



HELPING YOUR TEEN NAVIGATE HEALTHCARE

one-on-one time helps your teen take gradual responsibility for their healthcare

FAST FACTS

- Professional healthcare guidelines recommend that providers start having brief one-on-one conversations with teen patients who are 11 or older.
- Some teens may be more comfortable with these brief one-on-one conversations with a nurse or medical assistant in the room, too. Or with another person of the same gender. This is totally okay.

THE FULL PICTURE

The American Academy of Pediatrics recommends that providers have brief one-on-one conversations with teen patients for two reasons:

- 1 Before you know it, your teen will be responsible for their own healthcare. Time alone now with their provider lets them practice. By 18, ideally, your teen will be comfortable making appointments, asking questions, developing a relationship with a health care provider, and expecting good care and information.
- 2 Providers need honest and complete information to give your teen the care and information they need to be healthy. Teens may feel more comfortable asking certain questions one-on-one.

PARENTS: KEEP TALKING

The adolescent healthcare team includes the provider, the teen, and you – the parent. You already help your teen make healthy choices. The next step is helping them take gradual responsibility for their healthcare:

Show older teens how to schedule their next visit.

Say, “It can be helpful to think about your questions ahead of time. How are you getting ready for the appointment?”

Signal that you are still a willing partner on their health care team but that you support them taking the lead. Say, “I think it would be good to talk about _____ .

Would you rather ask about that, or can I?”

Invite questions after your teen’s visit. Ask, “What questions do you have from your appointment?” Or, “Is there anything that came up that would be useful to talk about with me?”

This one can be the hardest: help your teen get what they need even if they don’t want to discuss it with you. “Here is the number for the clinic and here is our insurance information. I’m always here to talk. But even if you can’t tell me something right now, I want you to be healthy.”

GREAT RESOURCES

 Search for “One-on-one time” on [Healthychildren.org](https://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx), produced by the American Academy of Pediatrics: [healthychildren.org/English/ages-stages/teen/Pages/default.aspx](https://www.healthychildren.org/English/ages-stages/teen/Pages/default.aspx)



SCREEN TIME AND SOCIAL MEDIA

your technology and your health

FAST FACTS

- The internet is a great tool for learning, staying connected with friends and family, sharing art, enhancing creativity, finding volunteer or job opportunities, and more.
- Clear boundaries for technology use can help protect you and keep you healthy.

EXAMPLES OF BOUNDARIES FOR YOUR TECHNOLOGY USE:

- Make your accounts private in the privacy settings.
- Be thoughtful about sharing pictures. Remember that any picture you send or post can be found or shared.
- Protect your non-technology time. For example, park your phone in a different room when you sleep or when you want to be creative.
- Know who you are talking to online.
- Don't share personal information (name, address, contact info) if you don't know the other person.



TEENS: LET'S TALK

What online experiences are fun or supportive for you? Some types of screen time are really positive.

What are your boundaries for online use? Which ones are hard? The resources below have good tips.

Who could you talk to if you felt harassed or uncomfortable about something you experienced online? Talking to a trusted

adult may not be easy but can be helpful. We can work together to identify your supportive adults.

What are your personal rules for sharing images? You should never be pressured to share something you don't want to share. Remember that it is illegal to share or have nude pictures of anyone who is under 18 years old.

PARENTS: KEEP TALKING

Talking with your teen about technology use can help them stay safe and develop good habits for a lifetime. It is helpful to talk about the positive aspects of technology, as well as boundaries for technology use.

Ask open-ended questions: "Which apps do you use? What accounts do you follow? What do you like about them?"

"How do you spend most of your time online?"

"Have any of your friends had any scary or uncomfortable

experiences online? Have you?"

Plan for safety: "What do others say about sexting?"

"What are your rules for sharing pictures or personal information?"

Set boundaries: Talk about when screen time is appropriate (doing schoolwork or playing games) and when it's not (after a certain time or at the dinner table). Sign a written contract (resources below).

GREAT RESOURCES

 For parents: commonsensemedia.org and childrenandscreens.org

 Create a "Family Media Plan" on [HealthyChildren.org](https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx)



HEALTHY SLEEP

how good sleep promotes good health

FAST FACTS

- Teens need 8-10 hours of sleep each night.
- School and activity schedules don't always support your natural sleep cycle.
- Small sleep habit changes can make a big difference.

