

Important information

Acute Health Plan: _____
(Name, Phone)

Doctor: _____
(Name, Phone)

Other Important Information:



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DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona
DDD-1701APAMNA(4-15)

DEPARTMENT OF ECONOMIC SECURITY



Healthy
Teenager

DIVISION OF DEVELOPMENTAL
DISABILITIES

www.azdes.gov/ddd



Why your teenager should visit the doctor

- Checkups every year
- Obtain screening blood work when needed
- Changes in how they feel
- Update vaccines
- Complete physical between ages 13-17 and 18 – 21

Questions to ask your doctor

- How do I discipline and set limits for my teen?
- What advice do you have on answering questions about relationships and drugs?
- How can I discuss sexual activity and sexually transmitted diseases with my teen?

What should you talk to the doctor about

- Immunizations: Tetanus (Td) and Hepatitis B
- Meningococcal vaccine (one in seven who get meningitis die)
- Your teen's teeth, you should encourage them to brush twice a day
- Checks for scoliosis, how well they see, and how well they hear
- Your teen's diet and how to keep them active
- Drug use and safe sex
- School
- How to not get hurt
- Safe driving
- Any other doctors your teen should see
- Peer pressure
- HPV vaccine
- Risks of Tattoos/Piercing
- Monitoring computer usage to protect your teen from internet dangers
- School performance
- Job/Career planning

Parental tips for talking to your teens

- Pick your battles. Don't waste your time arguing over small problems.
- Make sure your teen knows about healthy dating. Relationships are built on respect. It's okay to say "No".
- If your teen seems sad, tired, restless, or bored check for possible signs of depression.
- Talk with your teen about your values.
- Help your teen limit screen time to two hours a day.
- Talk with your teen about body changes at puberty.
- Teach your teen about how to deal with conflict by using nonviolence. Walk away if needed, listen to the other feelings, seek help from peers or trusted adult.
- Make sure you set clear and fair rules with your teen and explain what will happen when they are broken. This will stop you from overreacting and becoming aggressive if your child breaks the rules.