



I'm an Adult 18 yr+

My health is my responsibility.

Everything that I tell my doctor is confidential. My parents can't get medical information from my doctor unless I sign a HIPAA form.

I need to make good decisions about college, work, friends and relationships.

How Can I Stay Well?

1. **Eat Well** – Eat mostly fruits and veggies, some lean protein – like chicken and peanut butter, whole grains and 3 servings of calcium.
2. **Skip the juice, Gatorade, Vitamin Water** – they have lots of calories and ruin your teeth.
3. **Exercise** – try to get at least a half hour every day.
4. **Get Enough Sleep** – most teens need 8-10 hours of sleep at night.
5. **Take Care of your Mental Health** – ask for help when you need it for things like depression, family stress, alcohol or drug use.
6. **Get Right Information** about relationships and sex from your doctor, family and reliable websites (Adolsecent Health Working Group www.ahwg.net
The Nemours Foundation kidshealth.org/teen)

How Do I Stay Safe?



1. Drive carefully. Don't text or talk on your phone while driving.
2. Make good decisions about sex and your relationships.
3. Avoid tobacco, e-cigarettes, alcohol, drugs, steroids and diet pills
4. Wear your seatbelt and protective equipment for sports.
5. Don't ride in a car with anyone who has been drinking or doing drugs.

Today I want to talk about: (check all that apply)

- Exercise/keeping in shape Nutrition and eating right Contraceptives or birth control
 Sexual activity Sexual abuse My sexuality Acne Fear
 My period (girls) Drinking or drugs Smoking STD's Feelings of sadness

What I need to know about being an adult:

Talk to us if you have questions or concerns about any of these things.

Healthy choices: Support friends who choose not to use drugs, alcohol or tobacco. Find activities that you are really interested in. Read often. Find activities that help others. Work on healthy ways to handle anger and stress.

Stress: Some stress can be good but sometimes not. It can hurt your mood, sleeping and eating. Exercise 3-5 times per week, consider doing yoga, participate in a hobby, take hikes, spend time with friends and do something fun every week.

School: Eat right and get enough sleep so you can focus and do well. Take responsibility for getting homework done and getting to school and work on time. Participate in positive after-school activities or sports. Find safe, fun activities to do with friends.

Sexual Activity: Can be kissing, touching, or sexual intercourse. Approach these activities with good judgment. There are both physical (pregnancy, sexually transmitted diseases like herpes and AIDS) and emotional risks with sexual activity. Good relationships are built on mutual respect and shared interests.

Family: A healthy family can be a foundation for healthy growth and development. Spend time with your family and help out at home. Families can also have stress from physical abuse, fighting, divorce and death.

Work: Don't let anyone pressure you to do something you don't feel is right. Protect yourself from injuries.

Immunizations to stay healthy:

You will need:

- 1) Tdap (tetanus shot) usually at age 20-22.
- 2) HPV Vaccine (Gardasil)
- 3) Meningitis vaccine
- 4) Meningitis B vaccine (Trumenba)
- 5) Yearly Flu shot



*We want you to be healthy and happy.
We care about you!*

Get the facts,
make healthy choices,
practice healthy habits!

Genesis Pediatrics Immunization Schedule

Ages Birth - 5 Years Old

Vaccine	Birth	1m	2m	4m	6m	9m	12m	15m	18m	2y	4 - 5y
Hepatitis B	X	X				X					
Pentacel (DTaP/IPV/HiB)			X	X	X				X		
Prevnar 13 (Strep pneumoniae)			X	X	X			X			
Rotateq (oral) (Rotavirus vaccine)			X	X	X						
MMR (Measles,Mumps,Rubella)							X				
Varivax (Chickenpox)							X				
ProQuad (MMR & Chickenpox)											X
Hepatitis A								X		X	
Quadracel DTaP & IPV											X
Influenza					X & Yearly ...						
Pneumovax (Only if needed)										X or older - 1 dose	
Lead Testing							X	Screen	Screen	X	Screen

Genesis Pediatrics Immunization & Screening Schedule

Ages 6 Years Old - 21 Years Old

Vaccine	6-8 yr	9-10yr	10-11yr	12yr	13yr	14yr	15yr	16yr	17yr/ 12th gr	18yr +
Influenza	X & Yearly ...									
Tdap (Tetanus/Diphtheria/ Pertussis booster)			X							
MenQuadfi (Meningitis Vaccine)			X					X		
Gardasil (HPV vaccine) 14 & under		X **2nd dose given 6 mo after 1st dose**								
Gardasil (HPV vaccine) 15 and over							X	Dose #1 to Dose #2 - at least 2 months Dose #2 to Dose #3 - at least 4 months **AT LEAST 6 months from Dose #1 to Dose #3**		
Trumenba (Meningitis B)								Dose 1		
								Dose 2		
Urine Screening (Female)								X & Yearly ...		
Cholesterol Screening			X Baseline	← Repeat as needed →						

The Relationship Spectrum

Healthy	Unhealthy	Abusive
<p style="text-align: center;">A HEALTHY RELATIONSHIP</p> <p><i>A healthy relationships means that both you and your partner are...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Communicating - You talk openly about problems and listen to one another. You respect each other's opinions. <input type="checkbox"/> Respectful - You value each other as you are. <input type="checkbox"/> Trusting - You believe what your partner says. <input type="checkbox"/> Honest - You are honest with each other but can still choose to keep certain things private. <input type="checkbox"/> Equal - You make decisions together and hold each other to the same standard. <input type="checkbox"/> Enjoying personal time - You both enjoy spending time apart and respect when one of you needs time apart. <input type="checkbox"/> Making mutual sexual choices. You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is ok and what isn't. You discuss using condoms or other birth control methods. 	<p style="text-align: center;">AN UNHEALTHY RELATIONSHIP</p> <p><i>You may be in an unhealthy relationship if one of you is...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Not communicating - When you talk about problems you fight, or you don't talk about them at all. <input type="checkbox"/> Disrespectful - One or both of you is not considerate of each other. <input type="checkbox"/> Not trusting - You don't believe what your partner says. <input type="checkbox"/> Dishonest - One or both partners is telling lies. <input type="checkbox"/> Trying to take control - One or both partners feel their desires and choices are more important. <input type="checkbox"/> Feeling crowded or not spending time with others - Only spending time with your partner. <input type="checkbox"/> Pressured by the other into sexual activity - One partner tries to convince the other that they should have sex, or more sex. <input type="checkbox"/> Ignoring the consequences of sex - The partners are having consensual sex with each other but are not talking about possible consequences. 	<p style="text-align: center;">AN ABUSIVE RELATIONSHIP</p> <p><i>An abusive relationships starts when one of you...</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Communicates in a way that is hurtful or insulting. <input type="checkbox"/> Mistreats the other - One or both partners does not respect the feelings and physical safety of the other. <input type="checkbox"/> Accuses the other of flirting or cheating when it's not true - The partner that accuses may hurt the other in a physical or verbal way as a result. <input type="checkbox"/> Denies that the abusive actions are abuse - They may try to blame the other for the harm they're doing. <input type="checkbox"/> Controls the other - There is no equality in the relationship. What one partner says goes. <input type="checkbox"/> Isolates the other partner - One partner controls where the other one goes, and who the other partner sees and talks to. <input type="checkbox"/> Forces sexual activity - One partner forces the other to have sex.