THE EFFECTS OF GETTING ENOUGH SLEEP INCLUDE:



- Better grades.
- Better mood.
- Better stress management.
- Better sports performance.
- Better general health.

TEENS: LET'S TALK

How much sleep are you getting on school nights? On weekends? If you aren't sure or don't think you are getting enough, it can help to keep track. You can Google "sleep diary" to find online resources that show you what to track.

Do you feel sleepy during the day? This may be a sign your body needs more sleep.

Are there things you can change? Some suggestions that other teens find helpful:

- using your bed only for sleep (not homework or texting).

- turning off electronics an hour before bed.
- putting snacks away an hour before bed.
- focusing on relaxation before bed (breathing or meditation).
- getting exercise during the day.
- aiming for a consistent sleep/wake schedule.

Which of these would be best for you? What are some other ideas?

PARENTS: KEEP TALKING

As a parent, there are many ways you can help your teen get more sleep. Try to find ways to model healthy sleep behaviors yourself. Set boundaries like asking everyone to charge their phones overnight in the kitchen. And keep talking about it.

Here is one approach: "Let's talk about sleep. We both know sleep is good. But we also know getting enough can be hard,

especially when teens are naturally wired to stay up later. I'd really like to brainstorm some ideas to help you get more sleep and pick a few to try. I want to support you, but I know a lot of this will be up to you. Let's check in next week about how trying these ideas went."

GREAT RESOURCES

 American Academy of Sleep Medicine:
sleepeducation.org/category/teens

 Search for "Sleep" on [Healthychildren.org](https://www.healthychildren.org),
produced by the American Academy of Pediatrics



BULLYING

it's never okay

FAST FACTS

- Bullying is common, but it's not okay. It can hurt those who are bullied, those who bully others, and people nearby.
- Behaviors can – and, hopefully, will – change. It's helpful to avoid labeling people as “bullies” or “victims.” Instead, say “the child who was bullied.”
- Everyone has a role to play in ending bullying. You can be an “upstander” by saying something – either in the situation or to a trusted adult – when you hear or see bullying.

KINDS OF BULLYING

Verbal bullying: inappropriate sexual comments, threats, or name-calling.

Social bullying: leaving someone out, spreading rumors, embarrassing someone, or hurting someone's reputation.

Physical bullying: violence, spitting, breaking someone's things, or threatening violence.

Cyber bullying: sending or sharing hurtful, negative, or false information about someone online.

TEENS: LET'S TALK

Who are the supportive adults in your life? Finding an adult to talk to (like a parent, coach, or teacher) is important, brave, and helps you feel less alone. It can also lead to making the bullying stop. We can work together to identify your supportive adults.

When and where do you feel safe and connected? Spending time with people and groups who support and value you can

help you stay strong. We can look into community volunteering or youth group options.

How do you feel about finding additional support? It's common for bullying to make you feel sad, scared, or angry. Talking to a therapist can help: we can work together to find a good fit for you.

PARENTS: KEEP TALKING

As a parent, you can help your teen get out of a bullying situation. Teens often do not tell an adult about their bullying experience out of shame, fear of backlash, or worry about their parent's reaction. You can start the conversation.

It may feel overwhelming, but if you think your teen is being bullied you can help.

Start with a general question like, “How are people at school mean to each other? Have you had experiences like that?”

Calmly say, “I'm sorry this is happening to you. We're going to get you through this.” Ask questions (above) about sources of safety and connection.

Say, “You're not the first person to experience this. We need to connect with the school and file a report so this is documented. Who should we talk to first? Do you want me to call?”

Say, “I'm here for you and want to help. Let's both search for additional ideas and resources. And let's set a time to check in.”

GREAT RESOURCES

 Crisis support: Dial 988 or visit [988lifeline.org](https://www.988lifeline.org)

 Pacer Center: [pacer.org/bullying](https://www.pacer.org/bullying)

 Bullying and cyberbullying resources: [stopbullying.gov](https://www.stopbullying.gov)



MENTAL HEALTH

why talking about it helps

FAST FACTS

- Mental health issues like depression and anxiety are common.
- Taking small steps to support your mental health can help you in your schoolwork, relationships, and sports.
- People who support their own mental health feel more comfortable in their own skin.
- If your mental health issues are getting worse or making life difficult, good help is available.

