

Supported Health Self-Management Younger teen (12-13y)

Check if done	General health topics the 12-13-year-old should know	Comments
	Knows their own contact information	
	Knows who to call in case of emergency Has this information in their cell phone (if applicable)	
	Can describe their normal health level	
	Can describe changes in their health	
	Can describe how they feel	
	Can describe the importance of self-care, like hygiene	
	Can describe good nutrition and how the body uses food	
	Added general health topics for 12-13 y/o	
	Knows about their right to privacy and making decisions	
	Can name their allergies and how to manage them	
	Can answer questions and bring up issues independently in clinic	
	Knows what a balanced diet and exercise are	
	Knows about and can describe their mental health and moods	
	Starts to talk about teen issues such as sexual health, relationships, choices around alcohol, drugs, and tobacco use	
	Disease/condition-specific topics the 12-13-year-old should know	
	Can talk to family/friends about their health and chronic condition	
	Can describe their condition in 2 to 3 sentences	
	Can name health care team members they see most often	
	Can help caregiver(s) with routine treatments	

	Added disease/condition-specific learning for 12-13 y/o	
	Can explain their condition using the right terms	
	Can name medicines, doses, and what they treat	
	Can watch for symptoms and treat them	
	Can describe what to do when they're sick or need urgent medical help	
	Can talk about school and friendships; talks with school team about condition, accommodations, and life impacts	

Tips for teaching your 12-13-year-old

About general health

- Promote teamwork and peer learning by going to an education day, meeting other children who have similar conditions, or going to a camp or support group
- Review a written and/or electronic copy of their care plan with them
- Encourage interaction with technology as a communication platform and source of support (health-focused apps, online support groups, MyChart)

About their health condition

- Clear up any confusion about health/illness and treatments
- Can name meds and simple reasons for taking
- Review a written or electronic copy of their care plan with them
- Knows equipment needed for treatment(s)
- Focus on detailed concepts about their chronic condition, body functions, and symptoms