PATIENT NAME: _____ **DATE:** _____

American Academy of Pediatrics

BRIGHT FUTURES PREVISIT QUESTIONNAIRE
11 THROUGH 14 YEAR VISITS FOR PATIENTS
(SENSITIVE QUESTIONS INCLUDED)

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?

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

RISK ASSESSMENT

Anemia	Does your diet include iron-rich foods, such as meat, iron-fortified cereals, or beans?	○ Yes	○ No	○ Unsure
	Do you eat a vegetarian diet (do not eat red meat, chicken, fish, or seafood)?	○ No	○ Yes	○ Unsure
	If you are a vegetarian (do not eat red meat, chicken, fish, or seafood), do you take an iron supplement?	○ Yes	○ No	○ Unsure
	For girls: Do you have excessive menstrual bleeding or other blood loss?	○ No	○ Yes	○ Unsure
	For girls: Does your period last more than 5 days?	○ No	○ Yes	○ Unsure
Dyslipidemia	Do you smoke cigarettes or use e-cigarettes?	○ No	○ Yes	○ Unsure
Sexually transmitted infections/ HIV	Have you ever had sex, including intercourse or oral sex? **IF NO, SKIP TO THE NEXT SECTION (HIV).**	○ No	○ Yes	○ Unsure
	Are you having unprotected sex?	○ No	○ Yes	○ Unsure
	Are you having sex with multiple partners or anonymous partners?	○ No	○ Yes	○ Unsure
	Are you or any of your past or current sexual partners bisexual?	○ No	○ Yes	○ Unsure
	Have you ever been treated for a sexually transmitted infection?	○ No	○ Yes	○ Unsure
	Have any of your past or current sex partners been infected with HIV or used injection drugs?	○ No	○ Yes	○ Unsure
	Do you trade sex for money or drugs or have sex partners who do?	○ No	○ Yes	○ Unsure
	For boys: Have you ever had sex with other males?	○ No	○ Yes	○ Unsure
HIV	Do you now use or have you ever used injection drugs?	○ No	○ Yes	○ Unsure
Tuberculosis	Are you infected with HIV?	○ No	○ Yes	○ Unsure
	Were you or was any household member born in, or has he or she traveled to, a country where tuberculosis is common (this includes countries in Africa, Asia, Latin America, and Eastern Europe)?	○ No	○ Yes	○ Unsure
	Have you had close contact with a person who has tuberculosis disease or who has had a positive tuberculosis test result?	○ No	○ Yes	○ Unsure
Vision	Do you have concerns about how well you see?	○ No	○ Yes	○ Unsure

YOUR GROWING AND CHANGING BODY

Body Image			
Do you have any concerns about your weight?	○ No	○ Sometimes	○ Yes
Are you teased about your weight?	○ No	○ Sometimes	○ Yes
Are you currently doing anything to try to gain or lose weight?	○ No	○ Sometimes	○ 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 and Sexual Activity			
Have you ever been in a romantic relationship?	O No	O Sometimes	O Yes
If yes, have you always felt safe and respected?	O Yes	O Sometimes	O No
Have you ever had sex, including oral, vaginal, or anal sex? *If no, skip to the next section.*	O No	O Sometimes	O Yes
Do you and your partner use condoms every time?	O Yes	O Sometimes	O No
Do you and your partner always use another form of birth control along with a condom?	O Yes	O Sometimes	O No
Are you aware of emergency contraception?	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

STAYING SAFE

Seat Belt 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 No	O Sometimes	O Yes