



Bright Futures Adolescent Supplemental Questionnaire 18 to 21 Year Visits

For us to provide you with the best possible health care, we would like to get to know you better and know how things are going for you. Our discussions with you are private. We hope you will feel free to talk openly with us about yourself and your health. Information is not shared with other people without your permission unless we are concerned that someone is in danger. Thank you for your time.

Your Name _____ Today's Date _____

Your Age _____ Your Sex (circle one): M F Your Grade (in school) _____

Your Growing and Changing Body: Physical Growth and Development

1.	Do you live in your parents' home?	Yes		No
2.	Do you go to school?	Yes		No
3.	Are you having any problems in school or at work? Circle all that apply: grades worse than last year fighting suspension in the last year missing school or work other _____	No		Yes
4.	Do you receive health care from anyone besides a medical doctor (such as an acupuncturist, herbalist, or other healer)?	No		Yes
5.	Do you brush your teeth twice a day?	Yes		No
6.	Do you floss your teeth once a day?	Yes		No
7.	Have you been to the dentist in the last year?	Yes		No
8.	Do you protect your ears when you are around loud noise?	Yes		No
9.	Do you eat 5 or more helpings of fruits and vegetables each day?	Yes		No
10.	Do you drink milk and eat yogurt, cheese, or other calcium-rich foods (such as dark-green leafy vegetables, or calcium-fortified orange juice or cereal) at least 3 times each day?	Yes	Sometimes	No
11.	Do you eat more than 1 fast food meal per week?	No	Sometimes	Yes
12.	Do you participate in any physical activities, such as walking, skateboarding, dancing, swimming, or playing basketball, for a total of 1 hour on a daily basis?	Yes		No
13.	Do you drink more than 1 soda or juice drink each day?	No		Yes
14.	Do you watch TV, play video games, or spend time on the computer for more than 2 hours per day (not including computer time for homework)?	No		Yes
15.	Do you have any concerns or questions about the size or shape of your body or your physical appearance?	No		Yes
16.	In the past year have you tried to lose weight or control your weight by vomiting, taking diet pills or laxatives, or starving yourself?	No		Yes

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Your Growing and Changing Body: Physical Growth and Development continued from page 1

17.	Are you, or do you ever wonder if you are, gay, lesbian, bisexual, or transgender?	No	Sometimes	Yes
18.	For girls: Have you gotten your period?	Yes		No
19.	If yes, are you having any problems with or do you have questions about your period?	No	Sometimes	Yes
20.	Are you involved in your community with an issue that concerns or interests you?	Yes		No
21.	Do you eat meals together as a family?	Yes		No

Violence and Injuries: Violence and Injury Prevention

22.	Do you always wear a seat belt when you ride in or drive a car, truck, or van?	Yes	Sometimes	No
23.	Do you ever carry a gun?	No		Yes
24.	Do you wear a helmet when you play team sports, in-line skate, skateboard, bicycle, ski, snowboard, or ride a motorcycle, ATV, minibike, or snowmobile?	Yes	Sometimes	No
25.	Do you use a cell phone or headphones while driving?	No	Sometimes	Yes
26.	Have you ever had someone at home, school, or anywhere else who has made you feel afraid, threatened you, or hurt you?	No		Yes
27.	Have you ever felt upset by an experience using the Internet?	No		Yes

How You Are Feeling: Emotional Well-being

28.	Even with usual ups and downs, do you feel you enjoy life?	Yes		No
29.	Do you get along with your family?	Yes	Sometimes	No
30.	Do you worry a lot or feel overly stressed out?	No	Sometimes	Yes
31.	Are all of your relationships with girlfriends/boyfriends, friends, and family free of violence and abuse?	Yes		No
32.	When you are angry, do you do violent things?	No	Sometimes	Yes
33.	Do you find yourself continuing to remember or think about an unpleasant experience that happened in the past?	No	Sometimes	Yes
34.	During the past few weeks, have you often felt sad or down, had difficulty sleeping, or frequently felt irritable or as though you have nothing to look forward to?	No		Yes
35.	Have you ever seriously thought about killing yourself, made a plan, or actually tried to kill yourself?	No		Yes



Healthy Behavior Choices: Risk Reduction

36.	Have you ever			
	drank alcohol	No	Sometimes	Yes
	taken things to get high, stay awake, calm down, or go to sleep	No	Sometimes	Yes
	used marijuana	No	Sometimes	Yes
	used drugs (cocaine, crack, heroine, ecstasy, meth inhalants, or pills)	No	Sometimes	Yes
If you answered "Yes" or "Sometimes," complete questions 37–42.				
37.	Have you ever ridden in a car driven by someone (including yourself) who was high or had been using alcohol or drugs?	No	Sometimes	Yes
38.	Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	No	Sometimes	Yes
39.	Do you ever use alcohol or drugs while you are by yourself (alone)?	No		Yes
40.	Do you ever forget things you did while using alcohol or drugs?	No	Sometimes	Yes
41.	Do your family or friends ever tell you that you should cut down on your drinking or drug use?	No		Yes
42.	Have you ever gotten into trouble while you were using alcohol or drugs?	No		Yes
43.	Have you pierced your body (not including ears) or gotten a tattoo?	No		Yes
44.	Have you ever been forced or pressured to do something sexual that you haven't wanted to do?	No		Yes
45.	Have you ever had sex (including intercourse or oral sex)? If you answered "Yes," complete questions 46–50.	No		Yes
46.	Do you and your partner(s) <i>always</i> use condoms when you have sex?	Yes		No
47.	Are you using a method to prevent pregnancy? (Which? _____)	Yes		No
48.	Have you ever been pregnant or gotten someone pregnant?	No		Yes
49.	Have your partners been both male and female?	No		Yes
50.	Do you think you or your partner could have a sexually transmitted infection?	No		Yes

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Bright Futures Medical Screening Questionnaire

15 to 21 Year Visits

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Please answer the following questions by circling Y, N, or Unsure.

