

# TEEN VISIT

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## What to expect at this age

- Most teens are learning to think in more complex ways - They start to think about the future results of their actions and consequences. It's normal for teens to focus a lot on how they look, talk, or how they view politics -This is a way for teens to help define who they are.
- Friendships are very important in the early teen years.

## Teenage Development

- The natural changes your teen goes through during adolescence can be hard for both you and your teen to talk about, but encourage an environment that is open and honest. Your love, understanding, and guidance can help your teen make good decisions.
- Talk openly about the dangers of alcohol, drugs and smoking.
- Talk openly about online safety, safe social media use and appropriate emails and texts
- Talk openly about sexuality and safety and encourage frequent testing for STIs and contraception if active.
- Discourage texting while driving and empower your teenager to speak up or call you if feeling unsafe in a situation with their friends.

## Be involved and supportive

- It is normal for teens to want more independence.
- Recognize that your teen may not want to be a part of all family events - But it is good for your teen to stay involved in some family events and learn your values.
- Lead by example and model good behavior.
- Respect your teen's need for privacy and try to be flexible
- Talk with your teen if you have safety concerns.
- Set realistic family rules - If these rules are broken, set clear limits and consequences.
- Decide together which activities are okay for your teen to do on his or her own. These may include staying home alone or going out with friends who drive.
- If you have trouble getting along with your teen, talk with other parents, family members, or a counselor.
- Talk about social media, personal relationships and encourage open conversations about sexuality and safety.

## Healthy habits

- Encourage your teen to be active for at least 1 hour each day.
- Plan family activities and encourage sports participation or exercise.
- Encourage good eating habits including eating foods low in saturated fat and carbohydrate content.
- Stock your kitchen with fruits and vegetables instead of junk food.
- Do not buy or encourage soda, energy drinks or sweetened beverages.
- Limit screen time - no phones or watching TV at the dining table or at bedtime.
- Make sure that programs and videos they are watching or games they are playing are appropriate for age.

## Immunizations

- The flu vaccine is recommended once a year for all people 6 months and older.
- If not obtained when 11 years old, they will need Tdap, MCV and the HPV series.
- MenB vaccine may be administered before college entry as a 2 part series.

***\*Next Visit: 1 year for well child visit***



**Chesapeake**  
Pediatrics