

Siskiyou Pediatric Clinic, LLP

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To the PARENT:

Welcome to **Siskiyou Pediatrics**. We provide routine health care for teens and young adults. We want to work with you and your family to meet all of your child's health care needs: **physical, mental and emotional**.

Young adults need specialized medical care and a doctor with whom they can discuss anything, from acute and chronic illnesses, health maintenance, preventive care, sexual concerns and emotional problems. Parents also need special guidance and support through these years. ***Our goal is to provide comprehensive health care to teens and their families.***



As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. As part of **comprehensive health care**, we ask all parents to allow their teen to complete the questionnaire alone and to encourage their adolescent to discuss his or her own view of their problem.

Teens often have questions or concerns that they may feel embarrassed to talk about in front of their parents. It is important to give them enough freedom to grow but not so much that they get involved in the wrong activities.

Many teenagers and young adults experiment with **high-risk behaviors** that can lead to serious problems. Some of the areas that we may talk about during the appointment are:



- **Body changes and feelings**
- **Diet, exercise and body image**
- **Fighting, danger and violence**
- **Dating, relationships, peer pressure**
- **Safety and driving**
- **Smoking, drugs and alcohol**
- **Depression and stress**
- **Family life**



We ask parents to leave for part of the interview for privacy and to build trust. This will give your teen a chance to ask questions or give information they may feel self-conscious about. We will encourage your teen to discuss any important issues with you. We understand that you may not be comfortable with this and that is ok and you are welcome to stay in the exam room. We want to partner with you and your teenager in good healthcare.

Oregon State law requires that some services are offered to teens on their own. This includes pregnancy testing and services, contraception, testing for and treatment of sexually transmitted infections, substance abuse treatment, and mental health counseling. **It is important to know that if they are doing anything to hurt themselves or others, or if someone is hurting them, we will need to share these issues with an appropriate adult.**

The **Siskiyou Pediatric Team** wants to work with you to help your teenager make the best choices for a healthy future. We are here to discuss your questions or concerns.