Asking Questions

While it is important to talk to your parents about your health and health care, sometimes you might want your health care to be confidential. If so, remember:

- To ask whether your provider’s office or clinic offers confidential care for minors.
- If you use your parent’s insurance, information about your provider’s visit and prescriptions will probably be sent to them.
- If you don’t want to use your parent’s insurance, try to find a clinic that offers free care or lets you make payments you can afford.
- To let your provider’s office or clinic know whether it’s okay to call you at home, on your cell phone or at some other number.
- To make plans for how you’ll receive mail from your provider’s office or clinic.

Resources

Healthy Teen Network: www.HealthyTeenNetwork.org
Center for Adolescent Health & the Law: www.caahl.org
Sex Ed.: www.sexetc.org or www.sexetc.org
Planned Parenthood: www.plannedparenthood.org
Go Ask Alice: www.goaskalice.columbia.edu
Teen Wire: www.teenwire.com
ASHA’s “Get tested” Campaign: www.iwannaknow.org
Advocates for Youth: www.advocatesforyouth.org
Overview of Minors’ Consent Laws: www.guttmacher.org/statecenter/spibs/sr_pib_MACS.pdf

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Healthy Teen Network

Healthy Teen Network (HTN) is a national membership organization that provides resources and services to professionals working in the field of adolescent reproductive health - specifically teen pregnancy prevention, teen pregnancy, and teen parenting.

Center for Adolescent Health & the Law

The Center for Adolescent Health & the Law (CAHL) is a national nonprofit legal and policy organization that promotes the health of adolescents and their access to comprehensive health care.

Healthy Teen Network and the Center for Adolescent Health & the Law strongly believe youth can make responsible decisions about sexuality, pregnancy, and parenting when they have complete and accurate information, resources, and support that are culturally relevant and appropriate to their age, gender, and developmental stage. HTN and CAHL believe parents and other trusted adults can be a teen’s greatest support and should be engaged in every aspect of their health and well-being.

Making a Difference...

Staying Healthy
Staying Safe

Health Care,
Birth Control
&
CONFIDENTIAL
Services

A guide for teens

Healthy Teen Network
509 2nd Street NE
Washington, DC 20002
Phone: 202-547-8814
Fax: 202-547-8815
info@HealthyTeenNetwork.org
www.HealthyTeenNetwork.org

Center for Adolescent
Health & the Law
310 Kildaire Road, St 100
Chapel Hill, NC 27516
Phone: 919-968-8850
Fax: 919-968-8851
info@caahl.org www.caahl.org
**Staying Healthy**

As a teen, there are lots of reasons why you might need health care. Some of them are routine - such as getting a physical exam so you can play sports. Others have to do with special concerns - like sex, drugs, or mental health.

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**Talking to Parents**

Although you may not think so, your parents and the other adults in your life are there to help and should always be the first people you turn to for advice. It is important for them to know about your health care needs and any medications you are taking (including birth control) so they can help you stay healthy and safe. But if you feel more comfortable talking to your health care provider first, they may be able to help you involve the adults in your life - or get health care on your own.

Even if you are not having sex, you should still see a health care provider to be informed and stay healthy.

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**Keeping Concerns Private**

It is usually a good idea to ask your parents or another adult to help you get the health care you need. They will often know about the best places to go for care and can help you pay for what you need. Sometimes you may want to get health care on your own. Whether or not you can do that will depend on whether you are still legally a minor and on where you live.

**Consenting to Care**

Depending on where you live, you may be able to consent to your own health care.

- Teens are often able to consent to services such as testing or treatment for sexually transmitted diseases or receiving birth control. Teens may be able to consent to counseling for drugs, alcohol, or an HIV test.

- Some teens are allowed to consent for all of their own health care. In some states you are able to do this if you are married, a parent, pregnant in the armed services, or living on your own. One way to find out is to ask your health care provider. For general information, check out the Web resources on the back of this pamphlet.

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**Staying Safe**

Whether you talk to your parents first, or your health care provider, it is vital to get the care you need to stay healthy and safe. When given the correct information and proper support, you can learn how to make decisions that are right for you and your body.