• Teens should have a “dental home” and be seen twice a year or as advised by dentist.
• Ask dentist about fluoride, sealants, braces, and mouth guards.
• Be responsible, brush teeth and tongue twice a day, morning, and before bedtime.
• Floss daily to reduce germs that cause bad breath, gum disease, and cavities.
• Replace toothbrush every three months or after illness.
• Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports, and coffee drinks.
• Use a mouth guard for all sports.
• Oral piercing can cause chipped teeth, bad breath, and pain.

Tobacco can cause bad breath, stains on teeth, gum disease, sores, and cancer.
Do not smoke or chew tobacco.

Eat healthy food at regular times with 3 meals and planned snacks.
• Healthy foods include:
  • Fruit or vegetable at meals and snacks.
  • Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  • Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
• Make time to eat breakfast – students learn better with breakfast.
• Limit fast foods and snacks high in sugar and fats. Eat well when eating out.
• Avoid restricting food.

Choose health beverages.
• Drink water often.
• Drink 3-4 cups of nonfat/low fat milk a day.
• 100% fruit juice is the best choice; avoid soda and other sweet drinks.
• Limit beverages with caffeine: coffee, tea, and energy drinks.

Eat at home often.
• Plan and prepare a variety of foods.
• Turn off the TV. Eat and talk together.

Keep a healthy weight with a healthy lifestyle.
• 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
• Limit TV/video/computer time to 2 hours a day (except for homework).
Teen Health
- Get regular health checkups and immunizations (shots).
- Keep nails, hair, genitals, and body clean. Wear clean clothes.
- Wash bed sheets weekly.
- Talk with parents or trusted adult about HIV/AIDS and sexually transmitted infections.
- If you are pregnant, see a doctor for early and regular prenatal care.
- Think carefully before getting a tattoo or piercing.
- Use sunscreen. Avoid tanning.

Injury Prevention
- Label and lock up medicines, cleaning supplies, alcohol, poisons, power tools, matches and lighters.
- If a gun is kept in the home, unload, lock up, and store bullets separately. Hide keys.
- Guns are not toys. A gunshot can cause injury or death. Take a Gun Safety course: CA Department of Fish and Game (916-653-1235) or local sporting store.
- Wear helmet, knee, wrist, and elbow guards when using skates, skateboards, bikes, and motorcycles.
- Protect your hearing. Avoid loud noises or music.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don’t mix.
- Learn CPR

Teen Safety/Peer Pressure
- **Never** hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Do not accept open drinks from others or leave drink unattended. Be aware that date rape happens. It can happen to you. Take a self-defense class.
- Talk with trusted adults about avoiding gang activities, bullying, or group violence.

Car Safety
- Always wear a seat belt!
- Follow the Graduated Driver’s License Law.
- Don’t use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.

Resources for Parents:
If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

Teen: If you need support, or someone to talk to, call the California Youth Crisis Line: 1-800-843-5200
To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)