



Adolescent Wellness

Providing comprehensive health care to our students through education, prevention, treatment and referral.

2023-2024 School Year

Open Monday through Friday, 7:30 am — 4:00 pm

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Helping Teens Cope with Grief and Loss



Suggestions for Parents

The teenage years are both exciting and tumultuous, full of both beginnings and endings as teens say goodbye to childhood and begin to find their place in this world. It can also be a very emotional time, leaving teens more vulnerable to stress and unexpected change. When a loved one dies, the typical “roller coaster” of emotions that are the hallmark of the teenage years can be compounded by the intensity of the emotions of grief. Grieving teens have needs that are unique, and sometimes parents struggle to know how to best support their teenager through the grief process.

Here are some suggestions:

- **Be Real**– Teenagers need to be included in the family’s grief. Often as a parent there is a desire to protect children and teens from the full impact of the loss by trying to avoid it or act like everything is ok even when it’s not. Many times this creates a sense of isolation or loneliness for the teen. Being willing to be open and honest about the death and your own feelings of the grief will model to your teenager that their feelings are normal and expected.
- **Be Open**– Be honest with your teen about the circumstances surrounding the death and the person who died as well as any potential changes that will impact them.
- **Be Available**-, but also allow for privacy. Teens want and need privacy. However, don’t assume this means your teen doesn’t need you! Balance being available and present with giving them space when they need it.
- **Be consistent.** Maintain boundaries, rules and expectations as much as possible. Continuing normal routines provides stability.
- **Increase their support system.** Consider making your child’s school counselor aware of the loss to increase support at school. High school and academic expectations are rigorous, and many grieving teens report difficulty with focus and concentration for a while after loss. Sometimes the classroom environment can feel overwhelming emotionally to a grieving teen. School staff can problem-solve ways to make navigating the school environment easier when grief seems overwhelming.

The mental health counselors at the SHC’s can provide additional support to teens coping with grief and loss. Grief counseling often includes education about the grief process.

Adolescent Nutritional Needs

What nutrition is important during the adolescent stage and why?

NUTRITIONAL NEEDS FOR ADOLESCENCE



Calcium, iron, and vitamin D

are essential for strong bones, muscle growth and optimal cognitive development during peak periods of growth in teens and are considered some of the most important nutritional needs of adolescence.

Adolescent And Sexually Transmitted Illness Facts

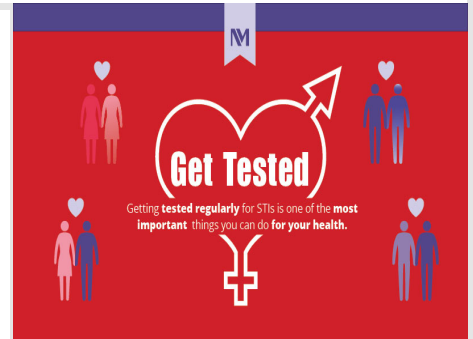
STIs are common, especially among adolescents. In 2018 there were 26 million new sexually transmitted infections in the United States. About half of these infections are in people between the ages of 15 and 24. Young people are at a greater risk of getting these infections for several reasons.

- * Young women's bodies are biologically more prone to STIs
- * Some young people do not get the recommended STI testing
- * Many adolescents are hesitant to openly talk about sex

- * Not having insurance or transportation can make testing more difficult
- * Some adolescents have numerous sexual partners

What happens is STIs aren't treated

Some curable STIs can be dangerous if they aren't treated. For example, if left untreated, chlamydia and gonorrhea can make it difficult or even impossible for women to become pregnant when the time is right. You also increase the chances of getting HIV if you have an untreated STI. Some STIs, like HIV, can be fatal if left untreated.



The RCSHC offers STI point of care testing and the HPV vaccine!

Top Teen Sports Safety Tips

- Before playing organized sports, make sure your child receives a pre-participation physical exam
- Encourage teens to drink water before, during and after athletic activities or play
- Warming up and stretching before play can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains
- An off-season is important. It is recommended that teens get 10 consecutive weeks of rest from any one sport every year

The RCSHC offers FREE Sports physical exams yearly in the spring to all consented students



Preteens and teens benefit both physically and mentally from participating in sports. But it can be frustrating to be sidelines with an injury, especially if that injury could have been prevented.

Meningococcal Immunization

Did you Know?

North Carolina law requires all rising 12th graders to receive a meningococcal vaccine booster before starting 12th grade .

The RCSHC offers vaccinations for consented students.

SIGNS AND SYMPTOMS OF MENINGITIS



The MenACWY vaccine helps protect against four common strains of meningococcal bacteria (A,C,W and Y) that cause diseases including infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia). Teens and young adults are at increased risk for infection with meningococcal disease. For more information on NC vaccine requirements visit www.immunize.nc.gov/schools