



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

15-17 YEARS OLD

## **YOUR GROWING & CHANGING TEEN**

Help your teen visit the dentist at least twice a year.

Encourage your teen to protect their 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.

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## **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.

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## **VIOLENCE & 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.

Gun safety is something that needs to be talked about. 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.

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## **FEELINGS & FAMILY**

Set aside time to be with your teen and really listen to their hopes and concerns.

Support your teen as they figure 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 your provider.

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## **SCHOOL & FRIENDS**

Praise positive effects and success in school and other activities.

Encourage reading.

Help your teen find new activities they enjoy. 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 they are 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.

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### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)

[www.aap.org](http://www.aap.org)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.healthychildren.org](http://www.healthychildren.org)