

BRIGHT FUTURES HANDOUT ► PARENT

11 THROUGH 14 YEAR VISITS



Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Encourage your child to be part of family decisions. Give your child the chance to make more of her own decisions as she grows older.
- Encourage your child to think through problems with your support.
- Help your child find activities she is really interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Help your child deal with conflict.
- Help your child figure out nonviolent ways to handle anger or fear.
- If you are worried about your living or food situation, talk with us. Community agencies and programs such as SNAP can also provide information and assistance.

✓ YOUR GROWING AND CHANGING CHILD

- Help your child get to the dentist twice a year.
- Give your child a fluoride supplement if the dentist recommends it.
- Encourage your child to brush her teeth twice a day and floss once a day.
- Praise your child when she does something well, not just when she looks good.
- Support a healthy body weight and help your child be a healthy eater.
 - Provide healthy foods.
 - Eat together as a family.
 - Be a role model.
- Help your child get enough calcium with low-fat or fat-free milk, low-fat yogurt, and cheese.
- Encourage your child to get at least 1 hour of physical activity every day. Make sure she uses helmets and other safety gear.
- Consider making a family media use plan. Make rules for media use and balance your child's time for physical activities and other activities.
- Check in with your child's teacher about grades. Attend back-to-school events, parent-teacher conferences, and other school activities if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if she needs it.
- Encourage daily reading.

✓ YOUR CHILD'S FEELINGS

- Find ways to spend time with your child.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, let us know.
- Talk with your child about how his body is changing during puberty.
- If you have questions about your child's sexual development, you can always talk with us.

✓ HEALTHY BEHAVIOR CHOICES

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Know your child's friends and their parents. Be aware of where your child is and what he is doing at all times.
- Lock your liquor in a cabinet.
- Store prescription medications in a locked cabinet.
- Talk with your child about relationships, sex, and values.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask us or others you trust for reliable information that can help.
- Use clear and consistent rules and discipline with your child.
- Be a role model.

11 THROUGH 14 YEAR VISITS—PARENT

SAFETY

- Make sure everyone always wears a lap and shoulder seat belt in the car.
- Provide a properly fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowmobiling, and horseback riding.
- Use a hat, sun protection clothing, and sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Don't allow your child to ride ATVs.
- Make sure your child knows how to get help if she feels unsafe.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately from the gun.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

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Tips for Parents of Adolescents

Adolescence is the time between childhood and adulthood when your daughter or son will go through many physical and emotional changes. It begins with puberty which, for girls, usually starts between 8 and 13 years of age, and for boys, between 10 to 14 years of age.

Though these years can be difficult, it can also be a rewarding time watching your teen make the transition into an independent, caring, and responsible adult.

The American Academy of Pediatrics offers the following tips to help you and your teen navigate adolescence. *Teen* will be the term used in this publication when referring to adolescent, teenager, preteen, and tween.

- 1. Spend family time with your teen.** Although many teens may seem more interested in friends, this does not mean they are not interested in family.
- 2. Spend time alone with your teen.** Even if your teen does not want time alone with you, remind him or her often that you are always available to listen or talk. One way to make yourself available is to offer rides; a great opportunity to talk (if the radio isn't too loud).
- 3. When your teen talks**
 - Pay attention.
 - Watch, as well as listen.
 - Try not to interrupt.
 - Ask for further details if you don't understand.
 - If you don't have time to listen, set a time that will be good for both of you.
- 4. Respect your teen.** It's OK to disagree with your teen, but disagree respectfully, not insultingly. Don't dismiss his or her feelings or opinions as silly or senseless. You may not always be able to help when your teen is upset about something, but it is important to say, "I want to understand," or "Help me understand."
- 5. When rules are needed, set and enforce them.** Don't be afraid to be unpopular for a day or two. Believe it or not, teens see setting limits as a form of caring.
- 6. Try not to get upset if your teen makes mistakes.** This will help your teen take responsibility for his or her actions. Remember to offer guidance when necessary. Direct the discussion toward solutions. For example, saying, "I get upset when I find clothes all over the floor," is much better than, "You're a slob."

