



BRIGHT FUTURES HANDOUT ► PATIENT 11 THROUGH 14 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you and your family.

✓ HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways to help out at home.
- Follow your family's rules.
- Try to be responsible for your schoolwork.
- If you need help getting organized, ask your parents or teachers.
- Try to read every day.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Figure out ways to deal with stress in ways that work for you.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.

✓ YOUR GROWING AND CHANGING BODY

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- Be a healthy eater. It helps you do well in school and sports.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat with your family often.
 - Eat breakfast.
- Choose water instead of soda or sports drinks.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.

✓ HEALTHY BEHAVIOR CHOICES

- Find fun, safe things to do.
- Talk with your parents about alcohol and drug use.
- Say "No!" to drugs, alcohol, cigarettes and e-cigarettes, and sex. Saying "No!" is OK.
- Don't share your prescription medicines; don't use other people's medicines.
- Choose friends who support your decision not to use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- Talk with your parents about relationships, sex, and values.
- Talk with your parents or another adult you trust about puberty and sexual pressures. Have a plan for how you will handle risky situations.

✓ YOUR FEELINGS

- Be proud of yourself when you do something good.
- It's OK to have up-and-down moods, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Ask us if you have any questions.

11 THROUGH 14 YEAR VISITS—PATIENT



STAYING SAFE

- Always wear your lap and shoulder seat belt.
- Wear protective gear, including helmets, for playing sports, biking, skating, skiing, and skateboarding.
- Always wear a life jacket when you do water sports.
- Always use sunscreen and a hat when you're outside. Try not to be outside for too long between 11:00 am and 3:00 pm, when it's easy to get a sunburn.
- Don't ride ATVs.
- Don't ride in a car with someone who has used alcohol or drugs. Call your parents or another trusted adult if you are feeling unsafe.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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9-5-2-1-0 for Health!

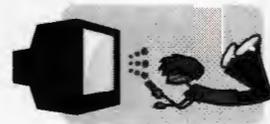
9 get **9** hours of sleep



5 eat **5** servings of fruits and vegetables each day



2 limit screen time to **no more** than **2** hours each day



1 get at least **1** hour of exercise each day



0 **no** sugary drinks!



Soda
Gatorade
Juice

Puberty

Information for Girls



As part of growing up, you will go through puberty. Puberty is the time in your life when your body changes from that of a child to that of an adult. These changes are caused by chemicals in the body called hormones. Because there are so many changes that happen during puberty, you may feel like your body is out of control. In time, your hormones will balance out and your body will catch up.

Not only does your body change, but your emotions change too. How you think and feel about yourself, your family and friends, and your whole world, may seem different. As you go through puberty, you will begin to make important decisions for yourself, take on more responsibilities, and become more independent.

If you are already going through some of these changes, you may be asking yourself, "Am I normal?" or "Do other people my age feel the way I do?" Don't worry. Lots of changes happen during puberty and, although it can be a confusing time of life, it can be exciting.

This brochure was written to help you understand and deal with the changes puberty brings.

Information for Girls

Puberty is the time in a girl's life when her body changes from that of a young girl to that of a woman. It is also the time when a girl becomes physically able to have babies. Although there is no "right" time for puberty to begin, it generally starts earlier for a girl than it does for a boy—usually between 9 and 13 years of age. This is why many girls are taller and may act more mature than boys for a few years until the boys catch up.

How will my body change?

Following are some of the changes your body will go through during puberty:

Breasts: In most girls, puberty starts with breast growth. When your breasts start to develop, you may notice small, tender lumps under one or both nipples that will get bigger over the next few years. When breasts first begin to develop, it is not unusual for one breast to be larger than the other. However, as they develop, they will most likely even out before they reach their final size and shape.

As your breasts develop, you may need a bra. Some girls feel that wearing a bra for the first time is exciting—it is the first step toward becoming a woman! However, some girls feel embarrassed, especially if they are among the first of their friends to need a bra. If the people around you make a bigger deal of your first bra than you would like, try to remember that they do not mean to embarrass you, they are just proud of how much you have grown.

