

Take Care of Yourself: Health Tips for Teens

The way you treat yourself now will help your health when you are older!

Here are some ways you can keep yourself healthy all through your life:

- Get plenty of sleep. Teens should get about nine hours of sleep a night.
- Brush your teeth for at least 2 minutes, twice a day (morning and night).
- Wash your face with a gentle soap twice a day to help with acne (pimples).
- Get active for at least 30 minutes three or more times a week.
- Protect yourself with a helmet during activities like biking and skateboarding.
- Always wear your seatbelt, even in the back seat.
- Don't smoke or use tobacco products.
- Do not get into a car with anyone who has been drinking or using drugs!
- Eat a healthy diet with lots of fresh fruits and vegetables and plenty of water.
- Talk to an adult you trust if you're feeling sad, lonely, or thinking of hurting yourself.
- Stay away from places where violence or fighting may hurt you.
- If you are sexually active, make sure you have protection before you have sex to avoid pregnancy and sexually transmitted infections.
- See your health care provider every year for a checkup. You can always call the clinic if you have a question!

What to Expect at Your Provider's Office

- Write down your questions before you get to the clinic, so you will remember to ask them.
- You'll also answer questions about your health, but most of this information is confidential (your health care provider won't tell anyone).
- You can always call your health care provider or clinic if you think of any questions.

For more info: www.ahwg.net

Adapted from the Adolescent Provider Toolkit, Adolescent Health Working Group



For more information call Customer Service at **(415) 615-4555**.
Or visit www.healthysanfrancisco.org