



# MIDDLE ADOLESCENCE VISITS (15, 16, and 17 Years)

Name \_\_\_\_\_

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

**Bright Futures**



★ = For the adolescent ■ = For the parent

## At Today's Visit

- ★ Your health professional will ask for an update on your health.
- ★ You 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 blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or a test for tuberculosis.
- ★ If you are sexually active, you will be checked for sexually transmitted diseases (STDs).  
If female, you may have a pelvic exam.
- ★ You may receive one or more immunizations. Ask your health professional about them.
- ★ You will have an opportunity to ask questions.

## Things You May Want to Discuss During This Visit

- ★ Dating, your friends, and the things you do for fun.
- ★ Dealing with anger, sadness, depression, or stress.
- ★ How you feel about your weight and the way you look.
- ★ Concerns about tobacco, alcohol, and drugs.
- ★ Changes in your family since your last visit.
- ★ Any other topics you may want to discuss.

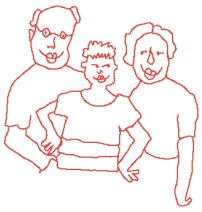


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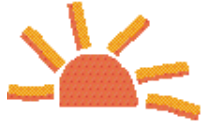
- Family rules and your adolescent's responsibilities.
- Something your adolescent has done that you are especially proud of.
- Any other topics you may want to discuss.

\_\_\_\_\_

## Notes:



Name \_\_\_\_\_



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

- ★ Limit the time you spend watching TV. Be physically active.
- ★ Limit time spent in the sun, use sunscreen (SPF 15 or higher), and avoid tanning salons.
- ★ Always wear a safety belt, follow speed limits, concentrate, and avoid distractions when driving. Do not drink and drive.
- ★ Learn how to protect yourself from physical, emotional, or sexual abuse.
- ★ Learn how to deal with anger, and develop skills in conflict resolution and negotiation.
- ★ Trust your own feelings, and listen to the ideas of good friends and valued adults.
- ★ Eat three nutritious meals a day. Choose healthy snacks, and limit sugar and high-fat foods.
- ★ Visit your dentist regularly and learn what to do in a dental emergency.
- ★ Talk with your health professional about sexuality (including sexual orientation), abstinence, contraception, safer sex, and STDs.
- ★ Respect your parents' limits and rules. Respect the rights and needs of others.
- ★ Talk with a trusted adult about frustrations with school or thoughts of dropping out.
- ★ Identify your talents and interests and make plans for a career or education.



### How to Prepare for the Next Visit

- ★ Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- ★ Update your health and immunization records.
- ★ Bring in sports-participation health forms for completion.
- ★ Be prepared to talk about any problems you may have at school or at home.
- ★ Keep a list of topics you 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

- ★ You 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 blood pressure will be checked.
- ★ You will be given instruction on how to perform a breast self-exam or testicular self-exam.
- ★ Your vision and hearing may be checked.
- ★ You may be checked for anemia (iron-poor blood).
- ★ You may have a blood test and/or test for tuberculosis.
- ★ You may receive one or more immunizations.
- ★ If you are sexually active, you will be checked for STDs. If female, you may have a pelvic exam.
- ★ *If you are 17, you may want to ask for the late adolescence handout to see what to expect at the next visit.*