Hair: Soft hair will start to grow in the pubic area (the area between your legs). This hair will eventually become thick and very curly. You may also notice hair under your arms and on your legs. Many women shave this hair. There is no medical reason to shave, it is simply a personal choice. If you decide to shave, be sure to use a lot of soap and water and a clean razor made for women. It is a good idea to use your own personal razor or electric shaver and not to share one with your family or friends.

Body shape: Hips get wider and your waist will get smaller. Your body will also begin to build up fat in the stomach, buttocks, and legs. This is normal and gives your body the curvier shape of a woman.

Body size: Arms, legs, hands, and feet may grow faster than the rest of your body. Until the rest of your body catches up, you may feel a little clumsier than usual.

Skin: Skin may get more oily and you may notice you sweat more. This is because your glands are growing too. It is important to wash every day to keep your skin clean and to use a deodorant or antiperspirant to keep odor and wetness under control. Despite your best efforts to keep your face clean, you still may get pimples. This is called acne and is normal during this time when your hormone levels are high. Almost all teenagers get acne at one time or another. Whether your case is mild or severe, there are things you can do to keep it under control. For more information on controlling acne, talk to your pediatrician or see the brochure "Acne Treatment and Control" from the American Academy of Pediatrics.

Menstruation: Your menstrual cycle, or "period," begins. Most girls get their periods between 9 and 16 years of age.

What happens during my period?

During puberty, your ovaries begin to release eggs. If an egg is fertilized by sperm from a man's penis, it will grow inside your uterus and develop into a baby. To prepare for this, a thick layer of tissue and blood cells builds up in your uterus. If the egg does not meet with a sperm, these tissues and cells are not needed by the body. They turn into a blood-like fluid and flow out of the vagina. The menstrual period is the monthly discharge of this fluid out of the body. When a girl first begins to have her periods, she is able to get pregnant.

During your period, you will need to wear some kind of sanitary pad and/or tampon to absorb this fluid and keep it from getting on your clothes. Pads have adhesive strips and are worn inside the panties. Tampons are placed inside the vagina.

The decision to use pads or tampons is your choice. Some girls prefer tampons because they do not like the feeling of wetness or the odor that may accompany pads. Some girls prefer pads because they are not comfortable inserting tampons into their vaginas.

When using a tampon for the first time, take your time, relax, and insert the tampon slowly into your vagina. This will allow the muscles in your vagina to relax and the tampon to go in easily. Make sure the string remains on the outside of your vagina so that you can remove the tampon. To avoid infection, change tampons often and do not wear them overnight.

Pads are often called “maxi” pads or “mini” pads and can be thick or thin. These are good for when the flow of your period is heaviest. Panty liners, which are very thin, can be used for the end of your period when there is usually very little discharge. Tampons come in different levels of thickness for when your period is heavy or light. Try out different brands and find the ones you like the best.

Most periods last from 3 to 7 days. After your period you may have a day or two of light bleeding, called spotting. This is normal. If you start bleeding regularly between periods, however, see your pediatrician.

Having your period does not mean you have to avoid any of your normal activities like swimming, horseback riding, or gym class. Exercise can even help get rid of cramps and other discomforts that you may feel during your period.

Beginning with their first period, many girls expect their menstrual cycles to occur exactly on schedule. But that rarely happens. During the first year (and sometimes longer) some girls have periods that seem to have no schedule. Cycles can be as short as 3 weeks; others as long as 6 weeks—or sometimes even longer. It may take a while for your periods to become regular (every 3 to 5 weeks). Even after they do become regular, it is not unusual for a girl to miss a period if she is sick, under a lot of stress, exercising heavily, has a poor diet, or is nervous about something. Of course, more than any other reason, pregnancy can cause a girl’s period to stop.

Some girls bleed heavier than others during their periods. But don’t worry, you won’t bleed too much. You have about 5 quarts of blood in your body and you only lose 1 to 3 ounces of it during your period. However, if your period is really heavy (you soak more than 6 to 8 pads or tampons in a single day), talk to your pediatrician.