WAYS TO SUPPORT YOUR MENTAL HEALTH



- Talk about it with a supportive friend or adult.
- Exercise.
- Get enough sleep.
- Find guided relaxation exercises online.
- Have regular conversations with a mental health professional.
- Discuss medication options with your healthcare provider.

TEENS: LET'S TALK

How would you describe your mental health right now? What has helped you protect or improve your mental health in the past? Identifying what has helped and what hasn't is a great place to start.

What things make your mental health worse? These can range from social media to a stressful schedule to scary or difficult

experiences. These are things we can talk about together. And who is another trusted adult you can talk to?

What new support strategies would you be willing to try? Is there anything helpful on the list above? We can make a plan today for things to try. And we can decide if we should check in again and when.

PARENTS: KEEP TALKING

As a parent, there are many ways you can support your teen's mental health. Your words and actions can help them now and develop lifelong habits that support their mental health.

Even if you don't know exactly what to say, talking openly, honestly, and often can make a big difference. If you see sudden and dramatic changes in your teen's academic performance, sleep habits, weight, or personality, consider talking to a mental health professional to learn more.

Try these conversation starters:

- "We all have better and worse times. How are you doing now?"
- "I'm here to listen. What do you need, and how can I support you?"
- "Can I help you find some resources or ideas and then talk again tomorrow night?"

GREAT RESOURCES

 For finding MN mental health care providers: fasttrackermn.org

 Other great resources: mentalhealth.gov and NAMI.org

 Crisis support: Dial 988 or visit 988lifeline.org



ALCOHOL, VAPING, AND MARIJUANA

how to reach your health goals

FAST FACTS

- Most teens have not drunk alcohol, vaped, used marijuana, or used other drugs.
- Vaping tobacco or THC, like other drugs, can harm your lungs and brain. E-cigarettes can contain nicotine, toxic chemicals, and heavy metals.
- No amount or type of alcohol is safe for teens. A beer, a glass of wine, and a shot of liquor have the same amount of alcohol and can all impact health and decision making.
- When you choose to not drink, vape, or use marijuana, you are choosing to keep your body healthy and at lower risk for injury.

TEENS: LET'S TALK

What are your goals for health? How does substance use fit with those goals? Identifying these goals now can help you make decisions later that help you meet your goals.

Do your friends drink, vape, or use marijuana? With your goals in mind, how can you handle situations in which friends are using?

Sometimes, teens use substances to deal with difficult emotions. Is this ever true for you? If so, we can think about resources to help you cope.

Do you feel able to talk to your parents about these topics? We can talk about questions and treatment for alcohol or drug use without your parents, but it can be really helpful to loop them in.

If your substance use does not fit with your goals, what step can you take to move toward your goals? We can brainstorm ideas together and we can set a time to check in again.

PARENTS: KEEP TALKING

The vast majority of parents do not want their teen to drink or use drugs, and with good reason: no amount of alcohol use (including supervised drinking) or other drug use has proven safe for teens' developing brains.

As a parent, there are many ways you can support your teen to make healthy choices. Share the reasons you hope they do not use and talk often. Consider these ideas to keep talking:

Ask, "What do you hear about alcohol/vaping/marijuana use for teens? What do you think?"


Say, "I hope that you not drink or use other drugs. But I know you are the one who makes these decisions for yourself. Can we talk about how you plan to stay safe?"

Talk about your teen's plans and ask, "Where will you be? Who will be there? Do you think there will be alcohol or other drugs? Who is driving?"

Have a plan to help your teen exit a situation: "If you feel unsafe or uncomfortable, text me [or another trusted adult]. I won't ask you anything until the next day and I won't try to make you tell me anything. I just want you to be safe."

