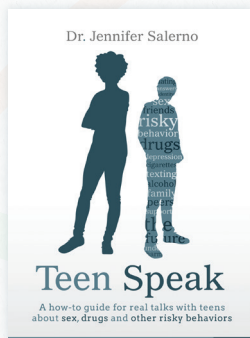


SUPPORTING YOUR TEEN

- ✓ Spend time talking with not at your teen
- ✓ Ask what they know about risky behaviors
- ✓ Reinforce positive health messages
- ✓ Model healthy behavior



Research shows teens who talk with trained adults and their parents report fewer risky behaviors than those who don't talk.



If you'd like help talking with your teen, *Teen Speak: A how to guide for real talks with teens*, provides you with a detailed road map to tackle difficult conversations and create a relationship with your teen that will last through adulthood.

Check it out at:

PossibilitiesForChange.com/TeenSpeak

RESOURCES FOR PARENTS

- ✓ www.kidshealth.org
- ✓ www.cdc.gov/healthyYouth
- ✓ www.teenshealth.org
- ✓ www.teenmentalhealth.org
- ✓ www.choosemyplate.gov
- ✓ www.teendriversource.org
- ✓ www.breakthecycle.org
- ✓ www.drugfree.org
- ✓ www.advocatesforyouth.org
- ✓ www.community.pflag.org
- ✓ www.thenationalcampaign.org



ADOLESCENT RISK BEHAVIOR SCREENING

Your teen has or may be asked at school or by a healthcare provider to take a brief, online assessment about risk behaviors such as bullying, depression, driving habits, self-harm, and substance use.

Teens can be going through so much, without any of us knowing.

Yet studies show when trained adults ask questions – especially in a brief, simple, online format – teens open up and talk. It's a big step in changing behaviors and saving young lives.



IDENTIFY RISKS. IMPROVE
OUTCOMES. CHANGE LIVES!

RAPID ASSESSMENT FOR
ADOLESCENT PREVENTIVE SERVICES
RAAPS
A PRODUCT OF POSSIBILITIES FOR CHANGE

SCREENINGS TO STAY HEALTHY

Most adult health issues result from diseases, which is why we are routinely screened for heart disease, cancer, high blood pressure, etc.

In contrast, most serious teen health issues result from risky behaviors.

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

Just as adults are screened for disease, teens should be screened for risky behavior. Your child has taken, or may take The Rapid Assessment for Adolescent Preventive Services, or RAAPS assessment – a brief, online assessment used across the nation.

Assessment results allow schools and healthcare providers to talk with teens about being healthy.



WE ASK, SO THEY'LL TALK

Most teens engage in risky behavior, sometimes without realizing it.

The RAAPS assessment identifies these behaviors so school staff and healthcare providers can help teens make more positive choices. The RAAPS identifies behaviors such as:

- ✓ Alcohol and drug use
- ✓ Bullying
- ✓ Sad feelings that can lead to suicidal thoughts
- ✓ Not wearing seatbelts or helmets
- ✓ Driving under the influence, texting while driving, or riding with someone who is an unsafe driver
- ✓ Dieting/starving/binging
- ✓ Poor nutrition and lack of physical activity
- ✓ Early or unprotected sexual experiences

National studies show teens who are asked about their behaviors, often by a supportive adult at school or in the doctor's office, are relieved to have someone with whom to talk. Sometimes they won't talk at home because they don't want to disappoint their parents.

SCREENINGS ARE NATIONALLY RECOMMENDED

The American Medical Association and the American Academy of Pediatrics recommend routine risk behavior screening for all teens. The goal is to give teens the information and support needed to prevent serious injury, disease, and premature death.



"Teens share more when asked about their behaviors in a quick, online format. They want to discuss their fears and questions with a caring adult. In one visit, we have the possibility to change their lives."

Dr. Jennifer Salerno,
RAAPS creator,
Possibilities for Change