Be willing to negotiate and compromise. This will teach problem solving in a healthy way. Remember to choose your battles. Let go of the little things that may not be worth a big fight.
- 7. Criticize a behavior, not an attitude.** For example, instead of saying, "You're late. That's so irresponsible. And I don't like your attitude," try saying, "I worry about your safety when you're late. I trust you, but when I don't hear from you and don't know where you are, I wonder whether something bad has happened to you. What can we do together to help you get home on time and make sure I know where you are or when you're going to be late?"
- 8. Mix criticism with praise.** Your teen needs to know how you feel when he or she is not doing what you want him or her to do.

Be sure to mix in positive feedback with this criticism. For example, "I'm proud that you are able to hold a job and get your homework done. I would like to see you use some of that energy to help do the dishes after meals."

- 9. Let your teen be a teen.** Give your teen some leeway with regard to clothes, hairstyle, etc. Many teens go through a rebellious period in which they want to express themselves in ways that are different from their parents. However, be aware of the messages and ratings of the music, movies, and video games to which your teen is exposed.
- 10. Be a parent first, not a friend.** Your teen's separation from you as a parent is a normal part of development. Don't take it personally.
- 11. Don't be afraid to share mistakes you've made as a parent or as a teen.**
- 12. Talk with your teen's pediatrician** if you need advice on how to talk with or get along with your teen.

Common questions

The following are answers to questions from parents of teens.

Dieting and body image

"My daughter is always trying new diets. How can I help her lose weight safely?"

Many teens resort to extreme diet or exercise programs because they want their bodies to look like the models, singers, actors, or athletes they see in the media.

Tips for a healthy diet

- Limit fast-food meals. Discuss the options available at fast-food restaurants and help your teen find a healthy, balanced diet. Fat should not come from junk food but from healthier foods such as low-fat cheese or low-fat yogurt.
- Keep the household supply of junk food such as candy, cookies, and potato chips to a minimum.
- Stock up on low-fat healthy items for snacking such as fruit, raw vegetables, whole-grain crackers, and low-fat yogurt. Encourage eating fruits and vegetables as snacks.
- Check with your teen's doctor about the proper amounts of calories, fat, protein, and carbohydrates for your teen.
- As a parent, model good eating habits. Make mealtime family time (5 times per week or more)—eating meals together helps with communication and reduces teen risk-taking.

Be aware of any diet or exercise program your daughter is following. Be watchful of how much weight she loses and make sure the diet program is healthy. Eating disorders such as anorexia nervosa and bulimia nervosa can be very dangerous. If you suspect your daughter has an eating disorder, talk with her doctor right away. Also, if you have a son, it's important to be aware of his diet or exercise habits too.

Many diets are unhealthy for teens because they do not have the nutritional value that bodies need during puberty. If your daughter wants to lose weight, urge her to increase physical activity and to take weight off slowly. Let her eat according to her own appetite, but make sure she gets enough fats, carbohydrates, protein, and calcium.

If your daughter decides to become a vegetarian, make certain she follows a healthy vegetarian diet. She may need to see her doctor or a nutritionist to ensure that she is getting enough fat, calories, protein, and calcium.

If your teen (like many teens) is unhappy with the way she looks, encourage healthy exercise. Physical activity will help stop hunger pangs, create a positive self-image, and take away the "blahs." If she wants to train with weights, she should check with her doctor, as well as a trainer, coach, or physical education teacher.

Help create a positive self-image by praising her wonderful qualities and focusing less on her appearance. Set a good example by making exercise and eating right a part of your daily routine also.

Dating and sex education

"With all the sex on TV, how can I teach my son to wait until he is ready?"

