

American Academy of Pediatrics



# BRIGHT FUTURES PREVISIT QUESTIONNAIRE

## 11 THROUGH 14 YEAR VISITS FOR PATIENTS

To give you the best possible health care, we would like to know how things are going. 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. **Depression screening (beginning at age 12) and Tobacco, Alcohol, or Drug Use assessment are also part of this visit.** Thank you for your time.

### WHAT WOULD YOU LIKE TO TALK ABOUT TODAY?

Do you have any concerns, questions, or problems that you would like to discuss today?  No  Yes, describe:

### TELL US ABOUT YOURSELF.

What are you most proud of about yourself?

Have there been major changes lately in your family's life?  No  Yes, describe:

Have any of your relatives developed new medical problems since your last visit?  No  Yes  Unsure If yes or unsure, please describe:

Do you live with anyone who smokes or spend time in places where people smoke or use e-cigarettes?  No  Yes  Unsure

### GROWING AND DEVELOPING

Check off all the items that you feel are true for you.

- |   |  |
|---|--|
| <input type="checkbox"/> I do things that help me have a healthy lifestyle, such as eating healthy foods, being physically active, and keeping myself safe. | <input type="checkbox"/> I help others.  |
| <input type="checkbox"/> I have at least one adult in my life who I know I can go to if I need help.  | <input type="checkbox"/> I am able to bounce back when life doesn't go my way.               |
| <input type="checkbox"/> I have a friend or a group of friends that I feel comfortable to be around.  | <input type="checkbox"/> I feel hopeful and confident.                                       |
|   | <input type="checkbox"/> I am becoming more independent and I make more of my own decisions. |

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### RISK ASSESSMENT

<b>Anemia</b>	Does your diet include iron-rich foods, such as meat, iron-fortified cereals, or beans?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Unsure
	Do you eat a vegetarian diet (do not eat red meat, chicken, fish, or seafood)?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	If you are a vegetarian (do not eat red meat, chicken, fish, or seafood), do you take an iron supplement?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> Unsure
	<b>For girls:</b> Do you have excessive menstrual bleeding or other blood loss?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
	<b>For girls:</b> Does your period last more than 5 days?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
<b>Dyslipidemia</b>	Do you smoke cigarettes or use e-cigarettes?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure
<b>Vision</b>	Do you have concerns about how well you see?	<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Unsure

### ANTICIPATORY GUIDANCE

How are things going for you and your family?

#### HOW YOU ARE DOING

<b>Interpersonal Violence (Fighting and Bullying)</b>			
Have you been part of a gang or a group that has gotten or could get into trouble?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you been in a fight in the past 6 months?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you know anyone in a gang?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you have ways that help you deal with feeling angry?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you feel safe at home?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Have you ever been bullied in person, on the Internet, or through social media?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you been in a relationship with a person who threatened you physically or hurt you?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever been touched in a way that made you feel uncomfortable?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Has anyone touched your private parts without your agreement or against your wishes?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever been forced or pressured to do something sexually that you didn't want to do?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
<b>Connectedness With Family and Peers</b>			
Do you spend time talking with your parents every day?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do your parents praise you when you do something good or learn something new?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you get along with your family?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Does your family do things together?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have an adult you feel connected to?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have rules at home and know what happens when you break the rules?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
<b>Connectedness With Community</b>			
Do you have activities or things you like to do after school or on the weekends?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you help others at home, in school, or in your community?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
<b>School Performance</b>			
Are you doing well at school?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have things you enjoy doing at school?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Are you having any problems in school? Are there things you need help figuring out?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you get extra help or support in any subjects at school?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
<b>Coping With Stress and Decision-making</b>			
Do you worry a lot or feel overly stressed out?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you have things you do to feel better when you are stressed?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No

Please print.

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### YOUR GROWING AND CHANGING BODY

Healthy Teeth			
Do you brush your teeth twice a day?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you see the dentist twice a year?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
If you play contact sports, do you wear a mouth guard?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Body Image			
Do you have any concerns about your weight?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Are you teased about your weight?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Are you currently doing anything to try to gain or lose weight?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Healthy Eating			
Do you have healthy food options at home and in school?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you eat fruits and vegetables every day?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have milk, yogurt, cheese, or other foods that contain calcium every day?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you drink juice, soda, sports drinks, or energy drinks?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you ever skip meals?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you eat meals together with your family?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Physical Activity and Sleep			
Are you physically active at least 1 hour a day? This includes running, playing sports, or active play with friends.	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
How much time every day do you spend watching TV, playing video games, or using computers, tablets or smartphones (not counting schoolwork)?	_____ hours		
Do you get 8 or more hours of sleep each night?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have trouble sleeping?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes

### EMOTIONAL WELL-BEING

Do you and your parents argue a lot about what your culture expects of you and what your friends are doing?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you talked with your parents about dating and sex?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you have questions or concerns about how your body is changing (puberty)?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
<b>For girls:</b> Have you started your period?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
<b>For girls:</b> If yes, do you have any concerns about your period (such as not regular, heavy bleeding, or bad cramping)?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes

### HEALTHY BEHAVIOR CHOICES

Romantic Relationships			
Have you ever been in a romantic relationship?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
If yes, have you always felt safe and respected?	<input type="radio"/> NA	<input type="radio"/> Yes	<input type="radio"/> Sometimes
<input type="radio"/> No	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Tobacco, E-cigarettes, Alcohol, and Prescription or Street Drugs			
Have you ever smoked cigarettes or used e-cigarettes?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever drunk alcohol?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever been offered any drugs?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever used drugs (including marijuana or street drugs)?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Have you ever taken prescription drugs that were not given to you for a medical condition?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Acoustic Trauma			
Do you use earplugs or sound-canceling headphones to protect your hearing around loud noises or at concerts?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you often listen to loud music?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes

Please print.

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### STAYING SAFE

Seatbelt and Helmet Use			
Do you always wear a lap and shoulder seat belt?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you always wear a helmet to protect your head when you are biking, skateboarding, or skating?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you always wear a life jacket when you do water sports?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Sun Protection			
Do you use sunscreen?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Do you visit tanning parlors?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Substance Use and Riding in a Vehicle			
Have you ever ridden in a car with someone who has been drinking or using drugs?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
Do you have someone you can call for a ride if you feel unsafe riding with someone?	<input type="radio"/> Yes	<input type="radio"/> Sometimes	<input type="radio"/> No
Gun Safety			
Have you ever carried a gun or knife (even for self-protection)?	<input type="radio"/> No	<input type="radio"/> Sometimes	<input type="radio"/> Yes
If there is a gun in your home, do you know how to get hold of it?	<input type="radio"/> NA	<input type="radio"/> No	<input type="radio"/> Sometimes <input type="radio"/> Yes

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

