



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

## 18-21 YEAR OLDS

### **YOUR DAILY LIFE**

Visit the dentist at least twice a year.

Protect your hearing at work, home, and concerts.

Eat a variety of healthy foods.

Eat breakfast every morning.

Drink plenty of water.

Make sure to get enough calcium.

- Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products each day.

Aim for 1 hour of vigorous physical activity.

Be proud of yourself when you do something well.

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### **HEALTHY BEHAVIOR CHOICES**

Support friends who choose not to use drugs, alcohol, tobacco or steroids.

If you use drugs or alcohol, you can talk to us 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 a condom to prevent STIs.

All sexual activity should be something you want. No one should ever force or try to convince you.

Find safe activities at school and in the community.

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### **VIOLENCE & INJURIES**

Do not drink and drive or 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.

Always wear a seatbelt in the car.

Know the rules for safe driving.

Never allow physical harm of yourself or others at home or school.

Always deal with conflict using nonviolence.

Remember that healthy dating relationships are built on respect and that saying "No" is OK.

Fighting and carrying weapons can be dangerous.

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### **YOUR FEELINGS**

Figure out healthy ways to deal with stress.

Try your best to solve problems and make decisions on your own.

Most people have daily ups and downs. But if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with your provider or another health professional.

We understand sexuality is an important part of your development. If you have any questions or concerns, we are here for you.

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### **SCHOOL & FRIENDS**

Take responsibility for being organized enough to succeed in work or school.

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Find new activities you enjoy.

Consider volunteering and helping others in the community on an issue that interests or concerns you.

Form healthy friendships and find fun, safe things to do with friends.

As you get older, making and keeping friends is important. You may find that you drift away from some of your old friends – that's normal.

Evaluate your friendships and keep those that are healthy.

It is still important to stay connected with your family.

YOUR NEXT APPOINTMENT IS IN 1 YEAR