

# My Life My Plan



This booklet is for teens. It will help you think about how the decisions you make today can help you live a healthy and happy life now and in the future.

Property of:

**best start**  
**meilleur départ**

by/par health **nexus** santé

# *Now could be a great time to think about. . .*

How are things going and where are you headed?

You may have some goals for right now and some ideas for the future. That's where having a "life plan" comes in. A life plan can help you achieve your goals and plan for the future. Thinking ahead may help you stay safe and healthy. It will help you make healthy decisions regarding physical activity, healthy eating, sleep, relationships, sexual health and other areas of your life.

Use this booklet to think about your goals and ultimately, your own life plan. The information and facts in this booklet can help you to stay true to yourself and take the best care possible of your health, and yourself.

Add today's date and signature below. At the end of each page there is a section for goal setting. Goal setting helps you focus on what you want to achieve. Enter your goals into [myblueprint.ca](http://myblueprint.ca). Put your plan into action and take time to review it regularly as things in your life may change or you may see them differently at a later date. Make changes and revisions to your plan as needed.

Date:

---

Signature:

---



# My Life - My Self

Read the following statements and choose the one that best describes you right now.  
Or, type your own statement in the bubble provided.

**My life is...**

... Filled with possibilities

... Great; I like it the way it is right now

... Challenging at times

... Not so great

... Challenging most of the time

**The way I look at life is to...**

... Take opportunities that come my way

... Keep things as they are for now

... Enjoy and celebrate my life

... Believe that change is always possible

... Make the best decisions for a healthy future

... Live happy and healthy

# My Life - My Health

What healthy eating habits do I practice? Do I follow [Eating Well with Canada's Food Guide](#)?

---

How physically active am I? \_\_\_\_\_

It is recommended that youth, aged 12 - 17 years, accumulate at least 60 minutes of moderate to vigorous physical activity daily.

[Csep.ca/guidelines](http://Csep.ca/guidelines)

▶▶▶ **FACT**

What [immunizations](#) do I have? What immunizations do I need and when should I get them?

---

---

How do I feel about my body? \_\_\_\_\_

How does the use of [alcohol](#), smoking or drugs affect my health, my plan or my future?

---

## Tips To Stay Healthy

- Make healthy food choices by following Eating Well with Canada's Food Guide
- Be physically active for 60 minutes every day.
- Avoid or limit alcohol, smoking and substance use. Be aware of their health impacts.
- See a health care provider for regular check-ups.

[Preventionhub.org](http://Preventionhub.org)

▶▶▶ **FACT**

How often do I brush and floss [my teeth](#)? \_\_\_\_\_

## Goal Setting

Go to [myblueprint.ca](http://myblueprint.ca) and create a goal for your health in the goal setting box.

Example: *I will increase my fruit and vegetable intake by ensuring my lunch contains at least one fruit and one vegetable serving every day this semester.*

# My Life—My Mental Health

What helps me relax and feel good - music, time with friends/family, a good movie, . . . ?

---

What can I do each day to support my mental health - get enough sleep, smile, breathing exercises, positive thinking, positive relationships, . . . ?

---

How many hours of sleep do I get most nights? \_\_\_\_\_

Sleep helps to fuel the brain and the body. Teens need more sleep because their bodies and minds are growing quickly. Scientific research shows that many teens do not get enough sleep. To be at their best, teens need between 9 and 10 hours of sleep every day.

[Caringforkids.cps.ca/handouts/teens\\_and\\_sleep](http://Caringforkids.cps.ca/handouts/teens_and_sleep)

►►► **FACT**

Who can I talk to when I am feeling sad, anxious, stressed, or need help - family member or friend, CYC at my school, Youthab. . . ?

---

How do I feel about helping others? What can I do to help others?

---

Many teens have questions that relate to their emotional and mental health. Some of these include questions about: feeling sad, feeling disinterested or numb, feeling angry, feeling lonely or isolated, feeling anxious or panicky, having poor self-esteem, having worries about eating or sleeping, having difficulty concentrating, having difficulty coping with school, work, etc.