Teens (females and males) are naturally curious about sex. This is completely normal and healthy. However, teens may be pressured

Talking with your teen about sex

Before your teen becomes sexually active, make sure you discuss the following topics:

- **Medical and physical risks.** Risks include unwanted pregnancy and sexually transmitted infections (STIs) such as gonorrhea, chlamydia, hepatitis B, syphilis, herpes, HIV (the virus that causes AIDS), and HPV (human papillomavirus—the virus that can cause cancers of the mouth and throat, cervix, and genitals in teens and adults).
- **Emotional risks.** Teens who have sex before they are emotionally ready may regret the decision when they are older or feel guilty, frightened, or ashamed from the experience. Your teen should ask himself or herself, "Am I ready to have sex?" or "What will happen after I have sex?"
- **Promoting safer sex.** Anyone who is sexually active needs to be aware of how to prevent unintended pregnancies, as well as how to protect against STIs. Condoms should always be used along with a second method of contraception to prevent pregnancy and reduce the risk of STIs.
- **Setting limits.** Make sure your teen has thought about what his or her sexual limits are before dating begins.

Most importantly, let your teen know that he or she can talk with you and his or her doctor about dating and relationships. Offer your guidance throughout this important stage in your teen's life.

into having sex too soon by their peers or the media. Talk with your son to understand his feelings and views about sex. Start early and provide him with access to information that is accurate and appropriate. Delaying sexual involvement could be the most important decision he makes.

Drugs

"I am afraid some of my daughter's friends have offered her drugs. How can I help her make the right decision?"

Teens may try or use tobacco and alcohol or other drugs to fit in or as a way to deal with peer pressure. Try to help build self-confidence or self-esteem in your teen. Ask your daughter about any concerns and problems she is facing and help her learn how to deal with strong emotions and cope with stress in ways that are healthy. For instance, encourage her to participate in leisure and outside activities with teens who don't drink and use drugs.

Smoking and tobacco

"My daughter smokes behind my back. How do I convince her to quit?"

Smoking can turn into a lifelong addiction that can be extremely hard to break. Discuss with your teen some of the more undesirable effects of smoking, including bad breath, stained teeth, wrinkles, a long-term cough, and decreased athletic performance. Long-term use can also lead to serious health problems like emphysema and cancer.

Chew or *snuff* can also lead to nicotine addiction and causes the same health problems as smoking cigarettes. In addition, mouth wounds or sores can form and may not heal easily. Smokeless tobacco can also lead to cancer.

If you suspect your daughter is smoking or using smokeless tobacco and you need advice, talk with her doctor. Schedule a visit with her doctor when you and your daughter can discuss the risks associated with smoking and the best ways to quit before it becomes a lifelong habit.

If you smoke . . . quit

If you or someone else in the household smokes, now is a good time to quit. Watching a parent struggle through the process of quitting can be a powerful message for a teen who is thinking about starting. It also shows that you care about your health, as well as your teen's.

Alcohol

"I know my son drinks once in a while, but it's just beer. Why should I worry?"

Alcohol is the most socially accepted drug in our society, and also one of the most abused and destructive. Even small amounts of alcohol can impair judgment, provoke risky and violent behavior, and slow down reaction time. An intoxicated teen (or anyone else) behind the wheel of a car makes it a lethal weapon. Alcohol-related car crashes are the leading cause of death for young adults aged 15 to 24 years.

Though it's illegal for people younger than 21 years to drink, we all know that most teens are not strangers to alcohol. Many of them are introduced to alcohol during childhood. If you choose to use alcohol

in your home, be aware of the example you set for your teen. The following suggestions may help:

- Having a drink should never be shown as a way to cope with problems.
- Don't drink in unsafe conditions—for example, driving the car, mowing the lawn, and using the stove.
- Don't encourage your teen to drink or to join you in having a drink.
- Do not allow your children to drink alcohol before they reach the legal age and teach them never, ever to drink and drive.
- Never make jokes about getting drunk; make sure that your children understand that it is neither funny nor acceptable.
- Show your children that there are many ways to have fun without alcohol. Happy occasions and special events don't have to include drinking.

From Your Doctor



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BRIGHT FUTURES HANDOUT ► PATIENT 11 THROUGH 14 YEAR VISITS



Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways to help out at home.
- Follow your family's rules.
- Try to be responsible for your schoolwork.
- If you need help getting organized, ask your parents or teachers.
- Try to read every day.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Figure out ways to deal with stress in ways that work for you.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.

