



13-18 Years



Nutrition & Energy

- Aim for balanced meals and regular fuel throughout the day.
- Breakfast improves focus, mood, and energy.
- Water should be the main drink.
- Limit sugary drinks and excess fast food.
- Growing bodies need protein, calcium, iron, and healthy fats.

Helpful Habits

- Eat regularly.
- Keep snacks available.
- Learn basic cooking skills.
- Think nourishment, not perfection.



Movement & Strength

Movement supports physical and mental health. Aim for regular movement most days. Great options include:

- Running
- Sports
- Gym workouts
- Biking
- Outdoor activity
- Walking
- Lifting with guidance
- Dance



Relationships & Sexual Health

Healthy relationships include:

- Respect
- Consent
- Boundaries
- Safety
- Communication

We are happy to discuss sexual health confidentially and without judgment.



Growth & Development

Everyone develops on their own timeline. These years may include:

- Rapid height changes
- Body composition changes
- Puberty progression
- Emotional growth
- Stronger identity
- Changing friendships
- Increasing independence



Sleep & Recovery

- Most teens need 8 to 10 hours of sleep nightly.
- Sleep supports mood, learning, performance, and immunity.
- Keep a consistent sleep schedule when possible.
- Turn off screens 1 hour before bed.
- Recovery matters as much as productivity.



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Hygiene & Mental Health

For good hygiene, we encourage:

- Regular dental care
- Flossing
- Deodorant
- Daily bathing
- Brushing teeth 2x/day
- Daily skin care

Stress is common. Helpful habits include:

- Sleep
- Movement
- Healthy routines
- Connection
- Asking for help early
- Downtime

Please talk with us about depression, anxiety, stress or mood concerns.

Safety

Important topics include:

- Helmet use
- Firearm safety
- Seat belts every ride
- Substance avoidance
- No texting & driving
- Healthy boundaries
- Internet safety



Screen Time & Social Media

- Use screens intentionally.
- Protect sleep.
- Notice how social media affects mood.
- Curate what you consume.
- Keep offline life strong.



Looking Ahead

As teens mature, visits may cover:

- College/work transitions
- Mental health
- Long-term wellness habits
- Adult providers

Great skills to build for adulthood:

- Self-advocacy
- Laundry
- Time management
- Cooking basics
- Scheduling appointments
- Money habits



School & Motivation

Growth isn't just about grades. Value:

- Resilience
- Balance
- Curiosity
- Effort
- Healthy habits
- Kindness



When To Call Us

- Anxiety or depression
- Sleep or eating concerns
- School decline
- Concerning substance use
- Significant behavior changes
- Anything worrying you