**HOW YOU ARE DOING**

- Enjoy spending time with your family.
- Find activities you are really interested in, such as sports, theater, or volunteering.
- Try to be responsible for your schoolwork or work obligations.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.
- If you feel unsafe in your home or have been hurt by someone, let us know.
- Hotlines and community agencies can also provide confidential help.
- Don’t smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

**YOUR FEELINGS**

- Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

**YOUR DAILY LIFE**

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater.
  - 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 breakfast.
- Drink plenty of water.
- Make sure to get enough calcium every day.
  - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Wear safety equipment when you play sports.
- Get enough sleep.
- Talk with us about managing your health care and insurance as an adult.

**HEALTHY BEHAVIOR CHOICES**

- Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
- If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.
18 THROUGH 21 YEAR VISITS—PATIENT

STAYING SAFE

- Always be a safe and cautious driver.
  - Insist that everyone use a lap and shoulder seat belt.
  - Limit the number of friends in the car and avoid driving at night.
  - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
  - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you’re outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition
For more information, go to https://brightfutures.aap.org.
I'm having a really hard time lately, will you go with me to see someone?

Know the 10 common warning signs

1. Feeling very sad or withdrawn for more than two weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors
4. Sudden, overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
6. Seeing, hearing or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities

Worried? Tell someone

You are not alone

1 in 5 youth and young adults lives with a mental health condition

What to say

I haven’t felt right lately and I don’t know what to do. Can I talk to you about it?
I’m having a really hard time lately, will you go with me to see someone?
I’m worried about stuff that’s going on right now, do you have time to talk?

What to do

Your first stop is your primary care doctor, to rule out other physical health conditions
Be honest about what you’re feeling and be clear about what you want
Ask for help finding a therapist or mental health specialist that works for you

Getting help early for mental health matters in keeping your life on track.

Keep in mind

It can take a while to get an appointment with a specialist. If you need to see a specialist right away, speak up to get an appointment sooner.

Connect with others

Lots of youth and young adults live with a mental health condition. You can connect with them at OK2Talk.org. Also, look in your community for peer and support groups and you will discover that you are not alone.
E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA. The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.¹

E-CIGARETTES COME IN MANY SHAPES AND SIZES. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.

E-CIGARETTE USE DAMAGES THE DEVELOPING BRAIN. E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.² People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.³

THE BOTTOM LINE: E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

LEARN MORE: Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:
SAMHSA
(English and Español)
TTY 1–800–487–4889
www.samhsa.gov
store.samhsa.gov
KNOW THE LAW. People ages 18 and older are allowed to buy e-cigarettes in most states—other states have an age requirement of 19 or 21. However, just because e-cigarettes are legal for adults to purchase doesn’t mean they are safe, especially for young people.6

KNOW THE RISKS. Nicotine is highly addictive and can harm the developing adolescent brain. The nicotine in e-cigarettes and other tobacco products can also prime young brains for addiction to other drugs, such as cocaine and methamphetamine.7

LOOK AROUND YOU. E-cigarettes are the most commonly used tobacco product among youth. However, four out of five U.S. students overestimate peer e-cigarette use. If you’ve never smoked or used other tobacco products or e-cigarettes, don’t start.8

WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING E-CIGARETTES?

BE A FRIEND.
Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and referrals in English and Spanish, call SAMHSA’s National Helpline at:

1-800-662-HELP (1-800-662-4357)
or visit the SAMHSA Behavioral Health Treatment Services Locator at: findtreatment.samhsa.gov

OPIOIDS AFFECT YOUR BRAIN. Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others. They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion. They can also affect the brain to cause euphoria or "high."3

OPIOIDS AFFECT YOUR BODY. Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.4

OPIOIDS ARE ADDICTIVE. Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers.5 Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.6

OPIOIDS CAN KILL YOU. Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018.7 More than 46,000 of those deaths involved opioids.4

OPIOID ADDICTION IS TREATABLE. Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder. For more information, visit https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy Medications-opioid-use-disorder.

THE BOTTOM LINE:
Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications—such as hydrocodone, oxycodone, and morphine—misuse of these substances is rampant. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE:
Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT OPIOIDS, CONTACT:
SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov
Behavioral signs and symptoms of opioid addiction include:

- A change in peer group;
- Carelessness with grooming;
- Decline in academic performance;
- Missing classes or skipping school;
- Loss of interest in favorite activities;
- Changes in eating or sleeping habits; and
- Deteriorating relationships with family and friends.

NATIONAL INSTITUTE ON DRUG ABUSE

SOMEONE WHO IS USING OPIOIDS?

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA’s National Helpline at:

1-800–662–HELP (1-800–662–4357) or visit the SAMHSA Behavioral Health Treatment Services Locator at findtreatment.samhsa.gov

MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS "TIPS for TEENS,” visit store.samhsa.gov or call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).

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