



Resources on Adolescent Health for Families with Teens

Adolescent Health: Think, Act, Grow (TAG) is a national call to action to improve the health and healthy development of adolescents. The following is a list of free resource materials from federal agencies and leading medical and academic organizations that families can use to help improve the health and healthy development of adolescents they know. TAG is led by the Office of Adolescent Health in the U.S. Department of Health and Human Services.

Health Insurance

Health Insurance

Go to <http://www.healthcare.gov> to find out about health insurance options for individuals, families and small businesses. Eligible people may sign up at any time for Medicaid and the Children's Health Insurance Program (CHIP). Learn about these programs in your state at <http://www.insurekidsnow.gov/state/index.html> or call **1-877- Kids-Now (1-877-543-7669)**.

Doctor Visits

Make the Most of Your Child's Visit to the Doctor (Ages 11 to 14)

Factsheet for parents on taking teens 11 to 14 to the doctor. United States Department of Health and Human Services

<http://healthfinder.gov/HealthTopics/Category/parenting/doctor-visits/make-the-most-of-your-childs-visit-to-the-doctor-ages-11-to-14>

Make the Most of Your Teen's Visit to the Doctor (Ages 15 to 17)

Factsheet for parents on taking teens 15 to 17 to the doctor. (United States Department of Health and Human Services)

<http://healthfinder.gov/HealthTopics/Category/parenting/doctor-visits/make-the-most-of-your-teens-visit-to-the-doctor-ages-15-to-17>

Keep Talking

Family Checkup: Positive Parenting Prevents Drug Abuse

Checklist for improving parenting techniques. National Institute on Drug Abuse
<http://www.drugabuse.gov/family-checkup>

How You Make A Difference

Tips and strategies for parents to speak with their adolescents as well as supporting positive peer relationships. (Office of Adolescent Health)

<http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/other-conversations/peer-relationships/peer-relationships-make-a-difference.html>

Raising Healthy Kids: An Asset-Based Check-in For Parents

This check-in tool focuses on 12 of the assets that parents can most influence. The tool is intended to assist you in identifying specific topic areas to focus on for discussion with your adolescent. (Office of Adolescent Health)

<http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/get-started/quiz.html>

Nutrition and Exercise

WE CAN! Ways to Enhance Children's Activity and Nutrition

Tools and resources to support health eating and activity for children 8 to 13. National Heart, Lung and Blood Institute, National Institute of Health

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Portion Distortion

Tool for learning about portion sizes. United States Department of Agriculture

<http://www.choosemyplate.gov/supertracker-tools/portion-distortion.html>

Build a Healthy Meal

Ten tips for creating healthy meals. United States Department of Agriculture.

<http://origin->

www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet7BuildAHealthyMeal.pdf

The Stages of Adolescence

Ages and Stages: Teen Years

Resources and information for parents on navigating the teen years. American Academy of Pediatrics

<http://www.healthychildren.org/english/ages-stages/teen/Pages/default.aspx>

Understanding Adolescence

Brief and concise research syntheses on the developmental tasks of adolescence during three stages of development (early, middle and late adolescence) from the State Adolescent Health Resource Center. The State Adolescent Health Resource Center

<http://nnsahc.org/images/uploads/AdolDevelStages2013.pdf>

Helping Your Child Through Early Adolescence

Provides parents with the latest research and practical information that can help parents and families support children both at home and in school. (U.S. Department of Education)

<http://www2.ed.gov/parents/academic/help/adolescence/adolescence.pdf>