



Early Adolescence (11 to 14 years)

Health visit

- ❖ Expect that your teen might like to talk with her health care provider without you for part of the visit.
- ❖ Talk with your teen before the health visit to discuss what to expect
 - Ask if he feels good or notices any differences in his health.
 - Remind her that the visit is a good time to ask any questions.
 - Let him know how to contact his health care provider on his own after the visit if needed.
- ❖ Encourage your teen to share information or concerns with her health care provider. Help your teen become comfortable sharing stories and experiences about school or friends.
- ❖ Encourage your teen to ask the health care provider for information about the next visit and about brochures on topics raised during the visit.
- ❖ When you talk with your teen's health care provider - at the visit or by phone or e-mail:
 - Ask any questions you have.
 - Talk about how things are going with your teenager's school and after-school activities.
 - Share how things are going with your teen's development: how he is adjusting to changes in his body; his interest in dating; changes in behavior or personality.



Your health care provider - while covering your teen with a drape for privacy - may...

Check your teen's height, weight, body mass index, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, back, genitalia, breast development, skin, and do other procedures (see the *Physical exam checklist* on page 81) ◉ do an annual pelvic exam for girls who are sexually active ◉ give a Tuberculin Test (PPD) ◉ check blood pressure ◉ take a blood sample ◉ take a urine sample ◉ give an immunization
(see the immunization schedule on page 75)





Middle Adolescence (15-17 years)



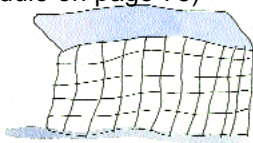
Health visit

- ❖ Expect that your teen might prefer to be alone with the health care provider.
- ❖ Talk before the health visit to discuss what to expect.
 - Remind him that the health visit is a good time to ask questions.
 - Let her know how to contact her health care provider on her own after the visit if needed.
 - Ask your teen if he's feeling well or notices any differences in his health.
- ❖ Encourage your teen to share information or concerns with her health care provider and help your teen become comfortable sharing stories and experiences about school or friends.
- ❖ Encourage your teen to ask the health care provider for information about the next visit and about brochures on topics raised during the visit.
- ❖ When you talk with your teen's health care provider, at the visit or by phone or e-mail:
 - Ask any questions you have.
 - Talk about how things are going with your teenager: school and after-school activities, job, etc.
 - Share how things are going with your teen's development: how he is adjusting to changes in his body; interest in dating; changes in behavior or personality.



Your health care provider - while covering your teen with a drape for privacy - may...

Check your teen's height, weight, body mass index, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, back, genitalia, breast development, skin, and do other procedures (see the *Physical exam checklist* on page 81) ◉ give instructions for testicular self-exam for boys ◉ give instructions for breast self-exam for girls ◉ do an annual pelvic exam for girls who are sexually active ◉ give a Tuberculin Test (PPD) ◉ check blood pressure ◉ take a blood sample ◉ take a urine sample ◉ give an immunization (see the immunization schedule on page 75)





Late Adolescence (18 -21 years)

Health visit

- ⊗ Expect that your young adult will be alone with the health care provider.
- ⊗ Talk with your young adult before the health visit to discuss what to expect.
 - Remind her that the health visit is a good time to ask questions she has.
 - Remind him about how to contact his health care provider on his own after the visit if needed.
 - Ask your teen or young adult if she's feeling well or notices any differences in her health.
- ⊗ Encourage him to share information or concerns with his health care provider and help him become comfortable sharing stories and experiences about school or friends.
- ⊗ Share how things are going with your young adult's life such as changes in his behavior or personality.
- ⊗ Encourage your young adult to ask the health care provider for information about the next visit or brochures about topics raised during the visit.
- ⊗ When you talk with your young adult's health care provider, at the visit or by phone or e-mail:
 - Ask any questions you have.
 - Talk about how things are going with your young adult: getting ready for college, work, military or other choices; getting along with family and friends.



Your health care provider - while covering your young adult with a drape for privacy -

- Check your young adult's height, weight, body mass index, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, genitalia, breast development, skin, and do other procedures (see the *Physical exam checklist* on page 81)
- ⊙ give instructions for testicular self-exam for young men
- ⊙ give instructions for breast self-exam for young women
- ⊙ do an annual pelvic exam for young women who are sexually active
- ⊙ give a Tuberculin Test (PPD)
- ⊙ check blood pressure
- ⊙ take a blood sample
- ⊙ take a urine sample
- ⊙ give an immunization (see the immunization schedule on page 75)

