

# HELP FOR YOUR NEXT DOCTOR OR NURSE VISIT

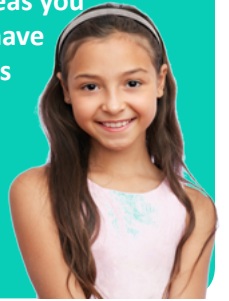
## Thinking about

## Good Health

AGES 9-14

The healthcare provider you'll see today will check several areas. This includes your height, weight, blood pressure, and taking a look at your eyes, ears, nose, and throat. He or she will also examine your chest, back, stomach, and arms and legs. They may ask some questions below about other things, including diet and exercise, safety, substance use, and how you're feeling emotionally and in your relationships. It all adds up to give a good picture of your overall health, both mind and body.

Taking care of you is your healthcare team's most important job! To get ready for your visit, the information on this sheet will let you know what to expect when you're with the doctor or nurse. There are also some questions, and these are meant to help you think about how you're feeling physically and mentally, and to highlight any areas you might want to talk about. You don't have to bring this sheet to your visit (unless you think it's helpful). Anything discussed during your visit is private and isn't shared unless your doctor or nurse is worried about you or someone else.



**Speak up! This exam is all about you. If you don't understand something they tell you or are doing, ask them to explain. Any question you ask is a good one!**

## Questions

Do you have any questions or concerns you need to share with your doctor or nurse (for example, about your period)?

How well do you sleep? How many hours do you sleep each night?

Anything hurt or feel bad?

Have you ever used YES NO NOT SURE

- Cigarettes or alcohol
- Marijuana
- Ritalin or other drugs
- Household substances you inhale
- Hookah/vaping
- Pills that are not prescribed for you

What kind of exercise do you get? How often do you exercise?

Are there guns in your home? YES NO

If yes, are they locked? YES NO

Do you wear seatbelts in the car? YES NO

Do you wear helmets when biking/skateboarding (or other wheels)? YES NO

Recently have you felt:                    YES    NO

- Angry
- Anxious
- Sad or Depressed

How are things going with your friends?

Have you ever bullied someone?

YES            NO

Has anyone bullied you?

YES            NO

Do you ever have thoughts about hurting yourself or others?

YES            NO

## Sexual Health & Relationships

Sexual health is an important part of your overall health. It may feel a little uncomfortable if the doctor or nurse brings it up but don't worry, this is a normal part of the visit.

Have you ever had sex of any type?

YES            NO

Has anyone ever touched you or your private area when you didn't want them to?

YES            NO

Do you have any concerns about your private area?

Do you have any questions about your gender?

Vaccines are an important way to protect your health. Your doctor will recommend a shot for you depending on your age, your health condition, and the shots you've already had. Some of the shots you might be familiar with such as shots for the flu, tetanus, polio, measles, mumps, and chickenpox. Other shots you may talk about today include Human Papillomavirus (HPV), a shot available for all girls and boys your age. Ask your doctor or nurse if you have questions.

**Shots You Need**

