Eat healthy food at regular times with 3 meals and planned snacks.
• Healthy foods include:
  • Fruit or vegetable at meals and snacks.
  • Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  • Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
• Make time to eat breakfast – students learn better with breakfast.
• Limit fast foods and snacks high in sugar and fats. Eat well when eating out.
• Avoid restricting food.

Choose health beverages.
• Drink water often.
• Drink 3-4 cups of nonfat/low fat milk a day.
• 100% fruit juice is the best choice; avoid soda and other sweet drinks.
• Limit beverages with caffeine: coffee, tea, and energy drinks.

Eat at home often.
• Plan and prepare a variety of foods.
• Turn off the TV. Eat and talk together.

Keep a healthy weight with a healthy lifestyle.
• 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
• Limit TV/video/computer time to 2 hours a day (except for homework).

Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer. Do not smoke or chew tobacco.
Health

**Teen Health**
- Get regular health checkups and immunizations (shots).
- Keep nails, hair, genitals, and body clean. Wear clean clothes.
- Wash bed sheets weekly.
- Talk with parents or trusted adult about HIV/AIDS and sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- Use sunscreen. Avoid tanning.

**Injury Prevention**
- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet, knee, wrist, and elbow guards when using skates, skateboards, bikes, and motorcycles.
- Protect your hearing. Avoid loud noises or music.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don’t mix.
- Learn CPR

**You may:**
- Want more independence and more time with friends.
- Be growing and notice changes in your body.
- Be concerned about how you look.
- Have an increased appetite.
- Tend to think in the present and not about consequences.
- Disagree with parents and be frustrated.
- Have questions about drugs, alcohol, and sexual activity. If so, talk with a trusted adult.

**Tips and Activities for Parents**
- Praise and reward teens for making positive choices.
- Make sure teen attends school every day. Allow time for daily homework.
- Respect teen’s privacy.
- Discuss and set rules, limits, and penalties.
- Put computer in a place where you can monitor use. Use computer’s parental controls.
- Have talks about drugs, alcohol, sex, peer pressure and ways to say “no.”
- Teach teen the importance of delaying sexual activity.
- Talk about responsible sexual behavior, such as abstinence or condom use.
- Be a good role model. Avoid drugs, alcohol, and tobacco.

What to Expect

**What to Expect**

**Health**

**Safety**

13-16 years

**Teen Safety/Peer Pressure**
- Never hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Do not accept open drinks from others or leave drink unattended. Be aware that date rape happens. It can happen to you. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities, bullying, or group violence.

**Car Safety**
- Always wear a seat belt!
- Follow the Graduated Driver’s License Law.
- Don’t use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.

**Resources for Parents:**
If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.
Teen: If you need support, or someone to talk to, call the California Youth Crisis Line: 1-800-843-5200
To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)

Teens should spend time with family. Parents and teens should talk and listen to each other.