

VIOLENCE

Have you seen violence in your neighborhood? Have you ever been involved in a violent situation?

Do you or your friends use guns or weapons? Are there gangs in your neighborhood? Do you have friends or relatives who are in gangs? Are you getting pressure to be in a gang or are you in a gang now? Sometimes safety is less in your control. Has anyone ever hurt you or touched you in a way that made you uncomfortable? These things often require help from others.

If any of these issues are interfering with your life or health maybe we can help. Let's talk about it. If you would rather talk to a male or female, let us know. It's **your** body and **your** health ONLY YOU can tell us what you need! As you get older, your doctor may offer to see you alone. You may or may not want your parents in the room when you see the doctor. This is up to you.

If you forget any questions you can always write them down and ask them the next time you see your doctor. We'd be happy to see you as much as you want. We recommend that you see your doctor at least once a year.

Questions I want to ask my doctor:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Clinic Name Here

Address

Phone Number

EARLY TEEN NOTES

Tips for Early Teen Health



EARLY TEEN NOTES

Tips for Young Adult Health

Welcome to _____ Clinic. We have a special interest in Teen Health. Being a teen can be tough. We want you to be healthy, safe and happy. So if you have any questions, we'd be glad to talk to you about them. Our services are confidential. What you say is just between you and your doctor. [A note on confidentiality: for your safety, we are required by law to share information involving physical/sexual abuse and suicide.] Every situation is unique and our staff will always talk with you before sharing any of this information

DEVELOPMENT

Is your body changing? Most teens go through the same changes, just at different times. Remember that this difference is very normal. We have information we can give you about these changes.

EXERCISE/NUTRITION

As a teenager, you get to make choices about your own health. Do you think you eat healthy foods? If not, try cutting down on pop, candy, pastries, salty and fatty foods and eat more fruits and vegetables. Eat right, be active! Many teens are a little worried about their body not being "just right". It is normal to feel this way. If it worries you a lot or you have questions, let us know.

SCHOOL

How's school going? School is sometimes hard but it is important to graduate from high school. High school graduates (and college/technical school graduates even more so) have an easier time getting jobs that pay well. High school dropouts have a hard time becoming financially independent. We want to support you to do your best in school. If you're having trouble keeping up, maybe we can help.

HOME

Who lives at home with you? What is home like for you? We want home to be a safe and happy place. As you get older, what you need from your family changes. For example, you may want more private time. That's okay. It's important to let your family know what you need. If home feels unsafe for any reason, we can help.

MOOD

How is your mood? Ups and downs are normal. Some people get so down or stressed that they need to talk to someone to help them feel good again. We want you to feel good about yourself. If you have any questions we can sort this out together.

FRIENDS

Who do you hang out with? It's important to have both friends and adults who you trust to talk to. Is there at least one adult in your life you can talk to? Friends are important for fun and support but sometimes can pressure you to do things you don't want to. How do your friends treat you?

TOBACCO, ALCOHOL AND DRUGS

Are you or your friends smoking or chewing tobacco? Using alcohol or drugs?

Tobacco, alcohol and drugs are bad for your health. Alcohol and drugs can lead to accidents. Most smokers get hooked as teens. Are you worried about yourself or a friend? We can help.

RELATIONSHIPS

Is there anyone you have a crush on or are attracted to? Have you or your friends started dating? Sometimes these relationships are confusing. Some teens don't have sex. Some do. It's okay to wait. If you're sexually active let us help you protect yourself from infections and unwanted pregnancies (condoms, birth control, Hepatitis B shot). Some people are attracted to the same sex, some to the opposite sex and some aren't sure. If you have any questions about relationships, our office is a safe place to discuss these questions and for these feelings to be shared.

SAFETY

Do you feel safe? You have the power to stay safe in many situations! There are easy ways to protect yourself. Do you or your friends use: Seat Belts? Helmets? Even small falls and accidents can cause serious injuries without them.

(continued on back)