

# Child and Teen Checkups



## Youth Card (11 - 14 Years)



It's time for your **Child and Teen Checkups** appointment.

### Make it yours:

This is **your time** to talk with the doctor or nurse about what is most important to you, like...

Changing bodies, growing minds:

- "Normal" changes and moods
- Taking care of your body
- Getting information to make healthy choices
- School and learning

Personal health:

- Your health and life goals
- Interests, sports and activities
- Getting enough sleep
- Healthy eating, getting stronger and fitter
- Screen time—phones, internet and TV
- Managing feelings and stress

*(continued on back)*

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Relationships, now and later:

- Getting along with family and peers
- Healthy and safe relationships
- Bullying and peer pressure
- Values, relationships, and sex

Staying safe:

- Getting signed off for sports, school or camp
- Talking about drugs, tobacco or alcohol
- Being safe in the car and in sports
- Other safety issues—ATVs, guns, trampolines, tanning and more

What other things do you want to talk about at your checkup?

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During your visit, you'll have time to **talk with your health care provider privately**, one to one. This is a great chance to start taking charge of your own health! Ask your questions, talk about your health goals, and get what you need.



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