

## Adolescent Health

As pediatricians our goal in working with adolescents is to help them acquire the knowledge, skills and tools to develop healthy and safe habits that will take them into their adult life. Adolescence is a critical time that includes biological changes, increased independence and social exploration.

Public Health and social problems that can start or peak during these years include:

- School and Learning
- Family issues
- Peer pressure
- Smoking
- Substance use and abuse
- Homelessness
- Sexually transmitted disease
- Teen and unplanned pregnancy

Supporting the adolescent through these challenges and addressing positive development can help them adopt healthy behaviors to ensure a healthy and productive adult life.

We are committed to working with the patient and supporting the family