YOUTH QUIZ

I AM #ONTRAC

A LIST OF QUESTIONS TO HELP YOUTH LEARN TO MANAGE THEIR HEALTH AND GET READY FOR ADULT CARE

PUT A SYMBOL IN EACH BOX TO COMPLETE THE QUIZ

☐ GOT IT! ☒ NEEDS WORK

---

**Action**

- I know what I am allergic to (food, medication or other)
- I know the names of my medications and what each is for
- I know the side effects of the medications I take
- I take my medications on my own
- I know how to fill my own medication(s) prescriptions
- I do my own home treatments or therapies
- I get my blood test results on my own
- I know the reasons for my tests
- I have an emergency plan - who to call for what
- I carry emergency information with me - care card, phone numbers and/or medic alert
- I know how to order and use my equipment and/or supplies
- If I have home care, I am talking to my care providers about how these services will change as I get older
- I can make and get to my health care appointments on my own
- I know how to get my medical/health records

---

**Voice**

- I ask health care providers questions about my health
- I meet with health care providers on my own
- I can describe my health conditions to others
- When my symptoms are getting worse, I contact the clinic for help
- I visit my family physician, at least once a year, for check-ups, referrals, prescription refills, birth control or emotional concerns
- I know what my long-term health problems might be
- I know what patient’s rights and confidentiality mean
- I understand the risks and benefits of health care treatments before consenting
- I know who my adult care providers will be, how often to see them and for what

---

**Connections**

- My family supports me in managing my health and plans for transition
- I talk to my family/ friend(s) about my problems and worries
- I participate in clubs, groups, sports or activities outside of school
- I keep myself safe by telling someone if I am being bullied in person or online
- I talk to others when I am feeling sad, depressed, anxious, hopeless or having difficulty sleeping
- I connect with others who have the same health conditions as me
- I talk to others about my feelings and concerns about transferring to adult care
I participate in physical activities that are safe for me
I make good nutritional choices and am at healthy weight
I know how alcohol, drugs and tobacco affect my medications and health
I know if I have any driving restrictions

I know how my condition/treatments might affect my physical development
I know where to get information about healthy relationships, sexual orientation, gender identity and birth control
I know how to prevent sexual health risks such as pregnancy and sexually transmitted infections (STIs)
I know how my condition might affect my sexual functioning and ability to produce children
I understand why I might need genetic counselling

I have teachers/others I talk to about my school strengths and problems
I know how my health condition might affect my career choices
I have a Social Insurance Number (SIN)
I talk to my family about medical and extended health insurance after high school
I work for service hours, volunteer and/or have a paid job
I have ideas about after high school and plans for school and/or work
I know how to get information about scholarships, bursaries and/or career counselling
I know how and why to register for College/University special accommodation
I know there is planning to do around my health before I go away for school, work or travel

I have teachers/others I talk to about my school strengths and problems
I know how my health condition might affect my career choices
I have a Social Insurance Number (SIN)
I talk to my family about medical and extended health insurance after high school
I work for service hours, volunteer and/or have a paid job
I have ideas about after high school and plans for school and/or work
I know how to get information about scholarships, bursaries and/or career counselling
I know how and why to register for College/University special accommodation
I know there is planning to do around my health before I go away for school, work or travel