



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:
[Gardasil \(HPV\)](#)
[Menactra](#)

Tests Recommended:

We recommend the following tests at this age:
[ImPACT](#) - for those in sports and at risk of concussion
[Lipid Panel](#) (at 18 and older)
[Vision Screen](#) (18 years old)

16 YEARS OLD AND OLDER

FAQ

My teen is very stressed with school, how should I help her deal with this?

The world is run by high achievers. Many might describe themselves as perfectionists because they aren't satisfied until they have done their best. Healthy high achievers get genuine pleasure from putting every effort into producing the finest quality product—an effective business plan, a work of art, or a well designed computer program.

Healthy high achievers enjoy the process and excitement that bubbles up from within them as they work their hardest. They react to deadlines by generating just enough anxiety to stay energized. Healthy high achievers see mistakes as opportunities for personal growth and as an impetus to learn to do better the next time. They see failures as temporary setbacks from which they will rebound. They appreciate constructive criticism because it informs them about how to improve. Healthy high achievers may lightheartedly label themselves as perfectionists, but they are resilient when they fall short of perfection.

The “product” certainly does not distinguish the healthy high achiever from the perfectionist. Both might achieve top SAT scores and participate in many activities, and both might be accepted into top universities. But consider the process: A maestro who writes the finest symphony could have been driven by a healthy desire to achieve or by an inability to accept anything less than a masterpiece. The difference is in how much he enjoyed the process, how much he will celebrate versus disparage his symphony, and how quickly he will burn out. The end product might be the same, but the process was either tortured or exhilarating.

How do I talk about sex with my teen?

Sex is a very personal and private matter. Many parents find it difficult to talk with their children about sex. Teens may be too embarrassed, not trust their parent's advice, or prefer not to talk with their parents about it. But sex is an important topic to talk about.

The following tips may help make talking with your teen easier:

- **Be prepared:** Read about the subject so your own questions are answered before talking with your teen. Practice what you plan to say with your spouse or partner, a friend, or another parent. This may make it easier to talk with your teen when the time comes. Speak calmly and clearly.
- **Be honest:** Let your teen know that talking about sex isn't easy for you but that you think it's important that information about sex comes from you. And even though you would prefer that your values be accepted, ultimately decisions about sex are up to your teen. If your teen disagrees with you or gets angry, take heart, you have been heard. These talks will help your teen develop a solid value system, even if it's different from your own.

- **Listen:** Give your teen a chance to talk and ask questions. It's important that you give your full attention.
- **Try to strike a balance:** While teens need privacy, they also need information and guidance from parents. If your teen doesn't want to talk with you about sex and tells you that it's none of your business, be firm and say that it is your business. Your teen should know that you're asking out of love and concern, especially because there are potentially harmful situations. If your teen is quiet when you try to talk about sex, say what you have to say anyway. Your message may get through.
- **Ask for help:** If you just can't talk to your teen about sex, ask your pediatrician; a trusted aunt or uncle; or a minister, priest, or rabbi for help. Also, many parents find it useful to give their teens a book on human sexuality and say, "Take a look at this, and let's talk."

Parents often fear that if they talk about sex, their children may want to try it. Teens are curious about sex, whether you talk to them about it or not. Studies show that teens whose parents talk openly about sex are actually more responsible in their sexual behavior. When it comes to something as important as sex and sexuality, nothing can replace your influence. You are the best person to teach your teen about relationships, love, commitment, and respect in what you say and by your own example.

Age Appropriate Information

Health:

- Teenagers should do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time.
- Teens and young adults should eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.
- Reduce the drinking of regular soft drinks. If it is not in the house, the option does not exist!

School:

- Some youngsters for one reason or another are afraid to go to school. Although they may pretend to be sick now and then, they may also have psychosomatic symptoms such as headaches, dizziness, nausea, and chest pain, which are triggered by emotions, but real nonetheless. Not surprisingly, aches and pains related to tension tend to vanish over the weekend and during holidays. Talk to your teenager about why she doesn't want to go to school. This is a time for compassion; obviously she is hurting. Assure her that you will do everything you can to resolve whatever it is that is causing her so much distress. Contact the principal, guidance counselor and school nurse, and make them aware of the situation.
- At least one in five students will have trouble keeping up academically at some point during junior high and high school. School slumps require our immediate attention, before the damage

to self-esteem is irreparable or a youngster develops an aversion to attending school. Talk to your teenager about what she thinks the problem(s) may be. Arrange a meeting with the teacher(s) to gather their input and insight. Consider hiring an after-school tutor.

Examine your expectations for your child. Are they realistic? To demand that a perennial D student in science suddenly start pulling A's in eleventh grade chemistry is not only unreasonable but may very well set her up for failure and discouragement.