[Kidshelpphone.ca/Teens/InfoBooth/Emotional-Health](http://Kidshelpphone.ca/Teens/InfoBooth/Emotional-Health)

►►► **FACT**

- CYC at my high school
- [Open Line Open Mind](#): 310-OPEN (6736)
- [Youthab](#): 613-969-0830
- [Children's Mental Health Services](#): 1-844-462-2647
- [Kid's Help Phone](#): 1-800-668-6868
- [Mental Health Helpline](#): 1-866-531-2600



## Goal Setting

Go to [myblueprint.ca](http://myblueprint.ca) and create a goal for your mental health in the goal setting box.

Example: *When I feel stressed or anxious around exam time I will talk to a trusted adult/friend about how I feel and find ways to cope.*



# My Life – My Relationships

Do I enjoy being with friends and family? \_\_\_\_\_

Do I enjoy spending time alone? \_\_\_\_\_

Do I want to be in an intimate relationship now or wait until later? \_\_\_\_\_

What does safety look like in relationships? \_\_\_\_\_

## A Healthy Relationship is Based On:

Respect, trust, honesty, support, fairness, separate identities, open communication and staying true to yourself.

[kidshealth.org](http://kidshealth.org)

▶▶▶ **FACT**

When will I know that I'm ready to be sexually active? What does this mean to me?

---

If I was feeling pressured to be sexually active what could I do?

---

What are my limits right now and how can I talk about them with my partner?

---

8 in 10 young women and 6 in 10 young men say they wish they had waited until they were older to have sex.

It is perfectly okay not to have sex. You have choices. You are entitled to say “no” now, even if you said “yes” before.

▶▶▶ **FACT**

- [www.sexandu.ca](http://www.sexandu.ca)
- [www.teenhealthsource.com](http://www.teenhealthsource.com)
- **Kid's Help Phone:** 1-800-668-6868
- **Three Oaks:** 1-800-267-0533
- **Sexual Assault Centre:** 1-877-544-6424
- **Assaulted Women's Helpline:** 1-866-863-0511
- If in danger, call 911



## Goal Setting

Go to [myblueprint.ca](http://myblueprint.ca) and create a goal for your relationships in the goal setting box.

Example: *I will discuss with my partner how I feel about sex and what my limits are before becoming sexually active.*

# My Life – My Reproductive Health

Do I want to be a parent someday? \_\_\_\_\_

How many children would I like to have and when? \_\_\_\_\_

How would being a teen parent affect my other goals?

\_\_\_\_\_

What is my plan to prevent an unplanned pregnancy? If I choose to be sexually active, what kind of protection from Sexually Transmitted Infections (STIs) and unplanned pregnancy will I choose? \_\_\_\_\_

\_\_\_\_\_

- [www.sexandu.ca](http://www.sexandu.ca)
- [Hastings Prince Edward Public Health](#): 613-966-5500
- [The Red Card](#)

STIs are spread from person to person by having sex or intimate contact. They are common among teens. STIs are a serious health problem. Some STIs can cause permanent damage such as infertility, and even death (in the case of HIV/AIDS). Some STIs don't have symptoms.

The only 100% effective way to not get pregnant or get your partner pregnant and avoid a STI is to not have sex.

[kidshealth.org](http://kidshealth.org)

▶▶▶ **FACT**

Who will I talk to (e.g., doctor, nurse, counsellor, parent) if I have questions about my sexual health? \_\_\_\_\_

\_\_\_\_\_

All women who could become pregnant need a multi-vitamin with folic acid every day. This can lower the chances of having a baby with serious birth defects (e.g., spina bifida).

[healthcanada.ca](http://healthcanada.ca) and [folicacid.ca](http://folicacid.ca)

▶▶▶ **FACT**

## Goal Setting

Go to [myblueprint.ca](http://myblueprint.ca) and create a goal for your reproductive health in the goal setting box. Example: *I will make one visit to the sexual health clinic to find out what services they offer and ask any questions I have by the end of the month.*

# The realities of a teen pregnancy

Many relationships end during pregnancy or after the baby is born.

Many young parents and children live in poverty.

Babies are expensive. Costs can add up to over \$10,000 in the first year alone.

Drinking any amount of alcohol during pregnancy, even before a pregnancy test is positive, can have serious effects on a fetus, such as brain damage and physical anomalies. Fetal Alcohol Spectrum Disorder (FASD) is preventable.

►►► **FACT**

## Thoughts of a teen parent:



**Becoming a parent would force me to grow up quickly.**



# My Life – My Family Health History

Your family history can affect your future health. Find out if any health concerns exist in your family and who has them. For example, it is important to be aware of diabetes, asthma, heart disease, mental illness, and babies born prematurely or with birth defects. These health concerns could affect you and any children you might have some day.

