CLEAR FORM

PATIENT NAME: _____ DATE: _____

Please print.

American Academy of Pediatrics

BRIGHT FUTURES PREVISIT QUESTIONNAIRE

11 THROUGH 14 YEAR VISITS FOR PATIENTS

Bright Futures™

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.

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

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RISK ASSESSMENT

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

ANTICIPATORY GUIDANCE

How are things going for you and your family?

HOW YOU ARE DOING

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

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YOUR GROWING AND CHANGING BODY

Healthy Teeth			
Do you brush your teeth twice a day?	O Yes	O Sometimes	O No
Do you see the dentist twice a year?	O Yes	O Sometimes	O No
If you play contact sports, do you wear a mouth guard?	O Yes	O Sometimes	O No
Body Image			
Do you have any concerns about your weight?	O No	O Sometimes	O Yes
Are you teased about your weight?	O No	O Sometimes	O Yes
Are you currently doing anything to try to gain or lose weight?	O No	O Sometimes	O Yes
Healthy Eating			
Do you have healthy food options at home and in school?	O Yes	O Sometimes	O No
Do you eat fruits and vegetables every day?	O Yes	O Sometimes	O No
Do you have milk, yogurt, cheese, or other foods that contain calcium every day?	O Yes	O Sometimes	O No
Do you drink juice, soda, sports drinks, or energy drinks?	O No	O Sometimes	O Yes
Do you ever skip meals?	O No	O Sometimes	O Yes
Do you eat meals together with your family?	O Yes	O Sometimes	O 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.	O Yes	O Sometimes	O 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?	O Yes	O Sometimes	O No
Do you have trouble sleeping?	O No	O Sometimes	O 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?	O No	O Sometimes	O Yes
Have you talked with your parents about dating and sex?	O Yes	O Sometimes	O No
Do you have questions or concerns about how your body is changing (puberty)?	O No	O Sometimes	O Yes
For girls: Have you started your period?	O No	O Sometimes	O Yes
For girls: If yes, do you have any concerns about your period (such as not regular, heavy bleeding, or bad cramping)?	O No	O Sometimes	O Yes

HEALTHY BEHAVIOR CHOICES

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

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STAYING SAFE

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

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DEDICATED TO THE HEALTH OF ALL CHILDREN®