

## Adolescence Checklist

The following list highlights key topics to consider in promoting mental health in adolescence. These topics may be discussed selectively during office visits, depending on the needs of the adolescent and family.

### Self

- Self-esteem, including**
  - Parental support
  - Peer influence
  - Resilience and handling failure
- Mood, including**
  - Stability of moods
  - Depression
  - Suicidal ideation (suicidal thoughts) and behaviors
- Body image, including**
  - Physical appearance
  - Weight
- Sexuality, including**
  - Sexual development/puberty
  - Sexual behavior
  - Sexual identity
  - Parental expectations and communication
  - Prevention of sexually transmitted diseases, including HIV/AIDS
  - Pregnancy
  - Sexual abuse and rape

### Family

- Independence and responsibility, including**
  - Importance of family support in adolescence
  - Increased independence
  - Increased influence of peers
  - Parental expectations and limit setting
  - Family conflict

### Friends

- Peer relationships, including**
  - Peer support
  - Peer influence

### Community

- School, including**
  - Transition from middle school/junior high school to high school
  - Academic success
  - Homework
  - Extracurricular activities
  - Absenteeism, dropping out
  - Transition from high school to college or work
- High-risk behaviors and risk factors, including**
  - Substance use
  - Violent behaviors
  - Firearm use
  - Exposure to violence

### Bridges

- Opportunities for early identification and intervention, including**
  - Anxiety problems and disorders
  - Attention deficit hyperactivity disorder
  - Child maltreatment
  - Eating disorders
  - Learning problems and disorders
  - Mental retardation
  - Mood disorders: depressive and bipolar disorders
  - Obesity
  - Oppositional and aggressive behavior
  - Pervasive developmental disorders
  - Substance use

### Notes

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