

15-21 Year Old Teen Wellness Visit
 Philadelphia FIGHT Pediatrics
 (215) 525-8600
 pediatrics@fight.org

- Think carefully.
- Do you have any questions about this packet?
- Do you have any questions about health for the doctor?
- Do you have questions about your future goals?

Staying Healthy - For Teens

Career/Education/
 Community



You may have started thinking about your future career, but you may not know how to reach that goal. Find someone in your desired career path and discuss their journey.

For more information visit:

Office of College and Career Awareness www.phila.k12.pa.us/offices/ccawareness or www.cap4kids.org/philadelphia
 Philadelphia Youth Network – Summer Jobs and Internships www.pyminc.org



College may be in your future. If so, there may be scholarships available. Ask your doctor or school counselor about ways to make college affordable.



Get involved in your community. There are many volunteer opportunities to help make your community a better place!

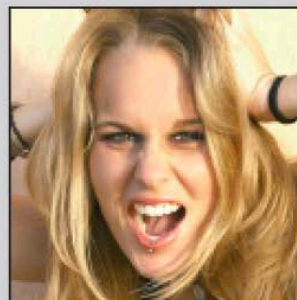
Emotional Health



Being a teen isn't easy! Ask for support from a parent or trusted adult when things get tough or you feel down.

For more information visit:

Community Behavioral Health 215-413-3100, www.phila-bhs.org
 Crisis Hotline: 215-686-4420, Stressed www.aap.org/stress



Don't let yourself get "stressed out." Find healthy ways to deal with stress.



Depression is common. If you have:

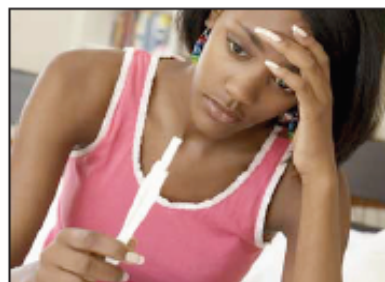
- sad mood
 - poor sleep
 - lack in daily pleasures
 - lack of focus
 - weight changes
 - or thoughts of harming yourself
- talk to a trusted adult or medical provider right away.



Teenage years are full of questions about sex. Your friends DON'T have the answers. Turn to a parent, trusted adult or your doctor. They were once teens too!



Sexually Transmitted Diseases are REAL and everywhere. The best way to avoid them is to not have sex. If you do have sex, ALWAYS use protection.



Teen pregnancy can affect the rest of your life. Remember not having sex is the only 100% effective birth control. Talk to your doctor about other birth control options.

STD testing is a good idea. You should get tested for Gonorrhea and Chlamydia once a year.

PARENTS – PLEASE READ:

At teen visits, your teen will briefly meet alone with their medical provider
This section answers common questions

Q: Why should my teen talk to their medical provider alone?

A: *Practice!* This is a good time for your teen to practice being alone and speaking with their medical provider. As they gain independence in the future, they will come alone to visits.

A: Some teens have questions about their health, so we give them a chance to talk one - on - one with their provider.

Q: What is the medical provider discussing with my teen?

A: *Safe, healthy decisions.* Medical providers encourage teens to make safe choices, like staying away from drugs, tobacco, and alcohol. They talk in an age-appropriate way about healthy decisions with sex, dating, internet use, and mental health.

A: *Test results.* Across the country, it is recommended that ALL TEENS have STD testing once a year. The medical provider will inform your teen about any abnormal results and provide treatment.

Q: What does the law say?

A: *Teens can seek care independently.* Some teens need help, but have difficulty getting it. The law allows teens to seek care independently for mental health challenges, sexual health (including birth control and Plan B), and drug and alcohol treatment. Medical providers are required to keep these details private. We strongly recommend that teens and parents talk about these things at home together.

A: *Medical providers must report certain situations,* including concerns of abuse or a crime towards a child, or if someone is (or at risk of) being harmed.

Q: What can I do?

A: *Talk to your teen!* You are your teen's #1 teacher and supporter. You can (and should!) ask your teen about their feelings and choices. Let your teen know you are there to help them make safe and healthy decisions.

A: *Ask for advice.* If you need some help talking to your teen, ask the medical provider for advice. They are here to help.

Websites for parents:

youngwomenshealth.org ★ youngmenshealthsite.org ★ kidshealth.org
cap4kids.org/philadelphia ★ pflag.org ★ teachingsexualhealth.ca