



## Information for the 13-15 Year Old Well Visit

### Typical behaviors for a young teenager:

- Showing more interest in their peer group and spending less time with parents
- Develop more of an interest in romantic relationships and sexuality
- Show more independence
- Start building a work ethic
- Experience intense emotions including sadness and anxiety
- Develop a work ethic and show more concern for their future
- Demonstrate a maturing conscience and provide reasons for their choices
- Start to anticipate consequences for decisions

Vaccine Needed	Vaccines given at the 13-15 year old well visit	Vaccines given at the 16 year old well visit
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season
MenACWY (Meningitis)		2nd of 2 total doses

Safety Tips and Recommendations	
General Safety	<ul style="list-style-type: none"> <li>● Always wear a seatbelt in the car.</li> <li>● Create a safe environment which encourages them to ask any and all questions they may have.</li> <li>● Set limits and expectations for internet use and safety. Discuss and model appropriate use of social media.</li> <li>● Discuss cyber-bullying, sexting and the importance of safeguarding their privacy online.</li> <li>● Discuss gun safety with your teenager. Teach them to never touch a gun and if a gun is found, immediately report it to a trusted adult.</li> </ul>
Mental Wellness	<ul style="list-style-type: none"> <li>● Create an open dialogue within the home to encourage teens to talk about their feelings and anxieties.</li> <li>● Discuss healthy ways to deal with anxiety including exercise, talking and journaling.</li> </ul>

	<ul style="list-style-type: none"> <li>● Talk about sex, smoking, vaping, drinking, drugs and peer pressure.</li> <li>● Ask your child if they feel comfortable in their body.</li> <li>● Discuss zero tolerance for bullying with your child. Encourage them to speak up for themselves if they ever feel unsafe.</li> <li>● Talk about your family values and priorities.</li> <li>● Discuss the challenges of friend dynamics and romantic relationships. Share your experience as a teenager with your child.</li> </ul>
<p>Healthy Lifestyle and Behavioral Recommendations</p>	<ul style="list-style-type: none"> <li>● Encourage your child to have active time for at least 60 minutes a day.</li> <li>● Make sure they brush their teeth twice a day and see a dentist every six months.</li> <li>● Have regularly scheduled meals every day. Try to have family meals when you eat with your teenager</li> <li>● Don't buy junk food. Prepare healthy fruits and vegetables as ready to go snacks to increase ease and access for your child.</li> <li>● Limit non-academic screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.</li> <li>● Give your teenager a set of responsibilities and chores to help with around the house.</li> <li>● Discuss and decide on fair rules and consequences together as a family. Then enforce them consistently.</li> <li>● Allow your teenager to express themselves as an individual.</li> <li>● Respect your teenager's need for privacy in safe ways at this age.</li> </ul>