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| Other helpful resources:  <http://parentupvt.org/>  <http://www.umhs-adolescenthealth.org/improving-care/videos/>  Chlamydia factsheet form CDC:  <https://www.cdc.gov/std/chlamydia/chlamydia-factsheet-june-2014.pdf> |

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**Your Practice Name Here**

**What to**

**Expect:**

**Adolescent Snapshot**

Are you Ready?

R is for Relationships. Healthy relationships with peers, teachers and coaches are important for teens. Teens also need guidance to ensure safe and healthy romantic relationships.

E for Energy to get things done. Good physical and mental health and proper sleep will help ensure good energy.

A for Awareness of the world and how your teen fits in. Are there opportunities to contribute in the family, at school or in the community to develop a sense of honesty, kindness, empathy and generosity?

D for Decision Maker. As your adolescent’s brain develops, are there opportunities to learn how to make healthy, independent decisions?

Y for saying Yes to healthy behaviors. Acknowledge your child’s strengths as a foundation on which to build.

Your Practice Info Here

Your Practice Logo Here

**What to Expect At An Adolescent Visit**

Visits are recommended annually.

These are comprehensive visits that evaluate physical and emotional health, stresses and lifestyle choices.

Anything can be discussed and everything is confidential. No information will be given to a parent or guardian unless your teen gives us permission or is in danger of hurting themselves or others. However, even though parents or guardians are asked to leave the room for part of the exam, your concerns are very important to us!

Dart Teen Screener is a useful iPad tool we offer in the office. This allows us to quickly assess important health indicators for your teen. Your child’s participation is completely optional.

The State of Vermont strongly recommends routine urine for girls ages 16-24 to assess for chlamydia. Chlamydia is a disease which can be silent in girls and can affect their future fertility.

If your child would like to be addressed by a different name or gender identity than what we have in our records, please let us know.

Overall, we hope that these visits are a comfortable way for your child to get information to any health question. If there is any way we can make the experience better, please let us know.

**Adolescent Risks**

Teen years are often challenging, marked by extreme emotions, rapid physical growth, hormones, experimentation and risk taking.

Accidents are the leading cause of death in adolescents.

Sadly, suicide is the second leading cause of death. Take all talk of suicide, even jokes, seriously. Our office is always on call, and the Crisis Text Line is available for free confidential 24/7 help.

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| [**Text “VT” to 741741**](sms:741741) |  |  |
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Discuss choices around smoking, alcohol and drugs. Prescription drugs now pose a significant health problem and need to be stored safely.

**Adolescent Immunizations**

* HPV Vaccine: To Protect Against Cancer of the cervix, mouth, throat and more!
* Meningococcal Vaccines: To Protect Against Infection of the Brain and Spinal Cord
* Tdap: To Protect Against Tetanus, Diphtheria and Pertussis (Whooping Cough)

For best protection, start vaccinating at the 11-12 year old visit and complete all series.

**Talking to Your Teen -Puberty and Sex**

Unfortunately, many adolescents (and younger kids) turn to the internet to answer questions they have about sexuality, sex and puberty.

Don’t be afraid to discuss puberty and sex with your teen. Share with them basic knowledge and your values around meaningful, caring, safe relationships.

Some websites to help with topic of sex, consent and possibly embarrassing health questions.

***Healthy Lifestyle***

Healthy meals are the work of the whole family. Aim for fruits and vegetables at every meals, whole grains, lean meats, 3 servings of high calcium foods (like milk) daily. Avoid skipping meals and sugary drinks!

Exercise is recommended for one hour daily for physical and mental health.

Getting your adolescent to sleep can be a struggle. Turning off electronics early in the evening can help!