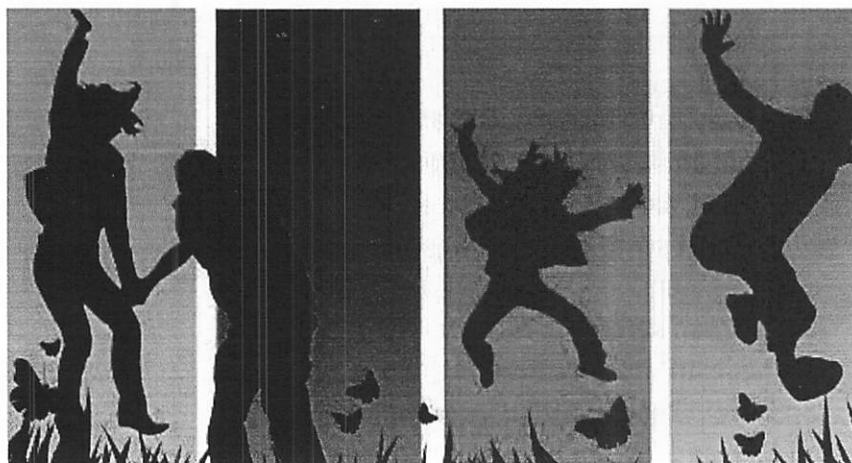


Adolescent Health

Many adolescents between the ages of 10 and 19 years old suffer serious health and safety issues, such as accidents, suicide, violence, substance abuse, and risky sexual behaviors that are either preventable or treatable. Moreover, their behavior and lifestyle choices greatly affect their future health. For example, smoking, poor eating habits, and lack of exercise lead to premature death. Environment factors, such as family, peer group, school, and community may also contribute to adolescents' health and risk behaviors.



Trouble Signs in Adolescence

- Sexual promiscuity
- Regular use of drugs and alcohol
- Repeated violation of the law or school regulations
- Running away more than once in 3 months
- Skipping school more than once in 3 months
- Aggressive outbursts/impulsiveness
- Dark drawings or writings
- Deterioration in hygiene
- Oppositional behavior
- Refusal to work/non-compliance
- Chronic lateness
- Falling asleep in class
- Changes in physical appearance
- Excessive daydreaming

What Younger People Can Do to Stay Healthy

- ***Eat a well-balanced diet.*** A variety of fruits and vegetables in the right amounts will provide proper nutrition.
- ***Keep the right weight.*** Desirable weight is the weight that is best for the normal functioning of the body based on height and build.
- ***Exercise regularly.*** Engage in sports or any physical activity.
- ***Get plenty of rest and sleep.***
- ***Say NO to smoking.***
- ***Say NO to drugs and alcohol.***
- ***Practice good hygiene.*** Take a bath every day. Brush your teeth and wash all parts of your body. Use a clean towel.
- ***Share feelings with parents and friends.*** Talk to them if help is needed.
- ***Learn responsible sexual behavior.*** Practice safe sex to avoid unwanted consequences (i.e., sexually transmitted diseases and pregnancy).



- **Stay away from hazards.** Observe safety at school and play. Avoid overexposure to sunlight, as well as excessive heat and cold. Do not swim in unfamiliar beaches, lakes, or rivers.
- **Follow road safety rules.** Observe road and pedestrian signs. Always drive carefully—keep to legal speed limits, do not text, and do not drink while driving. When walking, use the sidewalk and take great care in crossing streets by following pedestrian crossing signs and signals.

Reference

Adolescent Job Aid Manual: Desk Reference for Primary Level Health Workers in the Philippine Setting. (2009). Adopted from the World Health Organization in collaboration with the Society of Adolescent Medicine in the Philippines, Inc.

Image from <http://rch.org.au/blogs/cah/2011/06/>