**TEENS: THIS IS FOR YOU**

**How does our office support your health and growth?**

* We believe that your teen years are an important and exciting time of transition to adulthood and becoming more independent.
* We aim to give you the power to take an increasingly active role for your health with the goal of being independent as an adult.
* Our goal is to support open and honest conversations about sensitive issues.

**What does this mean for you as a teen patient?**

* You play an essential role in understanding your body and taking care of yourself. This includes learning about your personal health history as well as making healthy choices.
* Sometimes challenging questions about smoking, alcohol use, sexuality, and relationships can come up. This is a safe place to come with your questions and concerns.
* Beginning at age 13, we provide the opportunity to speak with a provider privately. Private conversations are important to build your independence and to discuss confidential issues.
* We know that communicating with your parents for some issues can be challenging but is also important. If you wish, we are here to have those conversations together with your parents.

**What does confidential care mean for me?**

* Conversations between you and your provider are considered private and confidential. This means they will not be shared with anyone without your permission. While we respect your privacy, we do encourage you to be open and honest with your parents, and we can help with that process of sharing sensitive information.
* In our state, youth who are under 18 years old can see a provider without a parent for certain sensitive health issues, like sexual health issues, contraception or concern for pregnancy, mental health or substance use. If you choose, you can schedule appointments for these services yourself, and they will be considered private and confidential. We will not share information about these services with parents without your permission.
* The only time that we break confidentiality is if we think you pose a danger to yourself or to others, have been abused, or are at immediate risk of injury or severe illness. We will let you know if we feel this is necessary.

**PARENTS: THIS IS FOR YOU**

**How does our office support the heath and growth of adolescent patients?**

* We believe that adolescence is an important and exciting time of transition to adulthood and emerging independence.
* We aim to empower adolescent patients to take an increasingly active role for their health with the goal of being independent as an adult.
* Our goal is to support and provide opportunities for open and honest conversations about sensitive issues that can emerge at this age.

**What does this mean for you as the parent of an adolescent?**

* You play a key role in preparing your child to take on increasing responsibility for their health care and helping them learn how to advocate for themself as a patient.
* Adolescence is also a time where sensitive issues such as exposure to smoking, alcohol, or other substances as well as sexuality and relationships begin to emerge. These are essential to consider as part of a patient’s overall health, and therefore, we encourage you to have open conversations with your child about these topics.
* We also seek to create an open space where any child can bring their questions. With this goal in mind, beginning at age 13, every patient is encouraged to meet with a provider privately for a portion of their well visit. We believe this private time provides a chance to discuss sensitive topics that an adolescent may feel less comfortable talking about with a parent present.
* Communication between parents and adolescents is important but can be challenging. We encourage our teen patients to have open and honest conversations with you and aim to support these conversations.

**What is confidential care?**

* The information discussed by an adolescent and provider is considered private and confidential. This means it will not be shared with anyone without permission of the adolescent. While this information is confidential, we encourage our adolescent patients to be open and honest with their parents and can help with the process of sharing sensitive information.
* In our state, youth under 18 years old are able to see a provider without a parent for certain sensitive health issues, like sexual health issues, contraception or concern for pregnancy, mental health or substance use. These services are considered private and confidential. We encourage open conversations, and with your teen’s permission, we can share information about these services with parents in person or by phone.
* The only time that we break confidentiality is if we think the adolescent poses a danger to themselves or to others, has been abused, or is at immediate risk of injury or severe illness.