Anticipatory Guidance: 11 - 20 Years
CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

C&TC Requirements

General
Anticipatory guidance related to the young person’s health must be provided as part of every C&TC visit. Anticipatory guidance helps support health and development and prevents injury and illness as the youth grows older.

Personnel
Anticipatory guidance should be provided by qualified personnel (physician, nurse practitioner, physician assistant, or registered nurse with adequate training).

Documentation
Documentation must show that age-appropriate anticipatory guidance and health education were discussed. Examples of age-appropriate guidance can be found on the C&TC Provider Documentation Forms (www.dhs.state.mn.us).

Procedure
Anticipatory guidance topics should be individualized and prioritized according to the questions and concerns brought by the youth or parent/guardian, as well as gleaned from the health history and physical exam.

Strengths-based counseling is focused on the youth’s competencies, healthy behaviors, relationships, community engagement, self-confidence, and decision making. Providing anticipatory guidance with a strengths-based approach can promote healthy adolescent choices, independence, and involvement in their own healthcare, as well as decrease risky behaviors (Duncan, 2012).

The effectiveness of anticipatory guidance can be maximized through motivational interviewing, awareness of and respect for the youth’s and family’s culture and values, and using plain language.

C&TC providers should also be aware of consent and confidentiality laws for youth. Review Minors’ Consent for Health Care (www.house.leg.state.mn.us) for a summary of related state statutes.

Importance of Anticipatory Guidance
Adolescents and young adults in the U.S. are the least likely age group to access preventive health care, so every clinic visit is a vital opportunity for preventive care and anticipatory guidance. Adolescents are interested and very willing to talk with healthcare providers about selected screening topics and anticipatory guidance, especially when completed within a private, confidential environment (Oregon Pediatric Improvement Partnership, 2015).

Key Topics for This Age Group

Adolescent development
Sharing the Ten Tasks of Adolescent Development (http://hr.mit.edu) with parents and young people can put the young person’s changing needs and behaviors in perspective. Resources to support adolescent mental health (www.hhs.gov) includes a variety of healthy development topics and resources.

Healthy Relationships
Relationships are foundational to helping young people discover their strengths and
make positive contributions to their communities. Encourage parents to set routines and developmentally appropriate expectations, provide positive reinforcement of desired behaviors, and encourage independence (Glascoe, 2010).

- **Building resilience through relationship:** Developmental Relationship Framework (www.search-institute.org)
- **Healthy and safe relationships** (www.loveisrespect.org)
- **Ages and Stages: Teen** (www.healthychildren.org)

**Healthy Lifestyle**

An active lifestyle and healthy behaviors are important for optimal development and lifelong beneficial habits.

- **Information for parents with teens** (www.cdc.gov)
- **Nutrition and fitness: Healthy Active Living for Families** (www.healthychildren.org) and MyPlate (www.choosemyplate.gov)
- **Internet safety, social media, and screen time: Family Media Plan** (www.healthychildren.org)
- **Sleep: How much sleep do I need?** (kidshealth.org)

**Injury Prevention**

- **Protect the ones you love: Child injuries are preventable** (www.cdc.gov)
- **Safety tips for preteens 10-14 years** (www.safekids.org) and **teens 15-19 years** (www.safekids.org)
- **Teen drivers** (www.cdc.gov)
- **Preventing children’s sports injuries** (https://kidshealth.org)

**Illness Prevention**

- **Immunizations: For parents of preteens and teens** (www.cdc.gov)
- **How you can prevent sexually transmitted diseases** (www.cdc.gov)

**Professional Recommendations**

**American Academy of Pediatrics**

The Bright Futures, 4th ed. provides recommendations for anticipatory guidance by topic and age (Hagan J.F., 2017), including healthy sexual development & sexuality (https://brightfutures.aap.org)

**Resources**

**Minnesota Department of Human Services**

- **Minnesota Health Care Programs Provider Manual C&TC Section** (www.dhs.state.mn.us)
- **C&TC Schedule of Age-Related Screening Standards** (www.dhs.state.mn.us)

**Minnesota Department of Health**

- **C&TC for Adolescents and Young Adults, 11-20 Years** (www.health.state.mn.us)

**References**


**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 651-201-3760 email health.childteencheckups@state.mn.us.

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