



TIPS FOR TEENS

The Truth About CONFIDENTIALITY...

Confidentiality means privacy. It means that when you, as a young person from 12 to 17 years old, talk with your health care provider about certain issues like sex, drugs, and feelings, he or she will not tell your parents or guardians what you talk about unless you give your permission.

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 other 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?

According to the laws of the State of California, your doctor or nurse cannot tell your parents or guardians anything about your exam if you're seen for any **confidential** services. These include care for problems or concerns in the areas of sexuality, mental health and substance abuse. You, as a young person, **can consent** for care on your own in these areas. You need your parent or guardian's consent for other health services such as physicals and care for colds, flu, and injuries.

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**.

Even though you don't have to ask your parents, 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!