GREAT RESOURCES

 Search for "Teen Parties" on [HealthyChildren.org](https://www.healthychildren.org)

 Confidential alcohol and drug use helpline: 1-800-662-HELP (4357)

 Find treatment centers: [findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)

 Search for "Vaping" on [CDC.gov](https://www.cdc.gov)

Toolkit for Adolescent Care



HEALTHY RELATIONSHIPS

what's healthy, what's not, and defining your relationship values

FAST FACTS

- It's normal to start exploring romantic relationships or start to date between ages 11-14. It's also normal not to.
- One in 10 teens experience violence in a relationship. This is not okay.
- A key ingredient in healthy sexual relationships at all ages is **consent**. Whether you're holding hands, kissing, touching, having sex, or anything else, it's important for partners to feel emotionally and physically comfortable.

RELATIONSHIP CHARACTERISTICS



HEALTHY RELATIONSHIPS

Respect
Consent
Trust
Equality
Honesty
Open communication
Kindness



UNHEALTHY RELATIONSHIPS

Disrespect
Crossed boundaries
Pressure
Power imbalance
Dishonesty
Poor communication
Rudeness



ABUSIVE RELATIONSHIPS

Control
A partner is forced to do something
Violence
Manipulation
Accusations
Name-calling

TEENS: LET'S TALK

Which relationship characteristics (above) are most important to you? Do you have these things in your close relationships?

It can be helpful to identify what you value in your relationships and think about if you are getting what you value.

Have you thought about your boundaries for physical touch? We can talk about setting and communicating about

boundaries if that is helpful. And, if your boundaries have been crossed we can find supportive resources.

What questions do you have about relationships? What information might be useful to you? We can look at the resources at the bottom of this page together to see what's there.

PARENTS: KEEP TALKING

As a parent, your words and actions can help your teen form healthy relationships now and in adulthood. Keep talking about relationships:

Say, "You deserve to be treated with respect. Trust your instincts."

Ask, "Do you see examples of healthy relationships among your friends? Any unhealthy ones? What do you notice?"

Make a plan. Say, "If you ever feel unsafe or uncomfortable, text me [or another trusted adult]. I won't ask you anything until the next day and I won't try to make you tell me anything. I just want you to be safe."

Ask, "Where will you be? Who will be there? When will you be home?"

Get more ideas to keep talking. Check out: futureswithoutviolence.org/talk-teens-teen-dating-violence

GREAT RESOURCES ON RELATIONSHIPS AND DATING VIOLENCE

 futureswithoutviolence.org

 loveisrespect.org

 National Dating Abuse Helpline (anonymous and confidential): 1-866-331-9474 or TEXT: LOVEIS to 22522

Toolkit for Adolescent Care

For more, visit: z.umn.edu/talk_toolkit | Produced by the University of Minnesota



HEALTHY DECISIONS ABOUT SEX *you get to decide*

FAST FACTS

- Thinking about physical intimacy and sex is a normal part of adolescence. It's good to decide on your personal boundaries.
- People consider different things when deciding about sex: physical and emotional readiness, personal and family values, religious views, and potential impact on health.
- Most high school students have not had sex. The research shows that most sexually active teens used a condom the last time they had sex.
- You get to decide what you are ready for and when. You *always* have the right to say no to anything that makes you uncomfortable.

TEENS: LET'S TALK

Have you thought about your personal boundaries around sex and your body? We can talk about your comfort level with physical intimacy and ways to talk about your boundaries with a partner.

How would you say “no” to something you don’t want to do? “No” by itself is always enough. Some teens might say “I don’t want to do that,” others might say, “I have to leave now.”

If you have questions about relationships or making sexual decisions, who are the trusted adults you can talk to? Some teens talk to a parent or a friend’s parent. You can also call the clinic and talk confidentially with a doctor or nurse.

If you have had sex or are thinking about it, do you have questions or concerns? What is your plan to prevent pregnancy and sexually transmitted infections? We can talk about your options and make sure you have good information.

PARENTS: KEEP TALKING

Most parents want to pass on their values and keep their teens safe. It can be hard to balance this with the knowledge that teens tend to make their own choices. One way to protect your teen as they practice making adult decisions is **to talk often and be their best source of information:**

Use teachable moments and open-ended questions: a dating scene on TV could prompt you to ask a younger teen: “Are any of your friends dating? What do you

think about it?” If your teen is dating, ask, “How do you talk about boundaries with your partner? What would you say or do if they were not being respected?”

Your teen cares what you think. Clearly share your values and expectations: “I prefer that you wait until [love, marriage, 21, etc.] before having sex.”