✓ HEALTHY BEHAVIOR CHOICES

- Find fun, safe things to do.
- Talk with your parents about alcohol and drug use.
- Say "No!" to drugs, alcohol, cigarettes and e-cigarettes, and sex. Saying "No!" is OK.
- Don't share your prescription medicines; don't use other people's medicines.
- Choose friends who support your decision not to use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- Talk with your parents about relationships, sex, and values.
- Talk with your parents or another adult you trust about puberty and sexual pressures. Have a plan for how you will handle risky situations.

✓ YOUR GROWING AND CHANGING BODY

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat with your family often.
 - Eat breakfast.
- Choose water instead of soda or sports drinks.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.

✓ YOUR FEELINGS

- Be proud of yourself when you do something good.
- It's OK to have up-and-down moods, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Ask us if you have any questions.

11 THROUGH 14 YEAR VISITS—PATIENT

STAYING SAFE

- Always wear your lap and shoulder seat belt.
- Wear protective gear, including helmets, for playing sports, biking, skating, skiing, and skateboarding.
- Always wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't ride ATVs.
- Don't ride in a car with someone who has used alcohol or drugs. Call your parents or another trusted adult if you are feeling unsafe.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

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for today's teens: a message from your pediatrician



Now that you are getting older, you have different health needs than you did when you were younger. However, your pediatrician is still there to help you stay healthy.

Just ask

Beginning when you are about 11 or 12 years old, your pediatrician might suggest that you spend some time alone with him or her during your health care visits. Why? While it's always important to talk with parents about some personal things in your life, it can be really hard. But you can always ask your pediatrician about personal stuff. They've heard it all! Plus, your pediatrician cares about your health and wants to help you in any way.

Talking with your pediatrician is a great way to get the answers about how your body works, how to take care of yourself, how to handle your emotions, how to stay healthy, and how to talk about these things with your parents.

Remember, your pediatrician will keep most of what you talk about private! This is called *confidentiality*. There may be exceptions, like if your life or someone else's life is in danger. And in some states the law may require pediatricians to share certain information. At your next visit feel free to ask your pediatrician about what's confidential.

Take charge!

Some kids your age only see their pediatrician when they are sick or hurt. But staying healthy means more than just seeing a doctor when something is wrong. You're getting old enough to start taking charge of your own health. This means preventing problems before they start.

So, see your pediatrician once a year, just to make sure everything is OK.

Of course, you should also see your pediatrician when you are sick or hurt.

Important stuff

Hopefully you feel comfortable enough with your pediatrician to ask anything, even stuff that's a little embarrassing. But in case you're wondering what kinds of things pediatricians can help you with, check out the following list:

• Sports or school physicals

If you play sports, you probably need to get a physical before you can play. Some kids need a physical before the start of a new school year. This is a great time to talk with your pediatrician about your health and how to avoid injuries and stay healthy and fit.

• Treatment of illnesses or injuries

Have you been sick lately? Did you get hurt recently? These are important things to tell your pediatrician about, even if you think they're no big deal. Let your pediatrician know about any pain you have or anything that feels different.

• Growth and development

Your body is changing fast and you might want to talk about what's going on. Don't know where to start? You may want to ask

—Will I be as tall as my parents?

—What can I do about these pimples?

—Am I fat?

—Why are my breasts uneven? (Girls—The answer is often normal variation.)

—Why are my pajamas wet in the morning? (Guys—The answer is almost always nocturnal emission or "wet dream.")

• Personal and/or family problems

Having a hard time dealing with your friends or family? Feel like your parents just don't understand you? Maybe you're being teased at school, feeling pressure from some friends, or being bullied. All of these things can be pretty hard to deal with. If you don't know where to turn, remember that your pediatrician is there to help. Just ask.

• School problems

You may worry about your grades and your future. Maybe you're finding it hard to keep up with school, a job, sports, or other activities. Your pediatrician may be able to help you through this busy time of your life.

