



**Congratulations Parents of a 13 -17 Year Old!  
Your child has entered Teenage Years  
So what happens now?**

The teenage years are an exciting time filled with new experiences and responsibilities. This unique stage of life usually brings increased stressors from school, friends, and home. While many teenagers pass through this stage with relative ease, all teenagers face increased challenges and may need extra patience and support both inside and outside the home.

At Hirsch Pediatrics, we follow “best practice” guidelines by making sure all of our children are screened for age appropriate adolescent concerns according to the guidelines in the **Bright Futures** guide from the **American Academy of Pediatrics**.

**Parents: If possible, please let us know at least 24 hours before your scheduled appointment time if you have questions or concerns about your teenager that you do not want to bring up in front of them. With advanced knowledge we can plan our time accordingly.**

**So, what happens at an adolescent check-up?**

**All teenagers will have private time with Dr. Hirsch** in order to build the trust that is necessary in these important developmental years.

- By around age 13 it is important that our patients begin to see our office as a resource that can help them even when they are not comfortable sharing difficult information with parents and friends.
- To ensure our adolescent female patients are as comfortable as possible, Dr. Hirsch will have one of our female staff in the room anytime the parent is not in the room.
- Maintaining confidentiality is a hallmark of building this successful relationship with our office. However, your child’s safety is our priority so we are ethically and legally obligated to share with you any information that we feel places your child at risk of imminent harm.

**All teenagers will be screened for mental and behavioral health concerns.**

- Even teenagers who are apparently doing great can have significant underlying mental health issues. We will ask basic questions to rule

out any serious underlying mental and behavioral health concerns. We don't know unless we ask!

**All teenagers will have a physical exam.**

- Understandably teenagers may be nervous about the physical exam. Boys will be assessed annually for puberty stages and any genital masses. Girls will be assessed annually for puberty stages through a look at breast development and pubic hair growth until your daughter has reached a later stage of puberty signified by regular periods. Once the teenager is having regular periods this part of the exam will usually be skipped by Dr. Hirsch or if your daughter prefers she may see our outstanding female nurse practitioner for her check-up. Note most healthy girls do not need to see a GYN until age 18.

**Some teenagers may have lab tests done.**

- Many teenagers with certain risk factors will be screened annually for contagious diseases through a urine test that we send to an outside lab. You may receive a statement from the lab for this test. The specific tests completed may change year to year depending on updated guidelines.

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**After reading this form, please feel free to ask any questions that may arise. For quickest response please e-mail us directly through your Patient Portal.**

**By signing below WE acknowledge that WE have read and understand the Hirsch Pediatrics teenager check-up policy.**

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**DATE**

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**PARENT signature**

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**PATIENT signature**

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**PATIENT cell phone**

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**PATIENT e-mail**