

## EARLY ADOLESCENCE VISITS (11, 12, 13, and 14 Years)

Name \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

**Bright Futures**



■ = For the parent    ★ = For the adolescent

### At Today's Visit

- You and your health professional will have an opportunity to talk about your adolescent's growth and development.
- Your health professional will ask for an update on your adolescent's health.
- Your adolescent will have a physical examination and may be asked to give a urine sample.
- You will be asked about your family's history of heart disease, and your adolescent's blood pressure will be checked.
- Your adolescent's vision and hearing may be checked.
- Your adolescent may be checked for anemia (iron-poor blood).
- Your adolescent may have a blood test and/or a test for tuberculosis.
- If sexually active, your adolescent will be checked for sexually transmitted diseases (STDs).
- Your adolescent may receive one or more immunizations. Ask your health professional about them.
- You and your adolescent will have an opportunity to ask questions.

### Things You May Want to Discuss During This Visit

- ★ Understanding how your body is developing and changing.
- ★ How to handle pressure from your friends to do things you don't want to do.
- ★ Sports or activities you like.
- ★ Getting along with your parents and brothers and sisters.
- ★ Dating and social activities.
- ★ Any other topics you may want to discuss.

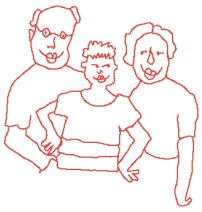


\_\_\_\_\_

- How your adolescent is doing in school, and what she does after school.
- Issues about discipline, sex, drugs, alcohol, or tobacco use.
- Changes in your family since your last visit.
- Something your adolescent has done that you are especially proud of.
- Any other topics you may want to discuss.

\_\_\_\_\_

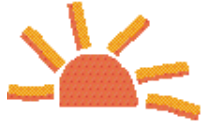
### Notes:



## EARLY ADOLESCENCE VISITS (11, 12, 13, and 14 Years)

Name \_\_\_\_\_

Bright Futures



### Things to Keep in Mind Between Now and the Next Visit

- ★ Try to get 8 hours of sleep each night.
- ★ Do some kind of physical activity for 30 to 60 minutes at least three times a week.
- ★ Use seatbelts, helmets, mouthguards, and protective sports gear.
- ★ Talk with someone if you are stressed, nervous, angry, or sad, or if things are not going well.
- ★ Eat three nutritious meals a day. Choose healthy snacks and limit sugar and high-fat foods.
- ★ Brush your teeth twice a day and floss daily. Visit your dentist regularly.
- ★ Sexual feelings are normal, but wait to have sex until you are older. Learn how to say no to sex.
- ★ Ask questions you may have about sexuality, abstinence, contraception, safer sex, and STDs.
- ★ Do not smoke, use chewing tobacco, drink alcohol, or use drugs, inhalants, or diet pills. Avoid situations where drugs and alcohol are available, and learn ways to resist peer pressure to use them.
- ★ Do not carry or use a weapon of any kind.
- ★ Spend time with your family doing something you all enjoy.
- ★ Participate in school, cultural, religious, and volunteer activities.



### How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Be prepared to discuss your adolescent's eating habits, social behaviors, and school achievements.
- Bring in health forms (camp, sports participation) for the health professional to fill out.
- Talk with your adolescent about the next visit with the health professional, including the general physical exam, the gynecological exam, immunizations, and other procedures.
- Keep a list of topics you and your adolescent would like to discuss at your next visit.
- Share ideas with the health professional about community resources that you have found useful.

### What to Expect at the Next Visit

- Your adolescent will have a physical examination and may be asked to give a urine sample.
- You will be asked about your family's history of heart disease, and your adolescent's blood pressure will be checked.
- Your adolescent's vision and hearing may be checked. He may have a blood test and/or a test for tuberculosis. He may be checked for anemia (iron-poor blood).
- Your adolescent may receive one or more immunizations.
- *If your adolescent is 14, you may want to ask for the middle adolescence handout to see what to expect at the next visit.*