

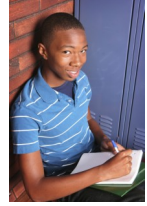


# 11-14 Year Old Teen Wellness Visit

Philadelphia FIGHT Pediatrics

(215) 525-8600

pediatrics@fight.org



## What will happen today:

- ◆ You may receive shots and blood work
- ◆ Talk about how you feel about yourself
- ◆ Talk about school and what your plans are for the future
- ◆ Talk about who your friends are and dealing with conflicts
- ◆ Talk about ways to avoid hurting yourself or others



## Preventing Violence and Injury

- ◆ **DON'T** ride in a car with a driver who has used alcohol or drugs... even marijuana!
- ◆ **ALWAYS** wear a seatbelt and a helmet when riding a bike or skateboarding
- ◆ If you have a disagreement, talk it out. **DON'T** fight
- ◆ If someone is bullying you, ask for help. You can talk to any trusted adult
- ◆ Healthy dating means you respect each other. Remember, **it is okay to say no**. Talk to a trusted adult if you feel forced



## Think about questions you may have for the medical provider. You might want to ask about:

- ◆ Acne and skincare advice
- ◆ Getting help in school
- ◆ Peer pressure
- ◆ Advice on school and future plans

## For more resources, check these out:

- ◆ [www.youngwomenshealth.org](http://www.youngwomenshealth.org)
- ◆ [www.youngmenshealth.org](http://www.youngmenshealth.org)
- ◆ [www.kidshealth.org](http://www.kidshealth.org)
- ◆ [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia)
- ◆ [www.choice-phila.org](http://www.choice-phila.org)
- ◆ [www.takecontrolphilly.org](http://www.takecontrolphilly.org)



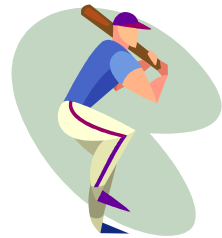



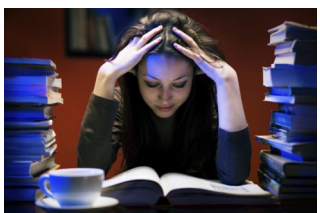







Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 11-14 Year Olds

<b>Physical Health</b>	 <p>Brush your teeth twice a day and floss once a day. Go to a dentist every 6 months</p>	 <p>Eat plenty of fruits and vegetables with at least 4-5 servings a day</p>	 <p>Be active at least one hour a day. TV, computer, and video game time should be under 2 hours</p>
<b>Social Health</b>	 <p>Stay connected with your family. Follow the rules and curfew</p>	 <p>Try school activities where you can help others</p>	 <p>Take responsibility at school and ask your family for help</p>
<b>Emotional Health</b>	 <p>Talk about stress. Find ways to keep calm under stress</p>	 <p>Talk to a parent or a trusted adult if you are sad or angry</p>	 <p>Talk to a parent or a trusted adult about puberty and sexuality</p>
<b>Reduce Your Risks!</b>	 <p>Don't smoke, drink, or use drugs. Avoid places where there are drugs or alcohol</p>	 <p>The safest way to prevent pregnancy and STD's is not having sex. Always use condoms if you do have sex</p>	 <p>Stay safe in the sun. Always use SPF 30. Reapply every 2 hours</p>

At the next visit:

- You will have a physical exam
- You may receive shots

