

# 15-17 Year Old Handout



## Your Growing and Changing Teen

- Help your teen visit the dentist at least twice a year.
- Encourage your teen to protect her hearing at work, home, and concerts.
- Keep a variety of healthy foods at home.
- Help your teen get enough calcium and vitamin D
- Encourage 1 hour of vigorous physical activity a day.
- Praise your teen when he does something well, not just when he/she looks good.

## Healthy Behavior Choices

- Talk with your teen about your values and your expectations on drinking, drug use, tobacco use, driving, and sex.
- Be there for your teen when she needs support or help in making healthy decision about her sexual behavior.
- Support safe activities at school and in the community.
- Praise your teen for healthy decisions about sex, tobacco, alcohol, and other drugs.

## Violence and Injuries

- Do not tolerate drinking and driving.
- Insist that seat belts be used by everyone.
- Set expectations for safe driving and be a role model.
- Limit the number of friends in the car, nighttime driving, and distractions.
- Never allow physical harm of yourself, your teen, or others at home or school.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Teach your teen how to deal with conflict without using violence.
- Make sure your teen understands that healthy dating relationships are built on respect and that saying “no” is OK.

## Feelings and Family

- Set aside time to be with your teen and really listen to his hopes and concerns.
- Support your teen as he/she figures out ways to deal with stress.
- Support your teen in solving problems and making decisions.
- If you are concerned that your teen is sad, depressed, nervous, irritable, hopeless, or angry, talk with me.

## School and Friends

- Praise positive efforts and success in school and other activities.
- Encourage reading.
- Help your teen find new activities he/she enjoys.
- Encourage your teen to help others in the community.
- Help your teen find and be a part of positive after-school activities and sports.
- Encourage healthy friendships and fun, safe things to do with friends.
- Know your teen's friends and their parents, where your teen is, and what he is doing at all times.
- Check in with your teen's teacher about her grades on tests.
- Attend back-to-school events if possible.
- Attend parent-teacher conferences if possible.

## Screens and Cyber Safety

- Monitor your teenager's computer/tablet/phone use.
- Know what social media sites/apps your teenager uses.
- Know who he/she talks to online.
- Ask about cyber bullying.
- Install a safety filter on devices and discuss cyber safety with your teenager.
- You are your teenager's role model. Set a good example by limiting your screen time, especially by limiting your phone/screen use as much as possible during family time.

## Immunizations

- Your teenager may receive a Meningitis vaccine today.
- Your teenager may also receive a HPV vaccine which helps prevent against the human papillomavirus. If your teenager receives this vaccine today, we will have your teenager wait for 10 minutes after the vaccine is given.
- Any vaccine can cause local redness or soreness at the site of injection.
- For more information, go to [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).