You may also feel some discomfort before, during, or after your period. Some common symptoms include:

- cramps
- bloating
- soreness or swelling in your breasts
- headaches
- sudden mood changes, such as sadness or irritability
- depression

If you feel your symptoms are severe, talk to your pediatrician. Most of the time, cramping and other symptoms are mild and easy to control. Your pediatrician may suggest some medications or exercises to help you feel better. There are other menstrual problems that require a visit to your pediatrician. If you have any of the following symptoms, contact your pediatrician:

- a sudden change in your period that does not have an obvious cause (like an illness)
- very heavy menstrual bleeding that lasts more than 7 to 10 days
- bleeding between periods
- severe abdominal pain that lasts for more than 2 days and is not early in your period

- you think you might be pregnant
- any other concern you may have that something is wrong with your menstrual cycle

If your pediatrician finds that you have an infection or other problems with your reproductive system, he or she may refer you to a doctor who specializes in women’s reproductive health. This type of doctor is called an obstetrician/gynecologist.

Emotional changes during puberty

In addition to the many physical changes you will go through during puberty, there are many emotional changes as well. You may start to care more about what other people think about you. You want to be accepted and liked. At this time in your life, your relationships with others may begin to change. Some become more important and some less so. You start to separate more from your parents and identify with others your age. You may begin to make decisions that could affect the rest of your life.

Many people your age feel self-conscious about their changing bodies—too tall, too short, too fat, too skinny. Because puberty causes so many changes, it is hard not to compare what is going on with your body with what is happening to your friends’ bodies. Try to keep in mind that everyone goes through puberty differently. Eventually, everyone catches up.

Sex and growing up

During this time, you also become more aware of your sexuality. A look, touch, or just thinking about someone may make your heart beat faster and produce a warm, tingling feeling all over. This is completely normal. You may be asking yourself the following questions:

- “Is it okay to masturbate (touch your genitals for sexual pleasure)?”
- “When should I start dating?”
- “When is it okay to kiss?”
- “How far is too far?”
- “When will I be ready to have sexual intercourse?”
- “Will having sex help my relationship?”

Masturbation is normal and will not harm you. Many boys and girls masturbate, many do not.

Deciding to become sexually active can be very confusing. On one hand, you hear so many warnings and dangers about having sex. On the other hand, movies, TV, magazines, even billboards seem to be telling you that having sex is okay. The fact is, sex is a part of life and, like many parts of life, it can be good or bad. It all depends on you and the choices you make.

As you continue through puberty, you may experience pressure from many sources to have sex. Knowing where the pressures come from will make them much easier to deal with. Pressure to have sex may come from:

- **The media:** Because there are so many images in the media about sex, it is easy to get the idea that having sex is the right thing to do. Sex in movies, TV shows, magazines, and in music is often shown as not having any risks. Do not let these messages fool you. In real life, having sex can be very risky.
- **Your own body:** It is perfectly normal to be interested in sex. After all, growing sexually is what puberty is all about. The sexual urges you feel during puberty can be very powerful. What is most important is to stay in control of these feelings and not let them control you. Keep in mind that sex is not the only way to express how you feel about someone. Taking walks, talking, holding hands, hugging, and touching are great ways to be close to someone you have strong feelings for.

- **Your friends:** It may seem like “everybody’s doing it” or that people who have sex are “cool.” Maybe you feel like you should have sex to be popular and fit in with the group. However, people like to talk about sex and some may want others to believe that they are having sex even when they are not. Someone who does not want to be your friend just because you are not having sex is probably someone who is not worth being friends with anyway. Do not let friends—or anyone—talk you into having sex. This is a decision you make when it is right for you, not for your friends.

Deciding whether or not to have sexual intercourse is one of the most important decisions you will ever make. Why not take your time and think it through? Talk with your parents about their values. Waiting to have sexual intercourse until you are older, in a serious relationship, and able to accept the responsibilities that come along with it is a great idea! You should enjoy being young without having to worry about things like pregnancy and deadly diseases.

However, if you decide to have sex, talk with your pediatrician about which type of birth control is best for you. When using condoms, *always* use latex condoms to prevent sexually transmitted diseases like chlamydia, herpes, and HIV (the AIDS virus). For more information on preventing pregnancy, ask your pediatrician about the AAP brochures “Deciding to Wait” and “Making the Right Choice: Facts for Teens on Preventing Pregnancy.”

