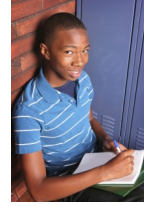




11-12 Year old Teen Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- ◆ You might receive shots and blood work.
- ◆ Talk about how you feel about yourself.
- ◆ Talk about school and what your plans are for the future.
- ◆ Talk about who your friends are and dealing with conflicts.
- ◆ Talk about ways to avoid hurting yourself or others.



Preventing Violence and Injury

- ◆ **DON'T** ride in a car with a driver who has used alcohol or drugs... even marijuana!
- ◆ **ALWAYS** wear a seatbelt and a helmet when riding a bike or skateboarding
- ◆ If you have a disagreement, talk it out. **DON'T** fight.
- ◆ If someone is bullying you, ask for help. You can talk to any trusted adult.
- ◆ Healthy dating means you respect each other. Remember, **it is okay to say no**. Talk to a trusted adult if you feel forced.



Think about questions you might have for the doctor. You might want to ask about:

- ◆ Acne and skincare advice
- ◆ Getting help in school
- ◆ Peer pressure
- ◆ Advice on school and future plans

For more resources, check these out:

- ◆ www.youngwomenshealth.org
- ◆ www.youngmenshealth.org
- ◆ www.kidshealth.org
- ◆ www.cap4kids.org/philadelphia
- ◆ www.choice-phila.org
- ◆ www.takecontrolphilly.org















Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 11-14 Year Olds

Physical Health	 <p>Brush teeth twice a day and floss once a day. Go to a dentist every 6 months.</p>	 <p>Eat plenty of fruits and vegetables with a least 4-5 servings a day.</p>	 <p>Be active at least one hour a day. TV, computer, and video game time should be under 2 hours.</p>
Social Health	 <p>Stay connected with your family. Follow rules and curfews.</p>	 <p>Try school activities where you can help others.</p>	 <p>Take responsibility at school and ask your family for help.</p>
Emotional Health	 <p>Talk about stress. Find ways to keep calm under stress.</p>	 <p>Talk to a parent or a trusted adult if you're sad or angry.</p>	 <p>Talk to a parent or a trusted adult about puberty and sexuality.</p>
Reduce Your Risks!	 <p>Don't smoke, drink, or use drugs. Avoid places with either drugs or alcohol.</p>	 <p>The safest way to prevent pregnancy and STD's is not having sex. Always use condoms if you do have sex.</p>	 <p>Stay safe in the sun. Always use SPF 30. Reapply every 2 hours.</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

