



MY LIFE. MY PLAN: TEENS

Ultimate Checklist

It is never too early to start planning for the future. Take charge of your life! Now is the time to take better care of yourself, figure out what kind of person you want to be, set goals, and decide what things you want for your life. And most important, it'll help you understand how a pregnancy will affect your goals – even if being a parent could be years away for you.

Decide that you will:

- Work hard in school and stay on track to receive your high school diploma in order to go to college.
- Think of a career that you are interested in and earn the amount of money you think you will need to be financially independent.
- Decide whether or not you want to go to college and talk to your school counselor for guidance and information on the application process. (delawarestudentsuccess.org can help you prepare.)
- Be in a healthy relationship with people who support, value, and respect you.
- Get help if you feel depressed, helpless, anxious, or sad for long periods of time, or think about hurting yourself. (Dial **2-1-1**, text **302-231-1464**, or ask your health care provider for help.)
- Reach out to a trusted adult and get help if you are feeling bullied in any way such as being verbally, physically, relationally, sexually, or cyber bullied.
- Get help if someone is physically, mentally, or sexually abusing you.
- Be smart about your digital presence and social media use.
- Eat better—try for 50% veggies and fruit. (myplate.gov offers great ideas for healthy eating.)
- Exercise 60 minutes a day. (getupanddosomething.org has tons of tips.)
- Stay away from tobacco and nicotine—this includes vaping and juuling. (kbgde.org offers information on how to live tobacco- and nicotine-free lifestyles.)
- Stay away from alcohol, marijuana, and illegal substances, and use prescription drugs only as prescribed. (helpisherede.com has information on how to prevent addiction.)
- Make and keep regular appointments with your health care provider and dentist.
- Ask your parents and family members about what types of health problems run in your family.
- Make a promise to yourself to stay healthy—this will also help you have the best chance of having a healthy baby when the time is right.
- Talk to your health care provider and ask questions about sexual health, using abstinence as an option, and birth control if you are thinking about having sex.
- Take the time to really think about how a teen pregnancy could affect your life and your goals. (powertodecide.org/teen-talk can help.)
- Talk to your partner about practicing safe sex and getting tested for STIs/STDs.