

Sample Parent Letter

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Dear Parent, Caregiver or Legal Guardian:

It's an important time in your child's life, where he or she will go through some big emotional, mental and physical changes. During today's adolescent well visit, your child will learn about the importance of regular healthcare visits, have conversations about her/his mental and physical health and receive certain screening tests.

During the visit today, we'll take time to speak to you and your child together. This is a great time not only for your teen to bring up any questions or concerns, but also for you to bring up any topics you are concerned about relating to your child. We will also take some time to speak with your teenager in private, which helps us establish trust. We encourage our patients to share what we discuss with their parents afterward if they feel comfortable.

All conversations today will be kept age appropriate. Topics may include:

- Emotional health
- Healthy eating and sleeping habits
- School and any areas where your child does well or struggles
- Friends and relationships
- Sexual activity and sexually transmitted infections (STIs)
- Drugs and alcohol

In coordination with recommendations from national health agencies, our office screens all female patients ages 15-24 annually for chlamydia (CT) and gonorrhea (NG), without regard to sexual activity, unless patients decline. CT and NG are common sexually transmitted infections that often have no symptoms and can cause long-term problems like infertility if they are not treated.^{1,2}

If you have more questions about your child's visit, please let us know. Together, we can help set the stage for your teen to live a healthy, happy life.