• Alcohol and drug use

You probably know kids who are using cigarettes, alcohol, or other drugs. Maybe you've been tempted to try these things too. But don't forget—what's right for them might not always be right for you.

Becoming an adult means more than just getting taller. It also means you have to make decisions about your life, not letting someone else make them for you. Your pediatrician can explain how smoking, drinking, or taking other drugs can affect you and why it's smart to stay away from them.

• Sex

During visits with your pediatrician, you'll have a chance to ask questions about dating, sex, and other personal stuff. It's important to make the right choices about sex now. The wrong choice could affect the rest of your life. The good news is, whatever you and your pediatrician talk about is private so go ahead and ask about sex, how to protect yourself against sexually transmitted infections (STIs) and pregnancy, or whatever else you want to know about.

- **Conflicts with parents**

Having any problems at home? Does it sometimes seem like no one understands you or respects your ideas? You're not alone. If you have a problem that your parents may not understand, talk with your pediatrician. Sometimes an outside person can give a better view of these difficult situations. Your pediatrician might also have some ideas on how to get through to your parents.

- **Referrals to other doctors for special health needs**

You may have a medical problem that will require you to see a different doctor or specialist. In that case, your pediatrician can refer you to another doctor who can help you. But even though you may need to see a specialist, your pediatrician still cares about your health and wants to see you for regular checkups or illnesses.

What you can do to stay healthy

To get a head start on taking charge of your own health, use the following list to keep yourself healthy:

- Eat right and get plenty of sleep (most teens need 9–10 hours a night).
- Know how to handle minor injuries like cuts and bruises, as well as minor illnesses like colds.
- Know how to get medical help for things like vomiting, headache, high fever, earache, sore throat, diarrhea, or stomach pain.
- Ask for help if you have sleep problems, sadness, family stress, school problems, problems with alcohol or other drugs, or trouble getting along with friends, family, or teachers.
- Don't use alcohol, cigarettes, smokeless tobacco (chew), and other drugs.
- Delay having sex or use protection if you choose to have sex.
- Exercise regularly.
- Always wear your seat belt when you are in a car or truck.

As you become an adult, you'll face many challenges. With help from your pediatrician, you'll learn how to make the right decisions that will help you grow up healthy.

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tobacco: straight talk for teens



Most teens don't smoke

Did you know that about 80% of teens in the United States don't smoke? They've made a healthy choice.

Think about this.

- One third of all new smokers will eventually die younger than normal of smoking-related diseases.
- And nearly 90% of all smokers started when they were teens.

This is what smoking does to your body

- Carbon monoxide in tobacco smoke takes oxygen from your body while many cancer-causing chemicals go in.
- Your teeth and nails turn yellow and disgusting and your breath stinks.
- You cannot taste or smell things very well.
- Nicotine, the main drug in tobacco, causes your heart to beat faster and work less effectively. Nicotine is highly addictive.

Athletes who smoke can never reach the peak of their natural ability or do as well as nonsmoking athletes because their bodies get less oxygen. This is why coaches tell athletes never to smoke.

Think about this before you start smoking or as a reason to quit

Tobacco can kill

Each time you take a puff on a cigarette, you inhale 400 toxic chemicals like

- Nicotine (A drop of pure nicotine can kill.)
- Cyanide (a deadly poison)
- Benzene (used in making paints, dyes, and plastics)
- Formaldehyde (used to preserve dead bodies)
- Acetylene (fuel used in torches)
- Ammonia (used in fertilizers)
- Carbon monoxide (a poisonous gas)

Smoking causes diseases

It's a proven fact that the earlier people start smoking, the greater their risk of

- Cancer—many different types
- Heart attacks or strokes
- Chronic bronchitis—a serious disease of the lung airways
- Emphysema—a crippling lung disease

Secondhand smoke can kill others

Even if you don't smoke, breathing in someone else's smoke can be deadly too. Secondhand smoke causes about 3,000 deaths

from lung cancer and tens of thousands of deaths from heart disease to nonsmoking adults in the United States each year. Secondhand smoke (also known as environmental tobacco smoke) is the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars.

