

## Advice from your doctor about healthy choices

### PHYSICAL GROWTH AND DEVELOPMENT

#### *Your Daily Life*

- Eat with your family often.
- Aim for 1 hour of moderately vigorous physical activity every day.
- Limit TV and video or computer games to 2 hours a day.
- Brush your teeth twice a day and floss daily.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- Protect your hearing.
- Take time for breakfast.
- Drink more water and less soda.
- Limit foods that are high in fat and sugar.
- Try to eat healthy foods:
  - 5 fruits and vegetables every day.
  - 3 cups of low-fat milk, yogurt, or cheese daily.

### SOCIAL AND ACADEMIC COMPETENCE

#### *School and Friends*

- Take responsibility for your schoolwork.
- Be on time.
- Aim high. Expect more of yourself.
- Read often.
- Form healthy friendships.
- Spend time with your family.
- Help at home.
- Stay connected with your parents.
- Consider volunteering and helping others in the community with an issue that interests or concerns you.

### VIOLENCE AND INJURY PREVENTION

#### *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.
- Make sure everyone always wears a seat belt.

- Limit the number of friends in the car.
- Don't let yourself be distracted when you drive.
- Protect yourself and others from physical harm.
- Do not ride all-terrain vehicles (ATVs).
- Wear a helmet.
- Make sure you know how get help if you feel unsafe.
- Never have a gun in the home.
- If you must keep a gun in your home make sure it is stored unloaded and locked with the ammunition locked separately from the gun.
- Figure out nonviolent ways to handle anger or fear.
- Healthy dating relationships are built on respect, concern, and friendship, and that saying "no" is OK.

### RISK REDUCTION

#### *Healthy Behavior Choices*

- Find fun, safe things to do.
- Talk with your parents about drinking, drug use, tobacco use, driving, and sex.
- Talk with your parents or other caring adults when you need support or help in making healthy decisions.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Talk about sexual pressures with someone you trust.

### EMOTIONAL WELL BEING

#### *Feelings and Family*

- When you do something good, feel good about it.
- Find healthy ways to deal with stress.
- Spend time with your family.
- Always talk through problems and never use violence.
- It's important to have accurate information about sexuality, your physical development, and your sexual feelings. Please let me know if you have any questions.