Learning to take care of yourself

As you get older, there will be many decisions that you will need to make to ensure that you stay healthy. Eating right, exercising, and getting enough rest are important during puberty because of all the changes your body is going through. It is also important to feel good about yourself and the decisions you make. You have to learn to care for your own body, work hard and maintain good health, and to like yourself as you are.

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From your doctor

American Academy
of Pediatrics



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The American Academy of Pediatrics is an organization of 57,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Online Safety

How could we live without our smartphones, laptops, and other devices that allow us to go online? That's how most of us keep in touch with friends and family, take pictures, do our homework, do research, find out the latest news, and even shop.

But besides the millions of sites to visit and things to do, going online offers lots of ways to waste time—and even get into trouble. And just as in the non-cyber world, some people you encounter online might try to take advantage of you, steal your personal information, or harass or threaten you (called cyberbullying).

You've probably heard stories about people who got into trouble for something they did online—whether it was sending an inappropriate photograph by text message, joining in on some online bullying on a website or message app, or getting ripped off by someone they met through a website.

Because users can easily remain anonymous, some of the more popular websites and messaging apps might attract adults who pretend to be teens or kids. They'll sometimes ask visitors for pictures or information about themselves, their families, or where they live—in formation that shouldn't be given away.

Usually, the people who request personal information like home addresses, phone numbers, and email addresses use this information to fill mailboxes and answering machines with advertisements. In some cases, though, predators may use this information to begin illegal or indecent relationships or to harm a person or family.

Smart Surfing

First rule? Check your mood! Are you feeling upset or angry? Then this is not the time to be messaging or posting on a social media site. People don't always make good decisions or think straight when they're stressed out or upset. If you have to, call someone or go for a run instead before you start venting online.

Second rule: when you're on a website, try to remain as anonymous as possible. That means keeping **all** private information private. Here are some examples of private information that you should never allow the public to see:

- your full name
- any type of photograph (even of your pet!)
- your current location (some phones have automatic GPS apps built in that may need to be turned off)
- home or school address or the address of any of your family or friends
- phone numbers
- Social Security number
- passwords
- names of family members
- credit card numbers

Most trustworthy people and companies won't ask for this type of information online. So if others do, it's a red flag that they may be up to no good. Always check with a parent if you are unsure, especially when shopping online or signing up for a website or app.

Think carefully before you create an email address or screen name. Web experts recommend that you use a combination of letters and numbers in both—and that you don't identify whether you're male or female.

When using messaging or chat/video apps, use a nickname that's different from your screen name. That way, if you ever find yourself in a conversation that makes you uncomfortable, you can exit without having to worry that someone knows your screen name and can track you down via email. Some people who hang out with their friends online set up private chat rooms where only they and the people they invite can enter to chat.

Safety experts recommend that people keep online friendships in the virtual world. Meeting online friends face to face carries more risks than other types of friendships because it's so easy for people to pretend to be something they're not when you can't see them or talk in person. It's safer to Skype or video message with someone first, but even that can carry some risks. Check with a parent that this is a safe thing for you to be doing. They may want to meet some of your contacts or sit in on a conversation before they allow you to set up Skype by yourself.

If you ever get involved in any messaging or online chats that make you feel uncomfortable or in danger for **any** reason, exit and tell a parent or other adult right away so they can report the incident. You also can report it to the website of the National Center for Missing and Exploited Children—they have a form for reporting this type of incident called CyberTipline. They will then see that the info is forwarded to law enforcement officials for investigation.

Cyberbullying

It's not just strangers who can make you feel uncomfortable. Cyberbullying refers to cruel or bullying messages sent to you online. These might be from former friends or other people you know. They can also be sent anonymously—in other words, on a website where everyone has a screen name, so teens being bullied might not even know who is bullying them.

If you get these bullying messages online, it's often better to ignore them rather than answer them. Cyberbullies, just like other bullies, might be looking for attention or a reaction. Plus, you never want to provoke bullies. By ignoring them, you can take away their power. You also can try to delete or block bullies so you no longer see their messages or texts.

Fortunately, most people never experience cyberbullying. But if you're getting cyberbullied and ignoring it doesn't make it stop, getting help from a parent, school counselor, or another trusted adult might be a good idea. That's especially true if the cyberbullying contains threats.

