



Our Practice is now using RAAPS.

RAAPS is a risk assessment developed especially for use with pre-teens, teens and young adults. As our younger patients enter adolescence their healthcare needs change. For example, did you know the most serious teen health issues are a result of **preventable** risk behaviors?

According to the CDC, **3 out of 4 serious injuries and deaths in adolescents are caused by risky behaviors, not disease.** And most teens engage in some risky behavior – sometimes without realizing it.

Just as adults are screened for disease, teens should be screened for risky behaviors. The RAAPS survey helps us identify these risks early, in a format that youth are more comfortable using – technology!

And screening youth for risk behaviors helps us meet national recommendations from both the American Medical Association and the American Academy of Pediatrics.

Please ask us if you have any questions or want any additional information about our screening with RAAPS.

Adolescents are faced with lots of health risks – including:

- *Unsafe driving*
- *Poor nutrition and lack of physical activity*
- *Alcohol and drug use*
- *Bullying and physical abuse*
- *Dieting disorders (starving and/or binging)*
- *Sad feelings or struggling with anger*
- *Early or unprotected sexual experiences*

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You and Your Teen at Wake Forest Pediatrics

The teenage years can be both wonderful and challenging for all family members. At Wake Forest Pediatric Associates, PLLC we pay special attention to your adolescent's needs and hope to make the transition from teen to adulthood a happy and healthy process. With so many changes taking place during these formative years, annual well visits give our providers the opportunity to discuss nutrition, school issues, safety, behavior and puberty. Starting at 11 years, adolescents will be asked to complete the "RAAPS: Risk Assessment Questionnaire" to help our providers identify any concerns regarding adolescent health and safety. To foster honest communication between the provider and the teen, the answers to this questionnaire will be confidential, and we request that parents respect this privacy. Adolescents will often have questions or concerns that they do not feel comfortable discussing in front of their parents and consistent with the recommendations from the American Academy of Pediatrics, we will ask parents to leave the exam room for a portion of the visit.

Wake Forest Pediatric Associates, PLLC values the importance of providing education for both adolescents and their parents regarding sensitive health and safety concerns. We believe that by educating teens and parents regarding the risks of substance abuse, sexually transmitted diseases and other behaviors, we can open the door of communication between teens and their parents. Our providers strongly encourage open and honest communication between teens and their parents regarding health, emotional and social issues. As health professionals we are bound by state and federal laws that protect a teen's right to confidentiality regarding sexuality, substance abuse and mental health issues. While we encourage teens to discuss their concerns with their parents, there are certain situations when a teen can legally decide to protect his or her privacy. To assure your teen is receiving the most comprehensive health care, this privacy will only be breached with your teen's permission or if their behavior poses a risk to themselves or others. As part of our overall care of your adolescent, our providers will perform certain lab tests. A majority of these tests are routinely performed on all adolescents regardless of their specific concerns, and we would ask that you not make any assumptions as to the specific reason for these tests being ordered. Our office will only give the results to the adolescents unless they give specific permission.

Thank you for your understanding, and we look forward to a long and healthy relationship with your teen and your family.

