



# Bright Futures Additional Patient Education Resources: Adolescence

## **Calcium and You: Facts for Teens**

It's a fact—most teens don't get enough calcium. Written in teen-friendly style, this brochure explains the role of calcium in growth and development, and its importance to future health. Practical, real-world dietary guidance helps teens choose foods that are "calcium boosters" and avoid "calcium blockers." Also includes charts of calcium content in many foods and explains what to do if you are lactose intolerant.

## **Talking With Your Teen About Sex**

Outlines what teens want and need to know about sex and sexuality. Helps parents find ways to talk about sex and offers advice about what to tell teens.

## **Tobacco: Straight Talk for Teens**

Offers teens a straightforward look at the numerous health risks and other problems of smoking, including the fact that the majority of their peers do not want to date anyone who smokes.

## **The Safe-Surfing Contract: My Agreement About Using the Internet**

Wired Kids, Inc. WiredKids.org has many online safety games for younger children and information for children of all ages as well as helpful information for teachers, parents, and law enforcement.

## **Safe Blogging Tips for Teens**

A concise fact sheet that outlines 6 steps to help keep teens safe when blogging.

## **Making Healthy Decisions About Sex**

Offers straightforward, factual advice for teens on how to postpone sex and prevent pregnancy and sexually transmitted infections.

## **Substance Abuse Prevention: What Every Parent Needs to Know**

Helps parents steer their kids to healthy, responsible choices. This vital brochure addresses critical issues, from teaching kids to say "No" and giving (and going to) teenage parties, to recognizing the signs of drug use and getting help. Tips on guiding your child's thoughts about and behaviors toward drugs are included.

## **Know the Facts About HIV and AIDS**

Human immunodeficiency virus (HIV) is a virus that can lead to acquired immunodeficiency syndrome (AIDS). AIDS is a very serious and deadly disease that can affect people of any age. While there is no cure for HIV, early diagnosis and treatment are very effective at keeping people healthy and delaying progression to AIDS. In addition, there are things you can do to prevent getting HIV.

## **Parent-Teen Driving Agreement and Fact Sheet**

This innovative fact sheet shows parents how to help keep their teen driver safe on the road! One side of the fact sheet is a "Parent-Teen Driving Agreement" form that, once signed, serves as a written promise from teens to be responsible and courteous drivers—and details the specific rules that must be followed under the agreement. The second side is "A Message to Parents of Teen Drivers," which shows parents additional ways to encourage driving safety.

## **READY for Life: Building Adolescent Strengths**

The READY brochure was developed as a tool to assist health care professionals and parents to enter into a dialogue with youth about their strengths, interests, and development. It is considered a strength-based approach to discussing the challenges and exciting opportunities that exist for youth to develop into healthy adults and to be READY to face their future!



**Bright Futures**  
prevention and health promotion  
for infants, children, adolescents,  
and their families™

American Academy  
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