
- Support friends who choose not to use drugs, alcohol, tobacco, steroids, or diet pills.
- If you use drugs or alcohol, you can talk to us about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use a condom to prevent STIs.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Find safe activities at school and in the community.

Violence and Injuries
- Do not drink and drive or 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.
- Always wear a seat belt in the car.
- Know the rules for safe driving.
- Never allow physical harm of yourself or others at home or school.
- Always deal with conflict using nonviolence.
- Remember that healthy dating relationships are built on respect and that saying “no” is OK. Fighting and carrying weapons can be dangerous.

School and Friends
- Take responsibility for being organized enough to succeed in work or school.
- Find new activities you enjoy.
- Consider volunteering and helping others in the community on an issue that interests or concerns you.
- Form healthy friendships and find fun, safe things to do with friends.
- As you get older, making and keeping friends is important. You may find that you drift away from some of your old friends—that’s normal.
- Evaluate your friendships and keep those that are healthy.
- It is still important to stay connected with your family.

Your Feelings
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Most people have daily ups and downs. But if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with me or another health professional.
- We understand sexuality is an important part of your development. If you have any questions or concerns, we are here for you.