

Teens, 12-17 years old

# Staying Healthy

## California

**Your Doctor** would like to share this tip sheet with you. Practicing this information will help you stay healthy. Let your doctor or nurse know if you see a traditional healer (like an acupuncturist, herbalist, or curandero). Tell your doctor if you are taking any herbs or teas.



### Smile Care

- See a dentist each year, or every 6 months for a check up and cleaning.
- Brush your teeth twice a day and floss at least once a day.



### Nutrition

Eat a balanced diet every day. Here are some tips for good eating:

- Do not miss meals. Your body needs three well-balanced meals each day. Breakfast is the most important meal of the day.
- Eat a variety of fresh foods. Limit the amount of sweets, fast-food, and fats.
- Drink milk or eat yogurt or cheese at least three times a day.
- Eat five fruits and vegetables each day.
- Ask your doctor about a food guide pyramid for information on a well balanced diet.
- A well balanced diet may help control acne.

For more information: [www.eatfit.net](http://www.eatfit.net)  
(UC Davis website for teens)



### Exercise and Weight

Exercise regularly. Exercise helps you feel better overall. This is also a great way to maintain a healthy weight. The best type of exercises are the activities you enjoy (like biking, walking, rollerblading, playing soccer, etc.).

- If you don't exercise regularly, be sure to start slowly. Begin with 10

minutes at a time and increase each week. Exercise with a friend.

- Your body is growing and changing, so be careful dieting. Before you decide to lose weight, see your doctor or school nurse for the appropriate weight loss amount and method.



### Mental Health

- If you feel prolonged sadness, nervousness, panic, addiction, stress, or hopelessness let your doctor, school nurse, or counselor know.
- Get plenty of rest and learn to relax. Have family and friends you can talk to.

For more information call:

**National Suicide Prevention Hotline**  
**1-800-SUICIDE**  
**Mental Health America**  
**1-800-969-6642**



### Safety On-the-Go

- When riding a bike, obey all traffic laws.
- Always wear a helmet each time you ride or skateboard. Buy a helmet that meets or exceeds safety standards.
- A helmet should be comfortable and snug; not too loose, but not too tight. It should sit on top of your head in a level position. The helmet straps must always be buckled.
- Obey all traffic laws. Ride on the right side of the road with traffic, not against. Learn and use appropriate hand signals. Stop and look both ways before entering a street.

- Always wear a seatbelt correctly when riding in a car, even for short trips. It's California State Law.
- Most accidents happen close to home. A seat belt prevents serious injury or death at high or low speeds.



## Gun Safety

- If a gun is in your home, treat the gun like it is always loaded and ready to shoot.
- Do not carry weapons or be around anyone who does.
- If you know students who bring guns to school, tell your parents, teacher, or school principal.



## Sun Protection

- Always protect yourself from the sun. Cover up with a shirt, hat, and other light colored clothing.
- Always use sunscreen with SPF (sun protection factor) of 15 or higher. Reapply every 2 hours or after swimming.
- Have your doctor look at changing skin and moles.

For more information call:  
**The American Cancer Society**  
1-800-ACS-2345



## Tobacco

- Tobacco use is harmful to your health.
- If you smoke, quit smoking. Do not be around people when they smoke.
- Smoking will reduce your stamina for sports and other activities.

For more information, call:

American Cancer Society  
1-800-ACS-2345

California Smokers Helpline  
1-800-NO-BUTTS (English)  
1-800-45-NO-FUME (Spanish)  
1-800-778-8440 (Vietnamese)



## Alcohol and Drug Use

- Do not let others pressure you into drinking or doing drugs.
- Never drink and drive. Choose a driver to take you home if you are going to be drinking, or call a cab.
- If you are concerned about how much you or someone you love drinks, get help right away from your doctor or other professional.

For more information call:

**National Drug and Alcohol Referral**  
**1-800-252-6465** or your local  
**Alcoholics Anonymous.**



## Sexual Health

You can get sexually transmitted diseases (STDs) by having oral, vaginal, or anal sex with someone who already has a STD. STDs can be passed without symptoms.

- Always use a latex condom if you decide to have sex. Latex condoms can help prevent pregnancy and STDs like HIV.
- Tell your doctor if you think you or your partner is pregnant.
- To avoid pregnancy, always use birth control. Talk to your doctor about birth control if you are sexually active.
- The only sure way to prevent pregnancy and STD is by not having sex.

If you have pain while urinating (peeing), strange discharge, or drip from the penis or vagina, blood between periods, pain in the lower belly with fever and nausea, sores, blisters, rashes or growths in the genital area that may or may not hurt, see your doctor.



## Violence and Abuse

- If you have been hit, slapped, kicked, or physically hurt by anyone, report it. Tell your parents, doctor, school nurse, school counselor, or another adult.
- Do not feel ashamed if you have been forced to have sex or have been touched in a way that you didn't want to be touched. You have done nothing wrong. Tell the police, a teacher, school nurse, doctor, or another adult. Tell someone right away.

For more information, look in the community resource section of your telephone book for the number to **Child Protective Services**, or call:

**California Youth Crisis Line**  
**1-800-843-5200**  
**Domestic Violence Hotline**  
**1-800-799-7233**

NOTES FROM YOUR DOCTOR: