

Teens and Tweens



Healthcare and doctor's appointments are just as important for teens and tweens as for babies. This brochure highlights basic things to know about your adolescent and teens' health needs.

Learn More, Get Help

At nyc.gov/teen, teenagers can learn about mental health and sexually transmitted infections. There are also tips for dealing with bullying, peer pressure, and dating violence.

MetroPlus Health Plan can help you find the right doctor for your kids. MetroPlus members can call **1.800.303.9626** to learn more.



METROPLUS.ORG 1.855.809.4073
160 Water Street, 3rd Floor, New York, NY 10038



For information about
MetroPlus Health Plan call
1.800.475.METRO.

MetroPlus.org

facebook.com/MetroPlusHealth

twitter.com/MetroPlusHealth

youtube.com/HHCMetroPlusHealth

PARENTING: LATER YEARS



A PARENTS'
GUIDE TO
PRE-TEENS,
TEENS AND
YOUNG ADULTS



MetroPlus.org

PRE-TEENS (AGES 9-12)

Social Development

Friendships will change as kids figure out where they fit in. Your love and support should not change. Kids who feel good about themselves make better choices. Teach children about peer pressure, and how to choose between right and wrong. Talk about what to do when others are unkind or disrespectful.

Puberty

Caregivers can help children through puberty by talking about the changes to expect before they occur. Be reassuring and honest. Explain that everybody goes through the same changes. Positive self-esteem and body image are especially important as kids' bodies start to change.

Safety

It's natural for preteens to start spending more time away from their family and home. Make sure you know where your child is at all times, and how to reach him or her. Set clear rules if your child spends time home alone. Stay up to date with checkups and vaccinations.

Independence

Talk about the behavior you expect from your child when you're not around. A sense of responsibility at home and in the community helps kids' self-esteem and sense of belonging. So make time for household chores and volunteer work. Offer praise and affection for good behavior. Be fair and consistent with discipline.

TEENS (AGES 13-17)

Physical Changes

Talk to teens about their feelings, and how hormones affect their moods. Being prepared for emotional ups and downs may help them manage their feelings. Many teens worry about their appearance. Reassure them that their bodies are developing normally.

Communication

Teens may act rude or disinterested, but they care what family and caregivers think. You can listen to your teen's point of view, while setting clear expectations for grades, behavior and house rules.



Sex and Romance

Discuss your values and what a healthy relationship is. Explain the signs of an unhealthy relationship. Talk about sex and how to have safer sex, including how to prevent sexually transmitted infections (STIs).

Safety

Risky behavior is common among teens. Talk about the dangers of using alcohol, tobacco and drugs, and about reckless driving. Explain the importance of having friends who are interested in positive activities. Explore tips for avoiding peer pressure and how to walk away from dangerous situations.



YOUNG ADULTS (AGES 18-21)

Whether your kids are going to college, into the military or into the workforce, they will need help preparing for life outside your home. Guide them on setting up a bank account, preparing nutritious meals and finding a safe place to live.

After leaving your home, they'll be in charge of their own health care, too. If you haven't done so already, help your child transition from a pediatrician to adult-oriented health care. Explain the importance of annual checkups and dental checkups every six months.

Continue showing love and support through this transition to adulthood.