11-14 Year Old Adolescent Visit

SCHOOL PERFORMANCE

School becomes more difficult with multiple teachers, changing classrooms, and challenging academic work. Stay informed about your teen's school performance. Provide structured time for homework.

SOCIAL AND EMOTIONAL DEVELOPMENT

Teenagers face significant changes in their bodies as puberty begins. They are more likely to experience moodiness and increased interest in their developing sexuality. Teens may begin to exhibit risk behaviors, such as experimentation with alcohol, tobacco, drugs, and sexual activity.

IMMUNIZATIONS

At ages 11-12 years, teenagers should receive a booster dose of Tdap (tetanus, diphtheria, and pertussis, or "whooping cough"). At this visit, teens should be given meningococcal vaccine to protect against a certain type of bacterial meningitis. Males and females may receive a dose of human papillomavirus vaccine (HPV) at this visit. HPV is a 3 dose series, given over 6 months time, usually started at age 11 to 12 years, although it may be given as young as 9 years. Annual influenza or "flu" vaccination should be considered during flu season. Other vaccines, such as Hepatitis A, chicken pox, or measles, may be needed, if not given at an earlier age.

TESTING

Annual screening for vision and hearing problems is recommended. Vision should be screened at least once between 11 and 14 years of age. The teen may be screened for anemia, tuberculosis, or cholesterol, depending upon risk factors. Teens should be screened for use of alcohol and drugs. If the teenager is sexually active, screening for sexually transmitted infections, pregnancy, or HIV may be performed.

NUTRITION AND ORAL HEALTH

- Adequate calcium intake is important in growing teens. Encourage 3 servings of low fat milk and dairy products daily. For those who do not drink milk or consume dairy products, calcium enriched foods, such as juice, bread, or cereal; dark, green, leafy greens; or canned fish are alternate sources of calcium.
- Drink plenty of water. Limit fruit juice to 8 to 12 ounces (236 ml to 355 ml) per day. Avoid sugary beverages or sodas.
- Discourage skipping meals, especially breakfast. Teens should eat a good variety of vegetables and fruits, as well as lean meats.
- Avoid high fat, high salt and high sugar choices, such as candy, chips, and cookies.
- Encourage teenagers to help with meal planning and preparation.
- Eat meals together as a family whenever possible. Encourage conversation at mealtime.
- Model healthy food choices, and limit fast food choices and eating out at restaurants.
- Brush teeth twice a day and floss.
- Continue fluoride supplements, if recommended due to inadequate fluoride in your local water supply.
- Schedule dental examinations twice a year.
- Talk to your dentist about dental sealants and whether your teen may need braces.

DEVELOPMENT

SLEEP

- Adequate sleep is important for teens. Teenagers often stay up late and have trouble getting up in the morning.
- Daily reading at bedtime establishes good habits. Avoid television watching at bedtime.

PHYSICAL, SOCIAL AND EMOTIONAL DEVELOPMENT

- Encourage approximately 60 minutes of regular physical activity daily.
- Encourage your teen to participate in sports teams or after school activities.
- Make sure you know your teen's friends and what activities they engage in.
- Teenagers should assume responsibility for completing their own school work.
- Talk to your teenager about his or her physical development, the changes of puberty and how these changes occur at different times in different teens. Talk to teenage girls about periods.
- Discuss your views about dating and sexuality with your teen.
- Talk to your teen about body image. Eating disorders may be noted at this time. Teens may also be concerned about being overweight.
- Mood disturbances, depression, anxiety, alcoholism, or attention problems may be noted in teenagers. Talk to your doctor if you or your teenager has concerns about mental illness.
- Be consistent and fair in discipline, providing clear boundaries and limits with clear consequences. Discuss curfew with your teenager.
- Encourage your teen to handle conflict without physical violence.
- Talk to your teen about whether they feel safe at school. Monitor gang activity in your neighborhood or local schools.
- Avoid exposure to loud music or noises.
- **Limit television and computer time to 2 hours per day!** Teens who watch excessive television are more likely to become overweight. Monitor television choices. Block channels that are not acceptable for viewing by teenagers.

RISK BEHAVIORS

- Encourage abstinence from sexual activity. Sexually active teens need to know that they should take precautions against pregnancy and sexually transmitted infections.
- Provide a tobacco-free and drug-free environment for your teen. Talk to your teen about drug, tobacco, and alcohol use among friends or at friends' homes.
- Teach your teens about appropriate use of medications.
- Consider locking alcohol and medications where teenagers can not get them.
- Talk to teens about the risks of drinking and driving or boating. Encourage your teen to call you if the teen or their friends have been drinking or using drugs.
- Remind teenagers to wear seatbelts at all times in cars and life vests in boats. Never allow children under the age of 13 to ride in the front seat of a car with air bags.
- Teens should always wear a properly fitted helmet when they are riding a bicycle.
- Discourage use of all terrain vehicles (ATV) or other motorized vehicles in teens under age 16.
- Trampolines are hazardous. If used, they should be surrounded by safety fences. Only 1 teen should be allowed on a trampoline at a time.
- Do not keep handguns in the home. (If they are, the gun and ammunition should be locked separately and out of the teen's access). Recognize that teens may imitate violence with guns seen on television or in movies. Teens may feel that they are invincible and do not always understand the consequences of their behaviors.
- **Equip your home with smoke detectors and change the batteries regularly!** Discuss fire escape plans with your teen should a fire happen.
- Discourage young teens from using matches, lighters, and candles.
- Teach teens not to swim without adult supervision and not to dive in shallow water. Enroll your teen in swimming lessons if the teen has not learned to swim.
- Make sure that your teen is wearing sunscreen that protects against UV-A and UV-B and is at least sun protection factor of 15 (SPF-15) or higher when out in the sun.

WHAT'S NEXT?

Teenagers should visit their pediatrician yearly.

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