You can build trust between the two of you by acknowledging that it’s up to them: “I hope we agree on this. But


whenever you make that decision, I love you and want you to be safe. How would you prevent pregnancy and STIs? Where would you find accurate information about prevention methods?”

Help your teen gets the facts about sex, healthy relationships, preventing pregnancy, sexually transmitted infections, and consent. Having this information does not make teens more likely to have sex. It does make them more likely to become healthy adults.

GREAT RESOURCES

 Great resource and supportive talking tips for parents and teens: [amaze.org](https://www.amaze.org)

 Great resource on healthy and safe relationships: [loveisrespect.org](https://www.loveisrespect.org)

 If a relationship feels unsafe, get anonymous and confidential help: 1-866-331-9474 or text [LOVEIS](https://www.loveisrespect.org) to 22522



SEXUAL ORIENTATION AND GENDER IDENTITY

For parents

is your child thinking about their sexual orientation or gender identity?

FAST FACTS

- Thinking about gender identity and sexual orientation is a normal part of growing up.
- You're not alone if you feel like you're not ready for these conversations.
- Sexual orientation (who you're attracted to) and gender identity (your sense of self as a boy, girl, both or neither) are different things. Your child may be thinking about one or both.
- Some parents are comfortable with this. Others are not. Either way, it may feel confusing or difficult to know what to say. That's normal, too.
- You don't have to say the perfect words to let your teen know that your love is unconditional.

“WHAT’S LGBTQ+?”

This stands for Lesbian, Gay, Bisexual, Trans, Queer, and other terms like Questioning.

“WHAT NOW?”

The best way to show up for your child is to keep listening and talking. LGBTQ+ youth who have accepting and supportive families:

- have better health.
- have higher self-esteem.
- are less likely to be depressed.
- are 3x less likely to attempt suicide.



SUGGESTIONS FOR SUPPORTING YOUR TEEN

Show support for your child with these tips. See more at familyproject.sfsu.edu

Say, “I love you.”

Ask, “How can I be supportive?”

Welcome your child’s friends/partners to your home.

Support their gender expression (clothes, hairstyle, etc.).

Use the name and pronouns they prefer.

Say, “I’m always here for you.”

Find a supportive church or spiritual community.

Educate yourself.

Speak openly about your child’s identity and orientation.

Tell your teen they deserve and will have a good life.

Expect family members to treat your child respectfully.

Say, “I’m trying to learn and to be supportive.”

Some of these steps might feel easier or more difficult.

Which of these seem most important right now?

Connecting to a parent group can be helpful and shows your child that you want to support them. If there isn’t one in your area, this is a respected national resource for parents and families: pflag.org/.

Getting familiar with terms can also help and shows your child that you want to support them. This website offers some helpful definitions: transstudent.org/about/definitions.

GREAT RESOURCES

For teens and parents: itgetsbetter.org

LGBTQ+ youth resources from the CDC: cdc.gov/lgbthealth/youth.htm



Crisis support for LGBTQ youth (the Trevor Project):
1-866-488-7386 OR Text “START” to 678-678

Toolkit for Adolescent Care

For more, visit: z.umn.edu/talk_toolkit | Produced by the University of Minnesota



SEXUAL ORIENTATION & GENDER IDENTITY *For Youth*

everyone has them

FAST FACTS

- Everyone has a sexual orientation and gender identity whether they think about them a lot or never.
- Thinking about gender identity and sexual orientation is a normal part of growing up.
- It's important for you to have safe spaces and relationships in which you can process your feelings and questions.

The Gender Unicorn

Graphic by: **TSER**
The Trans Student Education Resource

DEFINITIONS

This graphic offers some helpful vocabulary for understanding sexual orientation and gender.

Gender Identity

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression

- Feminine
- Masculine
- Other

Sex Assigned at Birth

- Female
- Male
- Other/intersex

Physically Attracted to

- Women
- Men
- Other Gender(s)

Emotionally Attracted to

- Women
- Men
- Other Gender(s)

To learn more, go to: www.transstudent.org/gender
Design by Landyn Pan and Anna Moore

TEENS: LET'S TALK

Where are you in the process? Are there certain words you would like me to use to describe your sexual orientation or gender identity?