Other Things to Consider

Although email is relatively private, hackers can still access it—or add you to their spam lists. Spam, like ads or harassing or offensive notes, is annoying. But spam blockers can keep your mailbox from getting clogged. Many service providers will help you block out or screen inappropriate emails if your parents agree to set up age-appropriate parental controls.

If you don't recognize the sender of a document or file that needs to be downloaded, delete it without opening it to avoid getting a virus on your device. Virus protection software is a must for every computer and should be updated regularly. You also can buy software that helps rid your computer of unwanted spyware programs that report what your computer is doing. Some service providers make software available to protect you from these and other online annoyances, such as blockers for those in-your-face pop-up ads.

When you're out and about with your devices, keep them secure. Don't let other people use your phone unless you're with them. Don't leave your phone where someone else might pick it up, and turn your laptop or tablet off when you're not using it. Don't make it easy for other people to get a look at your personal information.

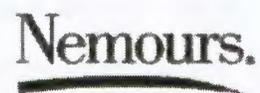
Finally, remember that any pictures or text messages that you send could become "leaked," or public, as soon as you hit send. Think about whether the words you've written or the pictures you're about to share are ones that you would want other people reading or seeing. It's always better to be safe than sorry. A good rule is that if you wouldn't want your grandmother to see it or read it, you probably shouldn't send it or post it.

Reviewed by: Michelle J. New, PhD
Date reviewed: October 2014

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How Can I Improve My Self-Esteem?

Self-esteem is made up of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Over time, habits of negative thinking about ourselves can lower self-esteem.

Sometimes, people don't even realize that they're thinking so negatively about themselves. But once you're aware of it, and know that the way you think is up to you, you can begin to change the way you think. And changing the way you think about yourself changes the way you feel about yourself.

So if you want to feel better about yourself, try some of these things:

Manage your inner critic. Notice the critical things you say to yourself. Would you talk to a best friend like that? A harsh inner voice just tears us down. If you're in the habit of thinking self-critically, re-train yourself by rewording these negative unkind thoughts into more helpful feedback.

Focus on what goes well for you. Are you so used to focusing on your problems that they're all you see? Next time you catch yourself dwelling on problems or complaints about yourself or your day, find something positive to counter it. Each day, write down three good things about yourself, and/or three things that went well that day because of your action or effort.

Aim for effort rather than perfection. Some people get held back by their own pressure to be perfect. They lose out because they don't try. If you think, "I won't audition for the play because I probably won't get the lead," it's guaranteed that role will go to someone else.

View mistakes as learning opportunities. Accept that you will make mistakes. Everyone does. They're part of learning. Instead of thinking, "I always mess up" remind yourself that it's not about always, just this specific situation. What can you do differently next time?

Edit thoughts that get you feeling inferior. Do you often compare yourself with others and come up feeling less accomplished or less talented? Notice what you're thinking. Something like: "She's so much better than I am. I'm no good at basketball. I should just stop playing" leads to feeling inferior, not to feeling good about yourself.

Remind yourself that everyone excels at different things. Focus on what you do well, and cheer on others for their success. Thinking more like this: "She's a great basketball player — but the truth is, I'm a better musician than athlete. Still, I'll keep playing because I enjoy it." helps you accept yourself and make the best of the situation.

Try new things, and give yourself credit. Experiment with different activities to help you get in touch with your talents. Then take pride in your new skills. Think about the good results. For example: I signed up for track and found out I'm pretty fast! These positive thoughts become good opinions of yourself, and add up to self-esteem.

Recognize what you can change and what you can't. If you realize that you're unhappy with something about yourself that you can change (like getting to a healthy weight), start today. If it's something you can't change (like your height), work on accepting it. Obsessing about our "flaws" can really skew your opinion of yourself and bring down your self-esteem. Most of the time, other people don't even notice these things!

Set goals. Think about what you'd like to accomplish. Then make a plan for how to do it. Stick with your plan, and keep track of your progress. Train your inner voice to remind you of what you are accomplishing. For example: "I've been following my plan to exercise every day for 45 minutes. I feel good that I've kept my promise to myself. I know I can keep it up."

