

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.

GREETINGS!

Welcome to middle adolescence, puberty is well underway. Conflicts with parents over the issue of independence are maximal at this time. There is intense involvement with peers. It is a time of sexual exploration and experimentation. Adolescents need increased independence, but continual family support and adult supervision.

YOUR TEENS'S HEALTH CARE



Well-Child Check-Ups:

Sports physicals are required, but if your teen does not participate in sports, a complete physical exam is important. Yearly dental exams and follow-up dental work are necessary.

Immunizations (shots):

- Please check to make sure your teen is up to date with his or her Tdap, meningitis, varicella, and HPV vaccines. For more information about your vaccines please contact your local Public Health Clinic, Physician or School Nurse.
- It is helpful to keep personal records of your immunizations.
- It is also recommended you receive a yearly flu vaccine!

Treat your teen in a way you would want to be treated. Kids are worth it.

Compliments are ego boosters

Age-
14-15 YEARS

YOUR GROWING TEEN

YOUR TEEN MAY:

- ❁ choose unhealthy habits as a way to express their independence or rebellion, such as cigarette smoking or alcohol or drugs.

TO PREVENT THIS...

- ❁ Be a good role model
- ❁ Teach your child how to be assertive to peer pressure
- ❁ Set firm rules. Let your child know that the use of all drugs is off limits.
- ❁ like staying up late at night and sleeping in the morning.
- ❁ dress in ways that parents find bizarre. This is one of the least harmful ways in which teenagers separate themselves from their parents and assert their identity. In most cases, it's not worth making it an issue. Insist that your child not wear clothes that display offensive messages, are sexually provocative, or are associated with a gang or other undesirable groups.

PHYSICAL CHANGES

Your son will:

- grow to about 90-95% of adult height.
- gain between 15-55 pounds.
- develop an adult voice.



Your daughter will:

- have fairly regular menstrual cycles and pubic hair that is adult in texture and distribution.
- have completed her breast development.
- continue to mature sexually.