## Goal Setting

Ask a parent, guardian, or relative if they have any knowledge of health concerns that run in your family. Add what you find out about your family health history to your portfolio section in [myblueprint.ca](http://myblueprint.ca)

Add a reflection on what this means for your health, your future and your plans. Then, create one goal based on what you learned.

### Example:

**My portfolio:** *My father had a heart attack and my mother has high blood pressure. My grandmother had lung cancer and passed away and my grandfather had a stroke last year.*

**Reflection:** *My mother, father, grandfather and grandmother have had illnesses that can be caused by smoking. Smoking would increase my risk, so I should stay smoke free.*

**Goal:** *To help me stay smoke free I will practice saying no to smoking with a trusted adult or friend by the end of the month.*



Need more information? You may be able to find family health history information from these sources:

- Your doctor or health care provider
- [Children's Aid Society](http://Children'sAidSociety.ca): 1-800-267-0570

▶▶▶ **FACT**

# My Life - My Future

What are my interests? What am I passionate about? What motivates me? \_\_\_\_\_

---

---

What do I do well? What makes me feel good about myself? \_\_\_\_\_

---

What am I most proud of? What have I already accomplished? \_\_\_\_\_

---

What do I want to be doing next year?

Examples: *Getting my driver's licence? Being part of a club, team or group? Graduating from high school? Volunteering?*

---

Use [myblueprint.ca](http://myblueprint.ca) to discover yourself, set goals and explore education and career choices.

What do I want to be doing in the next five years? \_\_\_\_\_

---

What kind of work do I want to be doing? \_\_\_\_\_

---

What level of education do I want to achieve? High school, apprenticeship, college, university?  
What level of education do I need so that I can be doing what I want to in five years?

---

---

What high school courses will I need to get there? \_\_\_\_\_

---

## Goal Setting

Go to [myblueprint.ca](http://myblueprint.ca) and create a goal for your future in the goal setting box.

Example: *I will make an appointment with my guidance counsellor by the end of the semester to help pick my grade 10 courses based on my education/work goals after high school.*

# My Focus – My Plan

I have thought about what's right for me. I will choose things I want to focus on.

## Based on the 6 topics:

- **My health**
- **My mental health**
- **My relationships**
- **My reproductive health**
- **My family health history**
- **My future**

I plan to:

---

---

---

This plan will help me:

---

---

---

Go to [myblueprint.ca](https://myblueprint.ca) and upload your copy of My Life, My Plan to your portfolio. Take time to review your plan regularly as things in your life may change or you may see them differently at a later date.

**I will make a promise to myself to stay healthy.  
This will make me feel good about myself. It will  
help me keep the options for my future open.  
It will also help me have the best chance of  
having a healthy family, if this is my choice,  
when the time is right.**



# My Life – My Personal Resources

For more information on public health services (i.e. immunization, sexual health, healthy eating, physical activity, oral health, reproductive health) visit [Hastings Prince Edward Public Health](#) or call 613-966-5500.



## My local services:

Dentist\_\_\_\_\_

Family doctor or nurse practitioner\_\_\_\_\_

Mental health counsellor\_\_\_\_\_

Public health nurse \_\_\_\_\_

Guidance counsellor\_\_\_\_\_

Sexual health clinic\_\_\_\_\_

Other services\_\_\_\_\_

## Notes:

---

---

---



### Distributed by:

Hastings Prince Edward Public Health  
Health Promotion  
179 North Park Street, Belleville  
613-966-5500 ext 675  
[www.hpepublichealth.ca](http://www.hpepublichealth.ca)



by/par health **nexus** santé

[www.beststart.org](http://www.beststart.org) • [www.healthnexus.ca](http://www.healthnexus.ca)

Adapted with permission by the Best Start Resource Centre  
This document is adapted from an original concept of the Delaware Division of Public Health and Delaware Healthy Mother and Infant Consortium.

This document has been prepared with funds provided by the Government of Ontario. The information herein reflects the views of the authors and does not necessarily reflect the views of the Government of Ontario. The resources and programs cited throughout this guide are not necessarily endorsed by the Best Start Resource Centre or the Government of Ontario. While the participants of the advisory was critical to the development of this Best Start resource, final decisions about content were made by the Best Start Resource Centre. 2014