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### **13-15 Year Exams**

WEIGHT: \_\_\_\_\_ LBS. \_\_\_\_\_ %

LENGTH: \_\_\_\_\_ IN. \_\_\_\_\_ %

### **DEVELOPMENT:**

Yay, your child is now a teenager! OK, now it's time for the scary stuff. Your teen is now much more aware of their sexuality. This may be an uncomfortable topic for Mom and Dad, but it is a part of life. Be prepared to provide guidance in the areas of sex, sexuality, dating, and love. This should be an ongoing discussion through the teen years. Try to be open-minded and non-judgmental, but also use this as an opportunity to bond with, educate, and support your child.

This also may be a time for social pressure. Your teen needs to be given the tools to avoid temptations.

"Just say no." Help prepare them to refuse offers of alcohol, tobacco, and other drugs. It's ok to say,

"No thanks", change the subject, or change the plan for the day. Your teen should know that it is ok to show respect for his/her body (athletes need to be in shape to compete, brains need to be ready for that big test tomorrow). Educate your kids on the effects of drugs, alcohol, and sex.

### **SOCIAL MEDIA:**

Take the time to "learn the territory". There are new social medial platforms popping up almost daily– show an interest in the platforms that your child views. Discuss health viewing of social media and take a moment to discuss the pitfalls of internet usage – cyber bullying, chat room participants with dangerous intentions, pornography, etc. Your teenager may gain much of their information about the world from their friends, but they value the information you give them the most, even if they don't want to admit it! Talk openly with your children about internet usage.

### **SAFETY:**

1. Be aware of who your child's friends are and know their parents.
2. A teen should always tell an adult where he/she is going.
3. Recommend that your teen does not go on outings alone. There is safety in numbers.

4. If your teen is home alone, they should: lock the door, do not open the door to talk to anyone without parent permission ahead of time, never tell callers that parents are not home, make sure they have the number of a trusted adult who is close by (neighbor, friend's parent).
5. No matter what age you are, always wear a helmet when riding a bike, scooter, rollerblades, etc.
6. Never swim alone.

**IMMUNIZATIONS:**

Catch up vaccines if necessary. Has your child completed their HPV vaccine series?

**NEXT VISIT:**

We recommend seeing your child every year for a healthy check up to monitor for normal physical, emotional, developmental and social growth.