

# Anticipatory Guidance: 11 - 20 Years

## CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Anticipatory guidance is required at every C&TC visit age 11 through 20 years. This guidance supports healthy development and reduces the risk of injury and illness as youth grow.

### C&TC standards

#### General

Anticipatory guidance is required at every C&TC visit 11 through 20 years of age. Include topics such as adolescent development, healthy relationships, healthy lifestyle and illness prevention, injury prevention, and health care transition.

#### Personnel

A licensed health care provider must provide anticipatory guidance: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health.

#### Documentation

Document the discussion of age-appropriate anticipatory guidance and health education.

Refer to the documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage for documentation examples or to use as a template with your electronic medical record.

### Procedure

Focus anticipatory guidance on youth and parent/guardian concerns, health history, physical exam findings, and recommended age-appropriate health promotion and injury prevention. Include strengths-based counseling focused on the youth's competencies and healthy behaviors.

C&TC providers must be aware of consent and confidentiality laws for youth. Refer to [Consent and Confidentiality Laws in Minnesota](#) for a summary of related state statutes.

### Importance of anticipatory guidance

Adolescents and young adults want to talk with health care providers, especially in a private, confidential environment (Oregon Pediatric Improvement Partnership, 2015). Refer to [Tools – For healthcare professionals](#).

### Resources for adolescents, young adults, and caregivers

#### Adolescent development

During adolescence, youth gradually develop autonomy and adult decision-making skills (Alderman et al., 2019).

- [Ten Tasks of Adolescent Development](#)

## Healthy relationships

Relationships with caring adults and peers are foundational to helping young people discover their strengths. Healthy relationships involve mutual respect, communication, and a focus on growth and wellbeing.

- [Center for Parent and Teen Communication](#)
- [Healthy Relationships](#)

## Healthy lifestyle and illness prevention

Various factors, including mental health, substance use, violence, unintentional injury, and sexual and reproductive health, shape emotional and physical development (Alderman et al., 2019).

- [Information for Parents with Teens \(Ages 12-19\)](#)
- [How Much Sleep Do I Need?](#)
- Adolescent Sexual Health [Resources for Parents and Families](#)
- [AMAZE](#)
- [Center of Excellence on Social Media and Youth Mental Health](#)
- [Helping Teen Parents and Their Children Build Healthy Futures](#)

## Injury prevention

Counseling parents about preventing injuries positively impacts safety behaviors.

- Safety tips for [preteens](#) 10-14 years
- Safety tips for [teens](#) 15-19 years
- [Gun Safety Campaign Toolkit](#)

- [Anticipatory Guidance to Prevent Adolescent Overdoses](#)

## Health care transition

In older adolescents, a thoughtful transition from pediatric to adult health care helps build the skills and confidence to manage their health independently.

- [Got Transition](#)

## Professional recommendations

### American Academy of Pediatrics

Bright Futures, fourth edition, provides recommendations for anticipatory guidance by topic and age (Hagan et al., 2017).

## Resources

### Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [C&TC for Adolescents and Young Adults 11-20 Years](#)
- [Adolescent Health Resources](#)

## For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).

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## Resource links

- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Consent and Confidentiality Laws in Minnesota \(www.health.state.mn.us/people/adolescent/youth/confidential.html\)](http://www.health.state.mn.us/people/adolescent/youth/confidential.html)
- [Tools – For healthcare professionals \(https://chyd.umn.edu/about-tools/tools-healthcare-professionals\)](https://chyd.umn.edu/about-tools/tools-healthcare-professionals)
- [Ten Tasks of Adolescent Development \(https://hr.mit.edu/static/worklife/raising-teens/ten-tasks.html\)](https://hr.mit.edu/static/worklife/raising-teens/ten-tasks.html)
- [Center for Parent and Teen Communication \(https://parentandteen.com/\)](https://parentandteen.com/)
- [Healthy Relationships \(www.loveisrespect.org/everyone-deserves-a-healthy-relationship\)](http://www.loveisrespect.org/everyone-deserves-a-healthy-relationship)
- [Information for Parents with Teens \(Ages 12-19\) \(www.cdc.gov/parents/teens\)](http://www.cdc.gov/parents/teens)
- [How Much Sleep Do I Need? \(https://kidshealth.org/en/teens/how-much-sleep.html\)](https://kidshealth.org/en/teens/how-much-sleep.html)
- [Adolescent Sexual Health \(www.aap.org/en/patient-care/adolescent-sexual-health/resources-for-parents-and-families\)](http://www.aap.org/en/patient-care/adolescent-sexual-health/resources-for-parents-and-families)
- [AMAZE \(https://amaze.org\)](http://amaze.org)
- [Center of Excellence on Social Media and Youth Mental Health \(https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/\)](https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/)
- [Helping Teen Parents and Their Children Build Healthy Futures \(https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Teen-Parents.aspx\)](https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Teen-Parents.aspx)

- [Safety tips for preteens 10-14 years \(www.safekids.org/safetytips/field\\_age/pre-teens-10-14\)](http://www.safekids.org/safetytips/field_age/pre-teens-10-14)
- [Safety tips for teens 15-19 years \(www.safekids.org/safetytips/field\\_age/teens-15%E2%80%9319-years\)](http://www.safekids.org/safetytips/field_age/teens-15%E2%80%9319-years)
- [Gun Safety Campaign Toolkit \(www.aap.org/en/newsroom/campaigns-and-toolkits/gun-safety\)](http://www.aap.org/en/newsroom/campaigns-and-toolkits/gun-safety)
- [Anticipatory Guidance to Prevent Adolescent Overdoses \(https://publications.aap.org/pediatrics/article/153/5/e2023065217/197036/Anticipatory-Guidance-to-Prevent-Adolescent\)](https://publications.aap.org/pediatrics/article/153/5/e2023065217/197036/Anticipatory-Guidance-to-Prevent-Adolescent)
- [Got Transition \(https://www.gottransition.org/\)](https://www.gottransition.org/)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfsrver/Public/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfsrver/Public/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectionMethod=LATESTRELEASED&dDocName=dhs16\\_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LATESTRELEASED&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
- [C&TC for Adolescents and Young Adults 11-20 Years \(https://www.health.state.mn.us/people/childrenyouth/ctc/youth.html\)](https://www.health.state.mn.us/people/childrenyouth/ctc/youth.html)
- [Adolescent Health Resources \(https://www.health.state.mn.us/people/adolescent/youth/index.html\)](https://www.health.state.mn.us/people/adolescent/youth/index.html)

## References

- Alderman, E. M., Breuner, C. C., Committee on Adolescence, Grubb, L. K., Powers, M. E., Upadhy, K., & Wallace, S. B. (2019). Unique needs of the adolescent. *Pediatrics*, 144(6). <https://doi.org/10.1542/peds.2019-3150>
- Hagan, J. F., Shaw, J. S., Duncan, P. M. (Ed.). (2017). *Bright Futures, 4th ed.* American Academy of Pediatrics. <https://doi.org/10.1542/9781610020237>
- Oregon Pediatric Improvement Partnership (2015, July). *Adolescent well-visits: An integral strategy for achieving the triple aim.* <https://oregon-pip.org/wp-content/uploads/2019/10/StrategiesImproveAdolWCV.pdf>