


Confident Teen Policy


We are committed to providing our patients with quality care and support as they age. Our clinic policy allows teens (ages 12 and up) to talk to their provider alone. This policy gives you a chance to become independent in your health, while giving you a safe space to share sensitive health information with your provider. Teens who feel safe sharing sensitive health information with their providers are more likely to get the care they need.

We encourage you to be open and honest with your parents/guardians (P/G). However, we respect your privacy. Information you share with your provider will stay confidential unless we have safety concerns, are required by law to share it, or if you give us permission to share it. If you have any questions about the policy, please ask our staff

Here's how it Works:




Your P/G will be notified about the Confident Teen Policy




CLINIC


You will complete paperwork at check-in




You will be invited back to exam area




Your P/G will stay in the waiting area*



You will complete a vital check and health questionnaires



A provider will explain your confidentiality rights



You will have time to ask your provider questions and discuss your health



You may invite your P/G to join the rest of the appointment

* Let staff know if you want your P/G to go with you. You have the right to choose.

Why is Confident Teen Important?

- It encourages you to seek the health care you need.
- It increases open communication between you and your health care provider(s).
- It protects you from discomfort that can happen when sensitive information is shared with P/G.
- It provides a sense of independence.
- It builds your skills for adulthood.

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