Take pride in your opinions and ideas. Don't be afraid to voice them. If someone disagrees, it's not a reflection on your worth or your intelligence. That person just sees things differently from you.

Accept compliments. When self-esteem is low, it's easy to overlook the good things people say about us. We don't believe it when someone says a nice thing. Instead, we think, "...yeah, but I'm not all that great..." and we

brush off the compliment. Instead, let yourself absorb a compliment, appreciate it, and take it seriously. Give sincere compliments, too.

Make a contribution. Tutor a classmate who's having trouble, help clean up your neighborhood, participate in a walkathon for a good cause, or volunteer your time in some other way. When you can see that what you do makes a difference, it builds your positive opinion of yourself, and makes you feel good. That's self-esteem.

Exercise! Being active and fit helps you feel good about yourself. You'll relieve stress, and be healthier, too!

Relax and have fun. Do you ever think stuff like "I'd have more friends if I were more attractive"? Thoughts like these can set you on a path to low self-esteem because they focus on what's not perfect instead of making the best of what is. Spend time with the people you care about, do the things you love, and focus on what's good. That helps you feel good about yourself, just as you are.

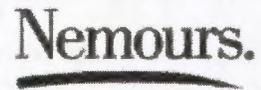
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How to Beat Internet Addiction

Using the Internet for homework and for fun is common and normal. But, when your time online takes away from homework, time with friends and family or other things you enjoy, it's called Internet addiction. In this handout, you will learn tips to cut down on the time you spend online or on mobile apps.

WHAT IS INTERNET ADDICTION?

Internet addiction is when you gradually (over time) lose control over how often you limit, avoid or control the amount of time you spend on the Internet. This can also include mobile apps.

For teens who have Internet addiction, going online releases **endorphins** (brain chemicals that trigger feelings of pleasure). This makes it very hard to control or limit how much time you spend online.

WHAT ARE THE EFFECTS OF INTERNET ADDICTION?

Internet addiction is similar to other types of addictions because it interrupts your real-life relationships with friends and family. Time away from real-life relationships can cause you to be **socially awkward** because you haven't practiced your social skills with real people.

Internet addiction can also cause:

- Insomnia (not sleeping well)
- Not showering or keeping up with personal hygiene
- Not eating regularly
- Headaches and backaches
- Dry eyes from looking at a screen for a long time
- Carpal tunnel syndrome (numbness or tingling in your hand and arm)

A note for your parents...

Doctors aren't sure what causes Internet addiction in teens. But, teens are more likely to have an Internet addiction if they are anxious, depressed, have low self-esteem, a poor self-image or have attention deficit hyperactivity disorder (ADHD).

You can help your teen beat his/her Internet addiction by supervising how much time your teen spends online or on their smartphone or tablet. Use an app like Screen Time Parental Control® to track and set limits on your teen's time online.

HOW CAN I BEAT MY INTERNET ADDICTION?

- **If you think you have an Internet addiction, talk with your doctor or your parents.** They can help you come up with ways to beat your Internet addiction.
- **Pay attention to when you use the Internet or mobile apps.** If you're using the Internet or mobile apps for homework or work, that's okay. If your time online is taking away from friends, family and other things you enjoy, it's time to unplug.
- **Turn off or silence notifications for email, games and social media.** You will be less tempted to check if you can't hear the notifications.
- **Use a free app to track your Internet usage.** Some apps we suggest include:
 - **Break Free Cell Phone Addiction®.** This app lets you track and take control of how much you use the Internet or mobile apps. It also has timers that let you set how much time you spend online and tools to help you break free from Internet addiction. You can also share your accomplishments with others from the app.
 - **Quality Time – My Digital Diet®.** This app lets you track your Internet and app usage. It also lets you set your own time limits and breaks.
 - **Screen Time Companion®.** This app works with the Screen Time Parental Control® app. Your family decides how long you can spend on different apps and the Internet. You can also track your Internet and app usage.
- **Do something you enjoy that doesn't involve the Internet.** Play a sport or get outside. Read a book, draw or paint. Spend time with friends and family. Cook a healthy meal or take your dog for a walk.
- **Talk to others about Internet addiction.** Ask others about ways they have cut down on time spent online. This builds a relationship and trust between you and the other person.