

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.cahl.org

Sex Etc.: 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/spib_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.

Healthy Teen Network
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www.HealthyTeenNetwork.org

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Health & the Law
310 Kildaire Road, St 100
Chapel Hill, NC 27516
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Making a Difference...

Staying Healthy Staying Safe

*Health Care,
Birth Control
&
CONFIDENTIAL
Services*



A guide for teens



Staying Healthy Staying Safe

Do you have questions about your body? Do you need information about birth control or condoms? Do you want to talk to someone about sex and how to say no?

Trying to get answers to your health care questions is an important step in staying healthy and safe.



A minor is
a person
under
the age
of

18

Knowing the Rules

It is usually best to talk about your health concerns and care with your parents and the other adults in your life. Sometimes you may want your health care visits and the advice and care you get to be confidential – that is, private. Each state has different rules about the kind of health care you – as a minor – can and cannot get without an okay from your parents.

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.

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.

Making an Appointment

There are many places you can go for health care. You may want to go to your regular health care provider - your pediatrician or family doctor - or the clinic where you usually go for care. You can also go to other places, such as Planned Parenthood, or a school-based health or teen clinic, or a clinic run by the Health Department in your community.

Finding the Care that's Right for YOU!



- ② Ask your parents or guardians.
- ② Call 1-800-230-PLAN or visit www.PlannedParenthood.org to be connected to the Planned Parenthood health center nearest you.
- ② Visit www.NFPRHA.org/clinics.
- ② Search online under "family planning" or "clinics." When you call to make an appointment, be sure to ask if the office or clinic offers teen services.

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.

When health care is "confidential" it means your health care provider must keep your visit and information about the care you receive private, unless you give permission or are in danger of being hurt or hurting yourself or someone else.

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.

Staying Safe

Whether you talk to you 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.