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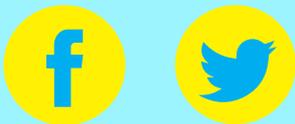


6 Ways to Partner with Your Teen's Doctor



Raising a teen comes with challenges. Here's how you and your teen's doctor can work together.

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1

Helping My Teen Make Good Health Care Decisions

- When you talk with my teen, what will you keep private? What can/will you share with me?
- Up to what age can you discuss my teen's appointment with me?
- If I ask you to bring something up, will you discuss that topic during your visit with my teen?
- If my teen gets a physical for sports at school, does he/she still need another visit?
- Can my teen choose the gender of their doctor or change doctors?
- Certain illnesses are common in my family, should my teen be screened for these earlier than others?

2

So Many Changes!

- My teen is up all night and wants to sleep all day. How can I get him/her to sleep at night and get up for school in the morning?
- Can my teen really live on chicken nuggets, french fries, and junk food?
- Is my teen at a healthy weight?
- How much screen time is too much?
- Can my teen get sick from body piercings or tattoos?
- How can I address personal hygiene with my teen?
- When should I be concerned about irregular or difficult periods?

3

Tobacco and Other Substance Use

- How can I tell if my teen is using drugs or alcohol?
- Should I drug test my teen at home using drug store tests?
- Are e-cigarettes (vaping) safer than tobacco?
- What can I do if I think my teen abuses prescription or over-the-counter medicines?
- When do caffeine/energy drinks become dangerous?
- What other substances should I know about that can harm my teen?

4

Healthy Intimacy

- I'm not really comfortable having "the talk." Can you help me with that?
- What can I do if I think my teen's relationship is not as respectful as it should be?
- Can you tell me if my teen is tested for sexually transmitted diseases (STDs) or pregnancy?
- What contraceptives are available for my teen? How safe and effective are they?
- My teen is pregnant. Where do we go from here?
- Who can my teen and I talk with about sexual orientation or gender identity issues?

5

Emotional Health

- I know teens can be moody but mine seems angrier, more depressed, more anxious, or more focused on his/her body image than other teens. How concerned should I be?
- How will I know if my teen is thinking of hurting him/herself or others?
- How can I help my teen deal with tragedy?
- I think my teen should speak with someone like a counselor but he/she doesn't want to see one. Can you talk to my teen about how that might help?
- How can I help my teen adjust to separation, divorce, our blended family, or other family changes?
- My teen does not seem to fit in. How should I help?

6

Safety

- What can I do if my teen feels unsafe?
- How can I help my teen stay safe online?
- How can I learn about or keep track of the websites my teen visits and the social media he/she uses?
- What do I need to know about cyberbullying? What if my teen is being bullied? What if my teen is the bully?
- What are the signs of a concussion and what can I do if I think my teen has suffered one? Can a coach decide when my teen is safe to play again?
- How do I know if my teen is mature enough to drive safely?