

## Frequently Asked Questions about the RAAPS Assessment

### What is the RAAPS?

- RAAPS is short for "**Rapid Assessment for Adolescent Preventive Services.**" RAAPS is short assessment used to identify risky behaviors that can affect the health of teens, developed at the University of Michigan by a team of expert researchers and health professionals. Teens were also involved in the process to make sure the assessment was engaging and relevant. RAAPS is used and trusted by thousands of health professionals and teens around the world.

### Why is my teen being asked to complete the RAAPS?

- The American Medical Association and the American Academy of Pediatrics recommend routine risk behavior screening for *all teens*.
- Most adult health issues result from diseases, which is why adults are regularly screened for diseases like heart disease, cancer, high blood pressure, etc. However, most serious teen health issues result from risky behaviors like drinking alcohol, texting and driving, unsafe sexual experiences, and feelings of depression.
- Most teens engage in risky behavior, sometimes without realizing it. RAAPS identifies behaviors that may put your teen at risk so healthcare professionals can offer them information and education to make more positive choices.

### Can I see what questions my teen was asked?

- Talk to your teen's healthcare professional about viewing a blank copy of the RAAPS risk assessment.

### Aren't you exposing my teen to things they haven't thought about before?

- Through TV, social media, and their friends — teens are exposed every day to behaviors like substance use, sex, and more. Data shows that children as young as 11 years old are engaging in risky behaviors, many times without an adult knowing about it. The biggest increases in trying new risky behaviors occur between 13 and 15-years-old. To wait to identify risky behaviors until a teen is 16 or 17-years-old may be too late.
- Studies show teens want to talk about risky behaviors, but often don't know how to bring them up. Asking teens about behaviors doesn't cause them to start doing them or to think that they are OK. Asking does make it OK for teens to ask their questions and receive information on avoiding risky situations.

### Can I see how my teen responded to RAAPS?

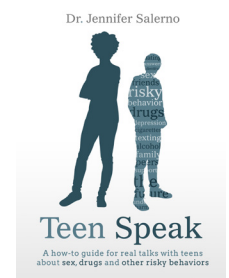
- Teens need to be alone to complete RAAPS so that they can be honest.
- Healthcare providers will share your teen's responses with you only if they say that they want to hurt themselves, hurt someone else, or that someone is hurting them.
- When talking about results, healthcare professionals will encourage your teen to also share their behaviors and experiences with you so that you can continue the conversations at home.

### Why is my teen spending time with their healthcare professional without me in the room?

- As your teen gets older, they will begin to take on the responsibility of caring for their health, and time alone with their healthcare professional is an important part of them learning how to do this.

### Isn't it my job to talk to my teen about common risky behaviors?

- Research shows teens who talk with trained adults and their parents report fewer risky behaviors than those who don't.
- There are a lot of ways you can also support your teen in reducing or preventing risky behaviors. You have a big influence on what your teen will do when faced with risky situations. Taking the RAAPS can help open the door to conversations with your teen. Ask them their thoughts about RAAPS and what they know about risky behaviors. Don't just have one conversation, talk early and often about behaviors that put them at risk and your expectations.
- For help in establishing a strong relationship that supports talks with your teen on any issue they may face as they develop through the teen years, check out *Teen Speak* by Dr. Jennifer Salerno
- Talk to your teen's healthcare professional if you have additional questions.



The U.S. Centers for Disease Control and Prevention reports that three out of four serious injuries and deaths in teens are caused by preventable, risky behaviors.