

SOCIAL CONCERNS ADOLESCENT – use with 11-16 year handout

SAFETY: “For the patient – but also the parent”

1. **Media.** If you cannot say or “show it”, it in public, you should not say or “show it” on social media – including texts. Social media is permanent – it can affect college admission, a job and even get you arrested. Wear hearing protection when you are exposed to loud noise, such as music at concerts.
2. In most situations, it’s important to stay connected with your **family** as you get older. Work with your family to solve problems, especially around difficult situations or topics. Spend time with family members. Help out at home. Follow your family rules, such as for curfews and driving.
3. Consider getting **involved** in your community about an issue that interests or concerns you.
4. How to make **friends** and keep them is an important life skill. Evaluating whether a friendship is no longer good for you is also important.
5. Take responsibility for getting your **schoolwork** done and being at school on time.
6. Ask for help when you need it. **Asking for help is a brave thing to do.**
7. **SUBSTANCES:** Do not smoke vape, use tobacco, drink alcohol, or use drugs, inhalants, anabolic steroids, or diet pills. Vaping, smoking marijuana and other drugs can hurt your lungs; alcohol and other drugs are bad for brain development. Avoid situations in which drugs or alcohol are readily available. Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills. If you smoke, use drugs, or drink alcohol, let’s talk about it. Ask for help with quitting or cutting down on your use. If you do drink alcohol, do not drink when driving, swimming, boating, riding a bike or motorcycle. Do not ride in a vehicle with a driver who has been using drugs or alcohol. Below is a screening tool for problems with a substance. Please review it – if parent or patient feels 2 of the questions are best answered with a “yes”, PLEASE come to us for advice and further management. It is called the CRAFFT screening tool.

C - Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

R - Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

A - Do you ever use alcohol/drugs while you are by yourself, ALONE?

F - Do you ever FORGET things you did while using alcohol or drugs?

F - Does your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?

T - Have you gotten into TROUBLE while you were using alcohol or drugs?

8. **SEX:** Sex before a committed, financially independent, adult relationship increases the risk of STDs, some permanent, including HIV – which can kill you. In addition sex causes pregnancy. Pregnancy prior to completing one’s education, and outside of marriage increases the risk of a child born into poverty and growing up in poverty by 71%. Lastly, sex before maturity causes feelings of regret and guilt that may last a lifetime and this psychological trauma is worsened by abortion. Abstaining from sexual intercourse is the safest way to prevent pregnancy, a lifetime of poverty, STDs, and psychological trauma. STDs can be transmitted by oral and anal sex. Plan how to avoid risky places and relationships. If you are having sex, or find yourself in the future having sex – use protection. Even though it may be hard to tell your parents you need protection – they would rather that than you not being protected. They have been protecting you for your whole life – they will continue in this regard also. You can also come to us – it is confidential. We can test for STDs – it is only a urine test, confidential, - if you need/want to be tested mention it to a staff member – we can do it at the visit. **JUST ASK.** When the results come in we will call your phone number. **Remember** healthy dating relationships are built on respect, concern, and doing things both of you like to do. Leave a relationship if you see signs of violence. In dating situations, remember that "No" means NO. Saying "No" is OK. If your partner respects and loves you he/she will respect ALL of your choices including using a condom or abstaining from sex if you are not ready/comfortable..
9. **DRIVING / ACCIDENT PREVENTION:** Limit night driving and driving with other teen passengers. If you feel unsafe driving yourself or riding with someone else, call someone to drive you. Your parent will not mind this call – they want you safe. Always wear a safety belt in a vehicle, and a helmet when riding a bike, a motorcycle, or an ATV, or when skateboarding. Always wear protective gear when engaged in team sports. Fighting and carrying **weapons** can be dangerous. Learn to manage conflict nonviolently. Walk away if necessary. Call for help if things get dangerous