

- You should have a “dental home.” See the dentist twice a year or as advised by dentist.
- Ask dentist about fluoride, braces, mouthguards and “wisdom” teeth.
- Be responsible, brush teeth and tongue twice a day, morning and before bedtime. Floss daily.
- Replace toothbrush every three months or after illness.

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 who eat breakfast learn better.
- Limit fast foods and snacks high in sugar and fat.
- Avoid restricting food.

Choose healthy beverages.

- Drink water often.
- Drink 3-4 cups of nonfat or lowfat 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 well with friends or family.

- Plan and prepare a variety of foods at home.
- Turn off TV. Eat and talk together.
- Choose healthy foods when eating out.

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).



Oral piercing can cause chipped teeth, receding gums, bad breath, nerve damage, and pain.

- Tobacco can cause bad breath, stains on teeth, gum disease, sores and disfiguring cancer.
- Use a mouth guard for all sports.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports and coffee drinks.
- Drugs like meth can cause serious dental and medical problems.

Staying Healthy



Today's Date: _____

Name: _____

Age: _____

Length: _____ Weight: _____

Body Mass Index (BMI) Percentile: _____

Next Appointment:

Date: _____ Time: _____

Important phone numbers:

Police, fire, ambulance: Call 911

CA Poison Action Line: 1-800-222-1222



Staying Healthy

- Get regular health checkups and immunizations (shots).
- If you are pregnant, see a doctor for early and regular prenatal care.
- Keep hair and body clean. Wash bed sheets weekly. Wear clean clothes.
- Wash hands frequently.
- Use sunscreen. Avoid tanning.
- Stay away from tobacco smoke. Stop all tobacco use.
- Think carefully before getting a tattoo or piercing.
- Be responsible for your sexual behavior. Use protection to prevent sexually transmitted infections or unplanned pregnancies.
- Learn about HIV/AIDS and other sexually transmitted infections. Find out where to get tested.

Injury Prevention

- 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 when using skates, skateboards and bikes.
- Protect your hearing. Avoid loud noises or music.

Seek support for hopes and dreams.

You May:

- Be concerned about career, school, and the future.
- Be more independent from your family.
- Be concerned about your weight and eating.
- Date and have a close circle of friends.
- Have a regular job and more financial freedom.
- Have rational arguments with others over beliefs, attitudes, and values.

Tips and Activities

- Remember that you have choices. It is okay NOT to use drugs, alcohol, and have sexual contact with others.
- There may be times when you are confused or depressed. Speak with a trusted adult or friend.
- Find others who are positive about life.
- Talk about life events, attitudes, beliefs, and values with those you respect.
- Get involved in outdoor activities, sports, and community groups. Avoid gang activities or group violence.
- Ask for privacy and respect the privacy of others.
- If you are in school, make time to study. Stay in school.
- Plan for the future you want.

Staying Safe

- Never hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Date rape happens and it can happen to men and women. Ensure your safety! Do not accept open drinks from others or leave drink unattended. Take a self-defense class.

Vehicle and Water Safety

- Always wear a seat belt!
- Always wear a helmet when riding a motorcycle
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

Resources

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.

If you need support, or someone to talk to, call: California Youth Crisis Line 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)

