



Teen Game Plan



What is a Teen Game Plan?

A teen game plan, or life plan is designed to get you to think about your future and how the decisions you make now impact your future and your ability to reach your goals.

Between school, sports and friends, you have a lot going on in your life. It's exciting and new and most of all, fun! And probably the last thing you want to do is sit down and make a plan. But here's the deal: You need some idea of how you want your life to unfold. For instance, do you want to go to college? What kind of career do you want? And do you want to be a mom or dad someday?

Your Future: Astronaut? Senator? Teacher? Nurse? Parent?

It takes a lot of work to have a fulfilled future, which is why it is important to have a life plan. A life plan can keep you on track to stay healthy so that you can reach your goals. To begin your plan, think about your goals and answer the following questions:

Where do you see yourself in the next five years?

Where do you see yourself in the next 10 years?

Married? Single? In school? Working?

Living in a home or apartment?

Two Years?

Five Years?

Ten Years?

How much education do you want?

Do you want to go to college? Where? When?

Do you plan on having a career?

What career do you want?

Where do you want to work?



Personal Behaviors

Some behaviors can increase your health risks, which is why they should be avoided, starting now. Check any of the following behaviors that apply to you:

- Binge drinking (five or more drinks in one sitting)
- Illegal drug use (marijuana, methamphetamine, cocaine, crack, etc.)
- Overeating or unhealthy dieting (skipping meals regularly, vomiting after meals, using laxatives, etc.)
- Prescription drug abuse or overuse
- Smoking cigarettes
- Underage drinking (younger than 21)

If you need help quitting any of these habits talk to an adult that you trust. Together you can find information or a program to help you.



Healthy Personal Habits

The best thing you can do for yourself is to start living a healthy life now. How many healthy lifestyle choices have you already made? Check all that apply:

- Eat plenty of fruits, vegetables and whole grains.
- Exercise regularly (about one hour each day).
- Take a multivitamin.
- Get regular check-ups with your healthcare provider and dentist.
- Get enough sleep (about 8.5 hours per night).
- Embrace safe driving habits, including:
 - Avoiding talking on the phone while driving;
 - Avoiding texting while driving;
 - Following the speed limit;
 - Using safety belts; and
 - Not driving or riding with someone under the influence of drugs or alcohol.
- Maintain a balance between school, work and your personal life.
- Let your healthcare provider know all prescription and over-the-counter drugs you are taking.

Always make sure your healthcare provider knows what prescription AND over-the-counter drugs you are taking.



Sexual Health

The decision to have sex (or not to have sex) is a very important one and can be quite difficult to make. Think about the following questions and how your decision to have sex would impact your future.

Do you want to be a mom or dad someday? Yes No

If yes, how old do you want to be when you start your family?

How many kids do you want?

How close in age do you want your kids to be?

How would becoming a mom or dad affect your ability to reach your other goals?

If you do not want to become a parent now, do you know how to prevent unwanted pregnancies?

Yes No

Do you know how to prevent sexually transmitted infections (STIs) and HIV?

Yes No

Is there someone you can talk to about your sexual health? Yes No

For more information on safe sex and relationships, go to www.safeteens.org.

Free and confidential services, including testing for sexually transmitted diseases, pregnancy testing, free or low cost contraception and access to emergency contraception (the morning after pill) are available throughout Pennsylvania. To find a clinic near you, call **1-866-SAFETEENS**.



Be Healthy – for now & for later

Your health and the health of your family affect your future. Do you know of any health problems that you have or that run in your family? Check all that apply:

	You	Your Family Member	Don't Know
Asthma			
Blood Disorders			
Cancer			
Depression			
Diabetes			
Heart Disease			
Infections: Which ones			
Obesity			
Thyroid Problems			
Other _____			

Vaccines/Immunizations

Vaccines (or immunizations) help protect you from certain diseases or illnesses. Some vaccines are required for school and college. You should talk with your parent and healthcare provider about which vaccinations are appropriate for you. Check the following vaccines you have received:

	Received	Did NOT Receive	Don't Know
Hepatitis A			
Hepatitis B			
Human Papilloma Virus (HPV)			
Inactivated Polio Virus (IPV)			
Influenza (Flu shot)			
Measles, Mumps, Rubella (MMR)			
Meningococcal meningitis (MCV4)			
Tetanus (Td or Tdap)			
Varicella (Chickenpox)			

If you are unsure about having received the above vaccines, talk with your healthcare provider or parent. Also, don't forget booster shots. You need a tetanus booster every 10 years, and your health care provider might recommend other boosters, too.

Personal Safety

It's sad but it's true: teenagers and adults are sometimes abused by people they know. It can be anyone (in their family, at school, at church, etc.).

*Abuse is **NEVER** okay. It creates an unsafe living environment for you.*

Are any of the following happening to you?

Is there anyone in your life who physically hurts you (pushes, hits, slaps, kicks, chokes, etc.)?

Does someone in your life or at school say mean or hurtful things to you?

Are you ever forced to take part in any sexual activities (including touching) that make you uncomfortable?

Have you ever been threatened over the internet, social media or via text?

If you answered YES to any of these questions, there is help available. Please call the Childline and Abuse Registry Intake Unit at **1-800-932-0313** for help 24 hours a day.



Emotional Health

The way you handle stressful situations can affect your health and safety. Ask yourself the following questions to learn more about your own emotional health.

When you feel sad, do you usually bounce back quickly, or do you stay sad for a long time (two weeks or more)?

How often do you find yourself feeling overly nervous, anxious or worried?

What makes you feel that way?

What do you do when you're in a stressful situation or feel overwhelmed?

Do you get angry easily? What makes you angry?

When you get angry, how do you calm yourself down?

How do you generally treat people who are close to you ?

What do you do if someone says or does something you don't like ?

Do you worry about what others think about your sexual orientation ?

Is there any part of emotional health you don't feel good about? After all, emotions are complicated, and many people need help understanding them. If so, it's important to ask for help. Don't be embarrassed!

Talk to an adult you trust: a parent, a teacher, a principal, a coach or any other adult you trust or call the U.S. National Suicide Prevention Lifeline at **1-800-273-TALK** (1-800-273-8255). Help is available 24 hours a day.



Financial Security

Life is expensive -- it is a good idea to make a financial plan. Check all that you have:



Checking account

Credit card

A plan for paying for college education

Social Security card

Driver's license or other valid identification card

Budget for your current and future expenses

References:

An accompanying Guide for Adults is available on the Pennsylvania Department of Health's website. Please go to: <http://health.pa.gov/My%20Health/Infant%20and%20Childrens%20Health/Teens/Pages/Adolescent-Health.aspx#.Wgs1rkMo6Uk>.

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