



# Teen Card (15 - 17 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, work and the future

Personal health:

- Interests, sports and activities
- Managing time: sleep, school and work
- Healthy eating, getting stronger and fitter
- Screen time—phones, internet and TV
- Managing feelings and stress

*(continued on back)*



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Relationships:

- 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, college or camp
- Talking about sex, 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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