

## The why & language

Developmentally able to comprehend more complex information, and have a mature understanding of the anatomy of their body and internal organs, thus you can provide more accurate information about how a specific vaccine helps their body

Provide information to your teen as equal decision makers

Emphasize the need, severity, how important this is. The shot is not the choice but there are other choices which can be available

## Practice

Supporting the teen in identifying what works for them - give them a voice  
Avoid treating them like a child, but instead emphasize your trust in them and ask them for their input

Possibly researching other teen's input on the experience with getting a shot (youtube, peer support, community)

## Providing Warning

Being honest - looping them in as soon as it is scheduled, and informing them on what the schedule will be

Support in autonomy and allowing them some responsibility by encouraging to add the appointments to their calendar along with other school work and activities

## COPING PLAN

### Appropriate Choices

Provide opportunity for control as well as autonomy and independence when it is time for the appointment:

- preference for a parent/caregiver to be in the room or preference to be alone
- checking in about specific coping tools or choices they feel will be best for this appointment

## Distraction

Deep breathing

Watching something on iPad or phone

Holding someones' hand/stress ball

Light scratching above injection site to confuse block the message of pain being sent to the brain (or the use of Buzzy Bee)

Engaging in conversation