Smoking is ugly

- Some teens have said that kissing someone who smokes is like kissing an ashtray.
- Smoking often makes other people not want to be around you.
- Smoking stinks. If you smoke you may not smell smoke on you, but other people do. Your car will stink too.
- Most teens would rather date someone who doesn't smoke.

Smoking costs a lot of money

Do the math

One pack of cigarettes per day	\$5
Multiplied by the days in a year	x 365
Yearly cost for cigarettes	\$1,825

That's almost \$2,000 a year that you could be saving or spending on other things like clothes, a car, or something fun!

Nicotine makes tobacco use addictive

Nicotine in tobacco causes people to become addicted much sooner than they expect after they start using. This happens to teens too. You're addicted if

- You crave your cigarettes or other tobacco.
- You feel nervous without your cigarettes.
- You try to quit using and have trouble doing it.

If you're already addicted, there's help available to you. You can successfully quit smoking with help and support. Just ask your doctor or call 1-800-QUIT-NOW (800/784-8669).

1-800-QUIT NOW is a national toll-free telephone counseling resource.

Other nicotine products

- **Electronic cigarettes are still very addictive.** Recently, electronic cigarettes or e-cigarettes have been marketed as a way for users to inhale nicotine without smoking.
- **Smoking cigars, bidis, clove, or menthol cigarettes is not any safer.**
- **Chewing tobacco and snuff ("dip") are just as bad for you.** If you use smokeless tobacco you are at increased risk for illnesses harming your mouth, such as cancer and gum disease. You could lose some teeth, part of your face, or your life. Also, you probably won't be able to taste or smell things very well.

Tobacco companies are targeting YOU

Tobacco companies spend billions of dollars every year promoting their products on TV, in movies and magazines, and at sporting events. Teens are the main target of many of these ads.

Most ads falsely show smokers as healthy, energetic, and athletic. They are portrayed as sexy, stylish, and successful.

The tobacco companies and advertisers don't mention how smoking wrinkles your skin and shortens your life.

The fact is that tobacco companies need to attract 3,000 new smokers every day to make up for the more than 400,000 people who die each year from tobacco-related diseases.

Think about it. Don't believe the lies promoted in those ads.

Quitting is possible

If you smoke, quitting is the best thing you can do for yourself, your friends, and your family. It is the best decision for your life!

Myth—Many teens think they are not at risk from smoking. They tell themselves, "I won't smoke forever," or "I can quit any time."

Fact—Most people find it is not easy to quit.

As you continue to smoke, your body will change. It will get used to the smoke. You won't cough or feel sick every time you puff on a cigarette, yet the damage to your body will continue to worsen, and you won't even notice...for a while.

Deciding to stop using tobacco is up to you. It takes real courage to quit! Once you make the commitment to stop, get support from friends and family. Ask your pediatrician or school health office for help.

If you don't succeed at quitting the first time, you are not a failure. Keep trying! Most people need more than one quit attempt to succeed. Practice makes perfect!

Remember, for help quitting ask your doctor or call 1-800-QUIT-NOW (800/784-8669). 1-800-QUIT NOW is a national toll-free telephone counseling resource.

**Each time you take a puff on a cigarette,
you inhale 400 toxic chemicals.**

For more information

American Academy of Pediatrics Julius B. Richmond Center of Excellence
www.aap.org/richmondcenter

Campaign for Tobacco-Free Kids
202/296-5469
www.tobaccofreekids.org

truth (a campaign developed by teens)
www.thetruth.com

American Cancer Society
800/ACS-2345 (800/227-2345)
www.cancer.org

American Heart Association
800/242-8721
www.americanheart.org

American Lung Association
800/586-4872
www.lungusa.org

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

LIVE WELL PEDIATRICS
171 Franklin Tpke., Suite 110
Waldwick, NJ 07463
Phone: 201-612-5100 Fax: 201-612-4499

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