



## Forms:

Complete and print them for your upcoming appointment:  
[Tuberculosis Screening](#)  
[Youth Checklist](#) - please have your child complete this without your help

## Vaccines:

We recommend the following vaccines:

None

## Tests Recommended:

We recommend the following tests at this age:

[ImPACT](#) - for those in sports and at risk of concussion  
[Lipid Panel](#)

## 13 YEARS OLD

### FAQ

*How do I help my teenager resist sexual pressure and remain abstinent?*

Teens are more likely to have sex if they:

1. Entered puberty early,
2. Socialize with youngsters who approve of and encourage sexual activity,
3. Place little value on education Have a poor relationship with their parents, particularly their father, and
4. Rarely attend religious instruction or services.

When teaching your child about sexuality, why not accentuate the advantages of delaying sexual intercourse instead of harping on the potentially adverse consequences? It's the same message, only framed in a more positive light. You might begin by acknowledging that physical intimacy between two loving adult partners is beautiful and joyful, while also warning about the perils of experience that comes too early. "When young people have sex before they're ready, they usually end up regretting it. I'd hate to see that happen to you." Then you can continue with some of the other good reasons that many dating couples offer for their decision to practice abstinence.

### Age Appropriate Information

#### Nutritional Needs:

- **Calcium:** During the teenage years, the growing bones absorb more calcium from the blood than at any other time of life. By early adulthood, our bones stop accepting deposits. Not long after that, the gradual loss of calcium begins. Boys and girls aged nine to eighteen are advised to consume one thousand three hundred milligrams of calcium per day. That's equivalent to about four and a half eight-ounce glasses of low-fat milk. Calcium Sources:
  1. Most foods in the milk group: milk and dishes made with milk, such as puddings and soups.
  2. Cheeses: mozzarella, cheddar, Swiss, Parmesan, cottage cheese.
  3. Yogurt.
  4. Canned fish with soft bones, including sardines, anchovies, salmon.
  5. Dark-green leafy vegetables, such as kale, mustard greens, turnip greens, bok-choy.

6. Tofu, if processed with calcium sulfate.
7. Tortillas made from lime-processed corn.
8. Calcium-fortified juice, bread, cereal.

- **Fiber:** Fiber, while not an essential nutrient, performs several vital functions. A natural laxative, it keeps traffic moving through the intestinal tract and may also lower the concentration of cholesterol in the blood. According to a study from the department of food and nutrition at North Dakota State University in Fargo, consuming more than twenty grams of fiber a day appears to exert the opposite effect. For the study, 319 fifteen-year-olds were divided into four groups, based on their eating habits: low-fat, low-fiber; high-fat, high-fiber; low-fat, high-fiber; and high fat, low-fiber. The students who ate plenty of fiber-rich foods obtained just as many calories as the students in the low-fiber groups. Foods Rich in Fiber:

1. Grains: wheat germ, wheat bran, whole-wheat bread and bread products, oat bran, rice bran, brown rice, barley.
2. Legumes: kidney beans, navy beans, pinto beans, black beans, lima beans, lentils, chickpeas.
3. Vegetables: cauliflower, broccoli, celery, potatoes, peas, beans, carrots, asparagus, artichokes, cucumbers, summer squash, parsley, Brussels sprouts.
4. Fruits: apples, oranges, grapefruits, blackberries, tomatoes, dates, raisins

**Safety:**

- Fighting and bullying behaviors can indicate the presence of conduct disorders or may co-occur with problems of substance abuse, depression, or anxiety. Interpersonal violence includes physical attacks and sexual coercion. Young adolescents can benefit from a discussion of safety in all these aspects.
- Teach your child nonviolent conflict-resolution techniques.
- Talk to your child about your family's expectations for time with friends and rules about dating.

The best way to keep your adolescent safe from injury or death from guns is to never have a gun in the home. If it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. Keep the key where adolescents cannot have access.