로 TO DISCUSS WITH



VISION 2 HEARING **VACCINES**



Below are some of the vaccines you will want to make sure your teen has current. Also, discuss with your provider what vaccinations will be necessary before they travel or go to college.

- HPV
- Tetanus
- Meningococcal disease
- Hepatitis A
- Hepatitis B
- Polio
- Measles, mumps, rubella (MMR)
- Chickenpox
- Flu

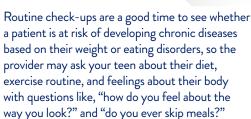
4 PUBERTY

Your teen's provider may start discussions on topics like puberty, sexual development, gender identity, sexual attraction and sexuality. Teens should feel safe discussing these topics with their provider and with you.

SAFF DRIVING

Distracted driving is a leading cause of teenage traffic deaths. Parents and providers may want to discuss the importance of seat belts and not texting and driving.

CALCULATE 6 BODY MASS **INDEX**



EATING



SI FFPING

PHYSICAL ACTIVITY

At 16, should have 60 minutes of physical activity a day.

SCREEN



TOBACCO, VAPING, DRUGS & ALCOHOL

12 SEXUAL HEALTH

STRESS MANAGEMENT

14 DEPRESSION/ ANXIETY

3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.1 The American Academy of Pediatrics has updated their guidelines to recommend pediatricians routinely check for signs of depression in their young patients.

15 ACADEMIC DEVELOPMENT

Your provider may want to discuss how your teen is performing in school and learn more about their goals to determine how they are developing.

16 DEVELOPMENT

Providers will want to discuss how your teen spends their time and how their friendships are developing to identify any bullying or potential social issues.

1 www.cdc.gov/childrensmentalhealth/data

		7		C	
CH	J	Ν	Ц	2	

☐ Vision	Screening
----------	-----------

☐ Hearing Screening

☐ Update on Vaccinations

☐ Flu Shot

Discuss puberty/growth and development

Areas to address before 17:

Teach your teen the importance of a good provider relationship now it will impact their entire life.

