

**THE THIRTEEN TO TWENTY-ONE YEAR OLD (1 OF 2)**  
VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE

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Name	_____	Weight	_____	lbs.	_____	oz.
Date	_____	Height	_____		_____	in.
		BMI (body mass index)	_____			
		BP	/		HR	_____
		Vision	R	/	L	_____
		Hearing	_____			

**PHYSICIAN RELATIONSHIP**

Your health is our primary concern, and our care team is here to help you be as healthy as you can be. We encourage you to talk to your parents about your health. However, if you are capable of making sound decisions about your health, Washington State Law allows you to seek medical care for the following conditions, even without the consent of your parents:

- Birth control and pregnancy-related care
- Mental health conditions (such as depression) and alcohol and drug problems if over age 13
- Sexually transmitted diseases, including HIV/AIDS testing, if over age 14

The records and information about these conditions are **private** by law and require your consent before they can be released to anyone else. This means that no one except your doctors and nurses (not even your parents) can access the parts of your records about the above conditions without your permission. There are exceptions when your or someone else’s health or well-being is in immediate danger. Please feel free to discuss with your doctor any questions you have regarding privacy of the information you provide during the appointment.

**NEXT VISIT**

Please schedule physical exams yearly. Our front desk team will be happy to assist with your scheduling needs at the end of your visit today.

**RESOURCES**

[vmfh.org](http://vmfh.org)



**PLEASE ASK QUESTIONS ABOUT YOUR HEALTH.**  
IS THERE ANYTHING YOU WOULD LIKE MORE INFORMATION ABOUT TODAY?



## HOW YOU ARE DOING

- Enjoy spending time with your family. Look for ways to help out at home.
- Follow your family's rules.
- Try to be responsible for your schoolwork.
- If you need help getting organized, ask your parents or teachers.
- Try to read every day.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Figure out ways to deal with stress in ways that work for you.
- Don't smoke, vape, use drugs, or drink alcohol. Talk with us if you are worried about alcohol or drug use in your family.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.



## HEALTHY BEHAVIOR CHOICES

- Find fun, safe things to do.
- Talk with your parents about alcohol and drug use.
- Say "No!" to drugs, alcohol, cigarettes and e-cigarettes, and sex. Saying "No!" is OK.
- Don't share your prescription medicines; don't use other people's medicines.
- Choose friends who support your decision not to use tobacco, alcohol, or drugs. Support friends who choose not to use.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.
- Talk with your parents about relationships, sex, and values.
- Talk with your parents or another adult you trust about puberty and sexual pressures. Have a plan for how you will handle risky situations.



## YOUR GROWING AND CHANGING BODY

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear a mouth guard when playing sports.
- Be a healthy eater. It helps you do well in school and sports.
  - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
  - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
  - Eat when you're hungry. Stop when you feel satisfied.
  - Eat with your family often.
  - Eat breakfast.
- Choose water instead of soda or sports drinks.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.



## YOUR FEELINGS

- Be proud of yourself when you do something good.
- It's OK to have up-and-down moods, but if you feel sad most of the time, let us know so we can help you.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings toward the opposite or same sex. Ask us if you have any questions.