

# Anticipatory Guidance: 11 – 20 Years

## CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Anticipatory guidance is required at every C&TC visit age 11 through 20 years to support the youth's health and development. Key topics are adolescent development, healthy relationships, healthy lifestyle, injury prevention, and illness prevention.

### C&TC Requirements

#### General

Anticipatory guidance is required at every C&TC visit age 11 through 20 years to support health and development and prevent injury and illness as the youth grows older.

#### Personnel

A licensed health care provider must provide anticipatory guidance: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

#### Documentation

Documentation must show that age-appropriate anticipatory guidance and health education were discussed.

For documentation examples or for use as a template with your electronic medical record, refer to the [C&TC Provider Documentation Forms](#).

### Procedure

Focus anticipatory guidance on concerns from the youth and parent/guardian, health history, physical exam findings, and the [Adolescent and Young Adult \(AYA\) Health Questionnaire](#). Include strengths-based counseling focused on the youth's competencies and healthy behaviors. C&TC providers must be aware of consent and confidentiality laws for youth. Refer to [Minors' Consent for Health Care](#) for a summary of related state statutes.

### Importance of Anticipatory Guidance

AYA want to talk with healthcare providers, especially in a private, confidential environment (Oregon Pediatric Improvement Partnership, 2015). Many adolescent illness and injury visits could be prevented if concerns had been addressed at a comprehensive well visit (Alderman, Breuner, & Adolescence, 2019).

## Resources for AYA and Caregivers

### Adolescent Development

Adolescence is a time of gradual development of autonomy and adult decision-making (Alderman, Breuner, & Adolescence, 2019). Refer to the [Ten Tasks of Adolescent Development](#).

### Healthy Relationships

Relationships are foundational to helping young people discover their strengths. Healthy relationships involve mutual respect, communication, and a focus on growth and well-being. Refer to [Essentials for Parenting Teens](#).

- [Healthy Relationships](#)

### Healthy Lifestyle and Illness Prevention

Healthy emotional and physical development can be shaped by mental health concerns, substance use, violence, unintentional injury, sexual and reproductive health, and other concerns (Alderman, Breuner, & Adolescence, 2019).

- [Information for Parents with Teens \(Ages 12-19\)](#)
- [How Much Sleep Do I Need?](#)
- [Adolescent Sexual Health](#)
- [AMAZE](#)
- [Center of Excellence on Social Media and Youth Mental Health](#)

### Injury Prevention

Firearms are the leading cause of death for 0–24-year-olds in the U.S. (Lee, et al., 2022).

- [Safety tips for preteens 10-14 years](#) and [Safety tips for teens 15-19 years](#)
- [Gun Safety Campaign Toolkit](#)

## Professional Recommendations

### American Academy of Pediatrics

Bright Futures, 4th ed., provides recommendations for anticipatory guidance by topic and age (Hagan J.F., 2017).

## Resources

### Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [C&TC for Adolescents and Young Adults 11-20 Years webpage](#)

## References

Alderman, E., Breuner, C., & Adolescence, C. o. (2019). Unique Needs of the Adolescent. *Pediatrics*, 144(6). doi:10.1542/peds.2019-3150

Hagan J.F., S. J. (2017). *Bright Futures, 4th ed.* Elk Grove Village, IL: American Academy of Pediatrics.

Lee, L., Fleeger, E., Goyal, M., Fraser Doh, K., Laraque-Arena, D., Hoffman, B., & The Council on Injury, V. a.

(2022). Firearm-Related Injuries and Deaths in Children and Youth: Injury Prevention and Harm Reduction. *Pediatrics*, 150(6). doi:10.1542/peds.2022-060070

Oregon Pediatric Improvement Partnership. (2015, July). *Adolescent Well-Visits: An Integral Strategy for Achieving the Triple Aim*. Retrieved from [www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/HEALTHSCHOOL/SCHOOLBASEDHEALTHCENTERS/Documents/HST/OPIP\\_Value\\_of\\_Adolescent\\_Well\\_Visits.pdf](http://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/HEALTHSCHOOL/SCHOOLBASEDHEALTHCENTERS/Documents/HST/OPIP_Value_of_Adolescent_Well_Visits.pdf)

## For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).

Revised 03/2024

## Resource Links

- [How Much Sleep Do I Need?](https://kidshealth.org/en/teens/how-much-sleep.html) (<https://kidshealth.org/en/teens/how-much-sleep.html>)
- [Adolescent Sexual Health](http://www.aap.org/en/patient-care/adolescent-sexual-health/resources-for-parents-and-families) ([www.aap.org/en/patient-care/adolescent-sexual-health/resources-for-parents-and-families](http://www.aap.org/en/patient-care/adolescent-sexual-health/resources-for-parents-and-families))
- [AMAZE](https://amaze.org) (<https://amaze.org>)
- [Center of Excellence on Social Media and Youth Mental Health](https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/) (<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>)
- [Safety tips for preteens 10-14 years](http://www.safekids.org/safetytips/field_age/pre-teens-10-14) ([www.safekids.org/safetytips/field\\_age/pre-teens-10-14](http://www.safekids.org/safetytips/field_age/pre-teens-10-14))
- [Safety tips for teens 15-19 years](http://www.safekids.org/safetytips/field_age/teens-15-19) ([www.safekids.org/safetytips/field\\_age/teens-15-19](http://www.safekids.org/safetytips/field_age/teens-15-19))
- [Gun Safety Campaign Toolkit](http://www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety) ([www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety](http://www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety))
- [C&TC Schedule of Age-Related Screening Standards](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG) (<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092) ([www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16\\_150092](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092))
- [Child and Teen Checkups \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm) ([www.health.state.mn.us/divs/cfh/program/ctc/index.cfm](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm))
- [C&TC for Adolescents and Young Adults 11-20 Years webpage](http://www.health.state.mn.us/people/childreneyouth/ctc/youth.html) ([www.health.state.mn.us/people/childreneyouth/ctc/youth.html](http://www.health.state.mn.us/people/childreneyouth/ctc/youth.html))
- [C&TC Provider Documentation Forms](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources) (<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources>)
- [Adolescent and Young Adult \(AYA\) Health Questionnaire](http://www.health.state.mn.us/people/childreneyouth/ctc/teenhlth.html) ([www.health.state.mn.us/people/childreneyouth/ctc/teenhlth.html](http://www.health.state.mn.us/people/childreneyouth/ctc/teenhlth.html))
- [Minors' Consent for Health Care](http://www.health.state.mn.us/people/adolescent/youth/confidential.html) ([www.health.state.mn.us/people/adolescent/youth/confidential.html](http://www.health.state.mn.us/people/adolescent/youth/confidential.html))
- [Ten Tasks of Adolescent Development](https://hr.mit.edu/static/worklife/raising-teens/ten-tasks.html) (<https://hr.mit.edu/static/worklife/raising-teens/ten-tasks.html>)
- [Essentials for Parenting Teens](http://www.cdc.gov/parents/essentials/teens/index.html) ([www.cdc.gov/parents/essentials/teens/index.html](http://www.cdc.gov/parents/essentials/teens/index.html))
- [Healthy Relationships](http://www.loveisrespect.org/everyone-deserves-a-healthy-relationship) ([www.loveisrespect.org/everyone-deserves-a-healthy-relationship](http://www.loveisrespect.org/everyone-deserves-a-healthy-relationship))
- [Information for Parents with Teens \(Ages 12-19\)](http://www.cdc.gov/parents/teens) ([www.cdc.gov/parents/teens](http://www.cdc.gov/parents/teens))