Are your parents supportive? If so, we can work together to connect them with resources.

Who are the other supportive adults in your life? We can work together to identify your supportive adults.

Would it help to connect with an LGBTQ+ youth group? We can find a supportive group for youth at school or in your community to connect with others.

Who can you tell if you experience discrimination, bullying, or harassment? We can talk about a plan if this would be helpful for you.

Do you experience troubling thoughts, worries, or emotions that get in the way of your daily life? If so, we can talk about finding a therapist who is familiar with LGBTQ+ experiences.

GREAT RESOURCES

Great resource to find community and support: itgetsbetter.org

Gender identity and sexual orientation terms and definitions: transstudent.org/about/definitions

Great list of LGBTQ+ youth resources: cdc.gov/lgbthealth/youth-resources.htm

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PRESCRIPTION HORMONES

how to decide on a method that's right for you

Understanding your goals and what is important to you can be a good place to start.

WHAT ARE YOUR GOALS FOR HORMONE METHODS?

SUPPORT MY GENERAL HEALTH

Teens may use prescription hormones for a variety of reasons. Some methods have health benefits, like helping with:

- Heavy, painful, or irregular periods
- PMS and other period-related symptoms
- Acne
- Polycystic Ovarian Syndrome
- Stopping periods

PREVENT PREGNANCY

If you are having the kind of sex that can result in pregnancy (penis-vagina sex), consider:

- IUDs and implants are the most effective methods of preventing pregnancy.
- The shot, pills, patches and rings are also effective when used as recommended.

SIDE NOTE: AVOIDING STIs

- If you're having any kind of sex, it's important to your health to think about preventing sexually transmitted infections (STIs).
- Barrier methods, like condoms, can help prevent STIs like gonorrhea, chlamydia, and HIV.
- For those who want to prevent pregnancy, using two methods (a barrier + hormonal method) makes them both more effective.

TEENS: LET'S TALK

When considering options, what things are important to you?

In addition to your health goals, there may be other factors to consider.

Is privacy a concern? For example, some teens do not want a prescription to be filled by a pharmacist they know. Other teens don't want their parents' insurance company to mail a bill. We can work on a plan for you to get the care you need.

Is payment a concern? Most insurance plans cover all options. If you have trouble with getting it covered, or if you don't want

to use your insurance, we can help you connect with free or low cost options.

How can we help you be successful with the method you choose? For example, we can talk about how to use a condom correctly. And we can talk about ways to remember to take pills regularly.

Remember, it's okay to decide to not have sex. Communicating about physical connection with a partner is important and healthy. What types of physical connection fit within your boundaries?

PARENTS: KEEP TALKING


Some parents are comfortable talking about these topics. Others are not. But all parents want their teens to make choices that will help them be healthy adults.

Say, "I'm proud of you for being responsible enough to talk to your doctor about your health care needs."


Ask, "What questions have come up for you about birth control?"

Say, "I want you to have accurate information." Encourage your teen to call this clinic and use the resources below.

GREAT RESOURCES

 For exploring hormone and contraception methods: bedsider.org

 On healthy relationships: loveisrespect.org

 Anonymous and confidential National Dating Abuse Helpline 1-866-331-9474 or text "LOVEIS" to 22522

Toolkit for Adolescent Care

For more, visit: z.umn.edu/talk_toolkit | Produced by the University of Minnesota



BIRTH CONTROL

how to decide on a method that's right for you

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HEALTHY EATING

Fuel for thriving

FAST FACTS

- Think of food as fuel for your body. Tuning into your body's cues about feeling hungry or full can help your body get the energy it needs and help you feel your best.
- Eating a variety of different kinds of food and consistent meals throughout the day can help you maintain your energy and mood.
- Skipping meals, counting calories, avoiding whole groups of foods, obsessing over food and exercise, taking diet pills or laxatives, binge-eating, vomiting after eating, or eating by yourself may be warning signs of unhealthy eating.
- A balanced diet includes vegetables, grain, fruit, and protein.

TEENS: LET'S TALK

What do you like to eat? What kinds of foods are important to your family and culture? Tell me about the food you eat at home and at school. Talking about nutrition together helps us know if you're getting the nutrients and fuel you need, and lets us celebrate healthy choices you are making.

