



SOCIETY HILL PEDIATRICS

What Teens Should Know: Advice From Your Doctor!

Do Your Best

- Try your best at school. Doing well in school is important to how you feel about yourself.
- Ask for help when you need it.
- Join clubs and teams you like.
- Tell kids who pick on you or try to hurt you to stop—then walk away.
- Tell adults you trust about any bullies who bother you.

Play It Safe

- Don't open the door to anyone you don't know.
- Never get in a car with a stranger.
- Have friends over only when your parents say it's OK.
- Support friends who choose not to use alcohol, drugs, or cigarettes.
- Avoid kids who engage in risky things, or people who ask you to do things that make you uncomfortable.
- Ask an adult for help if you are scared or worried.
- If anyone does or says anything to you that makes you uncomfortable, tell your parents.
- Sit in the back seat of the car and always wear your seatbelt.
- Wear your helmet for biking, skating, skiing, and skateboarding.
- Don't play with matches.
- If you use the internet, follow these important rules:
 - Never put your name, age, address, name of your school or any other personal information on the internet.
 - Never 'talk' to a stranger on the internet.
 - If you use social media sites like Facebook and MySpace, adjust your privacy settings so that only your friends and family can see your profile and photos.
 - Remember that anything you post on the internet is available for colleges and potential employers in the future!!

Eat Well, Be Active

- Eat breakfast every day.
- Drink at least 2 cups of milk a day.
- Try to eat a total of at least 5 fruits and vegetables every day.
- Eat healthy snacks like fruit, cheese, nuts, and yogurt.
- Drink water or milk; avoid sugary drinks, sodas, juice, and "power" drinks.
- Healthy eating is important to help you do well in school and sports.
- Eat with your family often.

- Stay away from “screen” time—TV, computer, electronic games—on school nights; limit screen time to the weekend.
- Match every 30 minutes of screen time with at least 30 minutes of physical activity.

Healthy Teeth

- Brush your teeth at least twice each day, morning and night.
- Floss your teeth every day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Avoid sugary, gummy foods that will stick to your teeth and cause cavities.

Doctor Visits

- Remember if you are allergic to anything like foods or medication or bee stings.
- It’s important for you to have accurate information about your body and your sexual development. Remember that you can always talk to us about concerns you may have about your body or how you are feeling about anything.
- Remember that anything you discuss with us is strictly confidential.

Learn More

- www.mypyramid.com
- www.kids.gov
- www.kidshealth.org
- www.cdc.gov/family/kids
- www.safeteens.com
- www.chooserrespect.com
- www.womenshealth.gov/bodyimage/eatingdisorders

Janet Crino, MD; Shea Cronley, MD; Cynthia Hill, MD; M. Bidi McSorley, MD;
Roshani Anandappa, MD; Randi Kamen, CRNP; Shobha Sharma, CRNP;
Jessica Stickley, RN, MSN; Beverly Viscusi, CRNP

Advocare Society Hill Pediatrics, 1233 Locust Street, Suite 400, Philadelphia, PA 19107
Phone (215) 545-8188/Fax (215) 545-8446