

15 to 18 Year Visit – Parent Handout

Your Growing and Changing Teen

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

Pediatrics

2705 N. Lebanon St.
North Pavilion, Suite 415
Lebanon, IN 46052
765-485-8900

of Anson – Zionsville
6085 Heartland Dr.
Suite 208
Zionsville, IN 46077
317-768-2222
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