We all get a lot of messages about how our bodies should or shouldn't look. What messages do you hear?

Often, the messages we hear pressure us to try to change our body's size or shape. Are you doing anything to try to change

your body? Let's talk about your goals for a healthy body and write down an achievable goal. What would be helpful to you as you pursue your goals?

Do you and your family always have access to the food you need? If not, let's talk about how to get you connected to some resources.

What are the things you appreciate about your body and what it can do?

PARENTS: KEEP TALKING

Support your teen's healthy eating goals. Ask, "How can I help you make sure your body gets what it needs?"

Fuel as a family. Spend time together thinking of new meal ideas or cooking together. Have meals together to fuel connections and bodies.

Notice warning signs. The warning signs listed in "Fast Facts" above should be

discussed with their doctor or healthcare provider.

Counteract any negative comments about themselves or their bodies.


Say, "Everyone is hard on themselves sometimes. Let's list some things that make you feel joyful in your body." Compliment your teen on the ways in which they take care of their body, not related to their appearance.

Support a healthy, body neutral climate in your household. Put an end to weight-related talk or teasing in your home. Interrupt teasing and say, "We appreciate and respect all bodies in this home."

Be a role model by showing appreciation for your own body and what it can do. Say out loud when you feel proud of something you accomplished or a healthy choice you made.

GREAT RESOURCES

 Search for "healthy eating plate" and "mindful eating" at nutritionsource.hsph.harvard.edu

 National Eating Disorder Association: Resources and Online Screening Tool: nationaleatingdisorders.org

Toolkit for Adolescent Care



PHYSICAL ACTIVITY

moving your body

FAST FACTS

- The best type of activity is enjoyable movement. Look for ways to move that bring you joy!
- Teens that get at least 60 minutes of physical activity daily feel their best, physically and mentally. Even just 5 or 10 minutes at a time is a great place to start.

TYPES OF PHYSICAL ACTIVITY

- **Aerobic:** Walking to school or work, dancing, running, swimming, biking, or chores that make you break a sweat
- **Muscle-strengthening:** Bodyweight exercises (pushups, squats), yoga, or lifting heavy objects (or little kids)
- **Bone-strengthening:** Jumping rope, climbing stairs, or playing sports that make you change direction quickly (basketball, soccer)

IDEAS: IF YOU HAVE...

5-15 Min

- Dance to a playlist of 4-5 songs
- Take a quick break from homework to do yoga or jump rope
- Try an at-home workout video from Move + Thrive (see resources below)

15-30 Min

- Create a playlist of 9-10 songs and clean your house until your playlist ends
- Bike or walk at your favorite place with a friend
- Work on sports skills like dribbling a soccer ball or shooting hoops

30-60 Min

- Walk while listening to your favorite album
- Play with your sibling at the playground
- Join a sports team and make it to practice

TEENS: LET'S TALK

Tell me about the active things you do. What kinds of movements or activities are fun for you or feel good to your body? Any way that you move your body is physical activity and can help you stay healthy. Let's look at the three types of physical activity and brainstorm ways to get some of each.

What goals do you have for your physical activity? What would support you in achieving them? Let's set an achievable short-term goal, write it down, and check-in soon.

PARENTS: KEEP TALKING

Encourage your teen to do the physical activities they enjoy. Ask, "Is there any type of activity you've been wanting to try?" or, "Which example on this sheet sounds interesting?"


Show your support! Look for ways to join them; praise them when they do something active with friends; or say, "You seem to be in a really good mood since your walk."

Try to help remove barriers. Ask, "What gets in the way of

physical activity?" In some cases, YMCAs, community centers, or sports leagues can make activity more accessible. Check if insurance helps pay for gym memberships. Or, help plan activities they can do while babysitting.

Be a role model for engaging in physical activity in ways that are manageable for you, whether that is parking far from the door, dancing in the kitchen, or playing sports.

GREAT RESOURCES TO KEEP MOVING

 Move Your Way® campaign resources on [Health.gov/moveyourway](https://www.health.gov/moveyourway)

 University of Minnesota Move + Thrive Project [workout videos on YouTube](#)

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For more, visit: z.umn.edu/talk_toolkit | Produced by the University of Minnesota