



# Supporting Your Teen's Growth

## Let's Tackle Tough Topics Together!

All teens experience changes in body and mind. This can feel overwhelming, but we are here to help!

### Scheduling Their Yearly Well-Visit

Teens should come in for a routine well visit once a year, every year, between the ages of 11 and 21. During these visits, we make sure your teen feels supported and heard, and that they have the information they need to make the best possible choices for their health as they grow.

These visits are also for parents or family members to learn and ask questions! The process of developing into an adult is gradual and we want to support them through every step.

### Your Child's Doctor Can Provide Guidance & Resources on Important Health Topics Like:

- ✓ Relationships
- ✓ Mood & Anxiety
- ✓ Social Pressures & Bullying
- ✓ School Performance
- ✓ Sex & STIs
- ✓ Substance Use
- ✓ Healthy Nutrition & Movement

### During These Visits Doctors Will:

- Screen for potential health issues
- Screen for common mental health concerns like anxiety, depression, ADHD, and eating disorders
- Ask important questions about social dynamics and peer pressure
- Test hearing and vision to ensure proper growth
- Empower young people to participate in their health
- Support teen's decision-making about their own health

When you work with your doctor to ensure your teens are healthy and have the tools they need to be successful, you're modeling skills they can use to make the best healthcare decisions as an adult.



Let's work together to raise a happy, healthy teen!

Schedule their yearly well visit today!