



## A Letter From Your Teen's Health Care Provider

Dear Parent or Guardian,

As teens become adults and take more control of their lives, our office will ask them to be more actively involved in their health and health care.

Some areas of teen health that we may talk about during an exam are:

- Eating and how to be active
- Fighting and violence
- Sex and sexuality
- Safety and driving
- Smoking, drinking, and drugs
- Sadness and stress

### You should know...

We support teens talking about their health with their parents or guardians. But teens may be embarrassed to have an exam or talk about some things in front of their parents. This is a normal part of growing up. We give all teens a chance to be seen privately. During this time, you will be asked to wait outside of the exam room.

In order to best take care of your teen we offer some confidential services. "Confidential" means that we will only share what happens in these visits if the teen says it is okay, or if someone is in danger.

In California, teens can receive some types of health services on their own. We cannot share the content of these visits without your teen's okay. Ask us about what these health services include.

We are happy to talk to you about any questions or concerns you may have about this letter and your teen's health. Together, we can help keep your teen healthy.

Below, you will find some helpful websites about teen health and tips for parents of teens.

Sincerely,

*Your teen's Health Care Provider*

### RESOURCES

**Children Now and Kaiser Family Foundation**  
<http://www.talkingwithkids.org>

**Advocates for Youth**  
<http://www.advocatesforyouth.org/>

**SIECUS— Families are Talking**  
<http://www.familiesaretalking.org>

**California Family Health Council—Talk with Your Kids**  
<http://www.talkwithyourkids.org/>

**US Department of Health & Human Services—  
Parents Speak Up**  
<http://www.4parents.gov/>

**Nickelodeon—Parents Connect**  
<http://www.parentsconnect.com>



## A Note to Parents from your Teen's Doctor

- Teens need to have more input in their health in order to build responsibility.
- I will give your teen a chance to talk to me alone during each exam.
- In California, teens can receive some services on their own. I cannot talk to you about your teen's use of these services without permission from your teen. Talk to me about what these services are.
- I encourage teens to talk about their health with their parents.
- I am happy to answer any questions or concerns you may have!

