

## 13 to 14 Years of Age

### What your Teen Does:

- ❖ Has rapid growth and begins puberty (girls 1-2 years before boys) "Secondary sexual characteristics" begin to develop such as pubic hair, breasts, voice changes, acne and menarche or nocturnal emissions. When puberty starts and how long it lasts is different for each person.
- ❖ Is moody, sensitive, critical of himself and others, has strong opinions.
- ❖ Spends time with a group of friends who share the same values and traits. Friends and school seem most important.
- ❖ Thinks in concrete terms and is "present oriented". Sees the world in terms of good and bad. Lives for the moment.
- ❖ Has a mind and body that is more adult-like but has no experience with adult behavior.

### Vaccinations:

Tdap      Menactra      Hep A

Other \_\_\_\_\_

Name \_\_\_\_\_

HT \_\_\_\_\_ WT \_\_\_\_\_

Date \_\_\_\_\_

### What You Can Do:

- ❖ Find out what health education is being taught at the school. Give your teen the facts. Encourage questions.
- ❖ Work to build self-esteem. Speak with respect to others even if opinions are different. Stay firm with the family rules. Spend time as a family doing something that you all enjoy.
- ❖ Encourage time with groups that have good adult mentors, and that give your teen positive recognition.
- ❖ Act as a role model at all times. Talk about the future, set career goals, share hopes and dreams. Be a good listener.
- ❖ Remember: The time you spend as a parent and the love and respect you give your teen is priceless.

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### Discipline

- ❖ Talk about feelings with your teen (what makes him/her feel sad, angry or mad)
- ❖ Talk about ways to “work out” those feelings: exercise, writing journals or talking with loved ones.
- ❖ Allow more freedom with responsibility.
- ❖ Speak with respect to one another.

### Conflict

- ❖ Agree on what can and cannot be done when family members are angry, such as: no hitting and no name calling.
- ❖ Allow for privacy and space

### Risky behavior / Dares

- ❖ Send clear no-use messages about drugs, alcohol and tobacco.
- ❖ Discuss the dangers of fad diets and body building supplements.
- ❖ Role play difficult situations. Practice saying “No.”
- ❖ Make a plan, which includes getting a safe ride home quickly, when situation requires.
- ❖ Give the facts about pregnancy, AIDS, HIV and other sexually transmitted diseases.

### Healthy lifestyle choices

- ❖ Set a bedtime or “lights out.”
- ❖ Regular exercise
- ❖ Regular meals, especially breakfast.
- ❖ Encourage your teen and their friends to support each other with healthy lifestyle choices.

### Safety

- ❖ Go to sports practices and games
- ❖ Know the adults in your teen’s life such as teachers, scout leaders, and ministers.
- ❖ Be sure your teen wears a helmet while biking and seat belts in cars.
- ❖ Wear sunscreen when in the sun.
- ❖ Keep all firearms locked.

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