

# 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 health and development and prevents injury and illness as the youth grows.

### 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, illness prevention, and injury prevention.

#### 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 [C&TC Provider Documentation Forms](#) for documentation examples or to use as a template with your electronic medical record.

#### Procedure

Focus anticipatory guidance on concerns from the youth and parent/guardian, health

history, physical exam findings, and the [Adolescent and Young Adult Health Questionnaire](#). 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

Parents and guardians reported decreased stress and increased effective parenting practices after receiving anticipatory guidance (Hsu, Lee, Lai, Tsai, & Chiu, 2018).

Adolescents and young adults want to talk with health care providers, especially in a private, confidential environment (Oregon Pediatric Improvement Partnership, 2015). Refer to [One-on-One Time with the Pediatrician](#).

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

#### Adolescent development

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

Refer to the [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 well-being. Refer to [Essentials for Parenting Teens](#).

- [Healthy Relationships](#)

## Healthy lifestyle and illness prevention

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

- [Information for Parents with Teens \(Ages 12-19\)](#)
- [How Much Sleep Do I Need?](#)
- [Adolescent Sexual Health](#)
- [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](#)

## Professional recommendations

### American Academy of Pediatrics

Bright Futures, fourth edition, provides recommendations for anticipatory guidance by topic and age (Hagan J.F., 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](#)

## 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 Provider Documentation Forms \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Adolescent and Young Adult \(AYA\) Health Questionnaire \(https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#aya1\)](https://www.health.state.mn.us/people/childrenyouth/ctc/translation.html#aya1)
- [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)
- [One-on-One Time with the Pediatrician \(https://www.healthychildren.org/English/ages-stages/teen/Pages/One-on-One-Time-with-the-Pediatrician.aspx\)](https://www.healthychildren.org/English/ages-stages/teen/Pages/One-on-One-Time-with-the-Pediatrician.aspx)
- [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)
- [Essentials for Parenting Teens \(www.cdc.gov/parents/essentials/teens/index.html\)](http://www.cdc.gov/parents/essentials/teens/index.html)
- [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 \(https://amaze.org\)](https://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 \(www.aap.org/en/news-room/campaigns-and-toolkits/gun-safety\)](http://www.aap.org/en/news-room/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)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET\\_DYNAMIC\\_CONVERSION&RevisionSelectio nMethod=LatestReleased&dDocName=dhs16\\_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectio nMethod=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 webpage \(www.health.state.mn.us/people/childrenyouth/ctc/youth.html\)](http://www.health.state.mn.us/people/childrenyouth/ctc/youth.html)

## References

- Alderman, E., & Breuner, C. (2019). Unique Needs of the Adolescent. *Pediatrics*, 144(6). doi:10.1542/peds.2019-3150
- Hagan J.F., S. J. (2017). *Bright Futures, 4th ed.* Elk Grove Village, IL: American Academy of Pediatrics.
- Hsu, H.-C., Lee, S.-Y., Lai, C.-M., Tsai, W.-L., & Chiu, H.-T. (2018). Effects of Pediatric Anticipatory Guidance on Mothers of Young Children. *Western Journal of Nursing Research*, 305-326.
- Oregon Pediatric Improvement Partnership. (2015, July). *Adolescent Well-Visits: An Integral Strategy for Achieving the Triple Aim*. Retrieved from [www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/HEALTHSCHOOL/SCHOOLBASEDHEALTHCENTERS/Documents/HST/OPIP\\_Value\\_of\\_Adolescent\\_Well\\_Visits.pdf](http://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/YOUTH/HEALTHSCHOOL/SCHOOLBASEDHEALTHCENTERS/Documents/HST/OPIP_Value_of_Adolescent_Well_Visits.pdf)