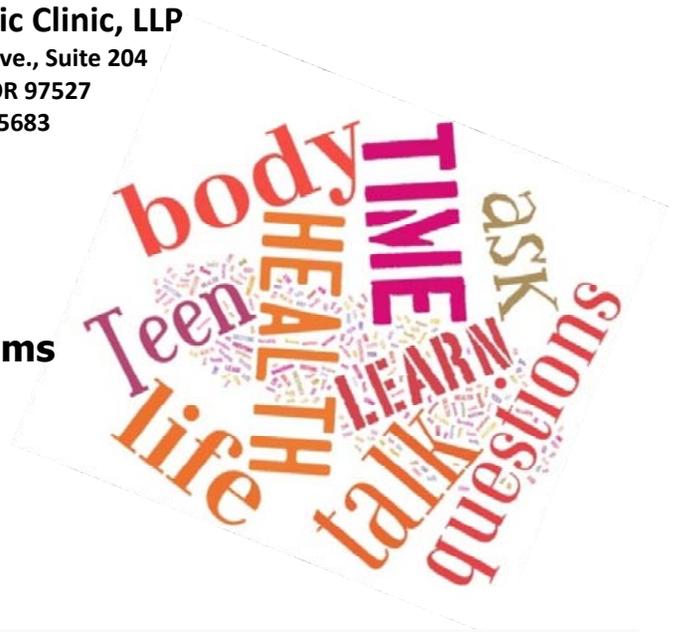


TIPS FOR TEENS!!

- **Learn about your medical problems**
- **Follow the treatment plan**
- **Be honest with your physician**
- **Be on time to your appointment**



What should I talk to the doctor or nurse about?

You can talk to your doctor or nurse about anything! Fill your doctor or nurse in if you...

- ✚ Think you might be pregnant
- ✚ Need birth control
- ✚ Think you have a sexually transmitted disease (STD)
- ✚ Need information about alcohol, tobacco or any drug use
- ✚ Want to talk about personal, school, family issues, or feelings about sex and sexuality

What will my doctor or nurse tell my parents?

It is our practice to ask all parents and guardians to wait outside the exam room for part of your visit. This gives you and your provider a chance to discuss anything you may feel uncomfortable talking about in front of others.

Your safety is most important to us. Know that if you are doing anything to hurt yourself, or others, or if someone is hurting you, we may have to tell someone. We will always encourage you to talk to your parents or guardians about your health. We can help start the conversation.

HOWEVER...

Some things cannot remain confidential. Your health care provider will need to contact someone else to help if you say..

- ✚ You are being abused, physically and/or sexually.
- ✚ You are going to hurt yourself or someone else.
- ✚ You are under 16 and having sex with someone 21 years or older.
- ✚ You are under 14 and having sex with someone 14 years or older.



You, as a young person, after you turn age 14, can consent for care on your own for problems and concerns in the areas of sexuality, mental health and substance abuse. You do need your parent or guardian's consent for other health services such as physicals and care for colds, flu, and injuries until you turn 15 years old. It's a good idea to talk with them or another adult you trust about the medical care you need. We want you to be safe. If you have any questions about confidentiality, please ask us!!