Do you tend to squint?	Y	N	Unsure
Do you have trouble recognizing faces at a distance?	Y	N	Unsure
Do you hold books close to your eyes to read?	Y	N	Unsure
Do you complain that the blackboard has become difficult to see?	Y	N	Unsure
Have you ever failed a school vision screening test?	Y	N	Unsure
Do you have a problem hearing over the telephone?	Y	N	Unsure
Do you have trouble following the conversation when 2 or more people are talking at the same time?	Y	N	Unsure
Do you have trouble hearing with a noisy background?	Y	N	Unsure
Do you find yourself asking people to repeat themselves?	Y	N	Unsure
Do you misunderstand what others are saying and respond inappropriately?	Y	N	Unsure
Are you infected with HIV?	Y	N	Unsure
Have you ever been incarcerated (in jail)?	Y	N	Unsure
Were you born in a country at high risk for tuberculosis (countries other than the United States, Canada, Australia, New Zealand, or Western Europe)?	Y	N	Unsure
Have you traveled (had contact with resident populations) for longer than 1 week to a country at high risk for tuberculosis?	Y	N	Unsure
Has a family member or contact had tuberculosis or a positive tuberculin skin test?	Y	N	Unsure
Do you have parents or grandparents who have had a stroke or heart problem before age 55?	Y	N	Unsure
Do you have a parent with an elevated blood cholesterol (240 mg/dL or higher) or who is taking cholesterol medication?	Y	N	Unsure
Do you smoke cigarettes?	Y	N	Unsure
Have you ever had an alcoholic drink?	Y	N	Unsure
Have you ever used marijuana or any other drug to get high?	Y	N	Unsure
Do you now or have you ever used injectable drugs?	Y	N	Unsure



Have you ever been diagnosed with iron deficiency anemia?	Y	N	Unsure
Does your diet include iron-rich foods such as meat, eggs, iron-fortified cereals, or beans?	N	Y	Unsure

FOR FEMALES ONLY

Does your period last more than 5 days?	Y	N	Unsure
Do you have excessive menstrual bleeding or other blood loss?	Y	N	Unsure
Have you ever had sex (including intercourse or oral sex)?	Y	N	Unsure
Are you having unprotected sex with multiple partners?	Y	N	Unsure
Do you trade sex for money or drugs or have sex partners who do?	Y	N	Unsure
Have any of your past or current sex partners been infected with HIV, bisexual, or injection drug users?	Y	N	Unsure
Have you ever been treated for a sexually transmitted infection?	Y	N	Unsure
Was your first time having sexual intercourse more than 3 years ago?	Y	N	Unsure
Have you been sexually active and had a late or missed period within the last 2 months?	Y	N	Unsure
Have you been sexually active without using birth control?	Y	N	Unsure

FOR MALES ONLY

Have you ever had sex (including intercourse or oral sex)?	Y	N	Unsure
Are you having unprotected sex with multiple partners?	Y	N	Unsure
Do you trade sex for money or drugs or have sex partners who do?	Y	N	Unsure
Have any of your past or current sex partners been infected with HIV, bisexual, or injection drug users?	Y	N	Unsure
Have you ever been treated for a sexually transmitted infection?	Y	N	Unsure
Have you ever had sex with other men?	Y	N	Unsure



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Bright Futures Patient Handout

18 to 21 Year Visits

Your Daily Life

- Visit the dentist at least twice a year.
- Protect your hearing at work, home, and concerts.
- Eat a variety of healthy foods.
- Eat breakfast every morning.
- Drink plenty of water.
- Make sure to get enough calcium.
 - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products each day.
- Aim for 1 hour of vigorous physical activity.
- Be proud of yourself when do you something well.

PHYSICAL GROWTH AND DEVELOPMENT

Healthy Behavior Choices

- Support friends who choose not to use drugs, alcohol, tobacco, steroids, or diet pills.
- If you use drugs or alcohol, you can talk to us about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use a condom to prevent STIs.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Find safe activities at school and in the community.

RISK REDUCTION

Violence and Injuries

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Always wear a seat belt in the car.
- Know the rules for safe driving.
- Never allow physical harm of yourself or others at home or school.
- Always deal with conflict using nonviolence.
- Remember that healthy dating relationships are built on respect and that saying “no” is OK.
- Fighting and carrying weapons can be dangerous.

PHYSICAL GROWTH AND DEVELOPMENT

Your Feelings

- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Most people have daily ups and downs. But if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with me or another health professional.
- We understand sexuality is an important part of your development. If you have any questions or concerns, we are here for you.

EMOTIONAL WELL-BEING

School and Friends

- Take responsibility for being organized enough to succeed in work or school.
- Find new activities you enjoy.
- Consider volunteering and helping others in the community on an issue that interests or concerns you.
- Form healthy friendships and find fun, safe things to do with friends.
- As you get older, making and keeping friends is important. You may find that you drift away from some of your old friends—that’s normal.
- Evaluate your friendships and keep those that are healthy.
- It is still important to stay connected with your family.

SOCIAL AND ACADEMIC COMPETENCE



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