

MY TEEN IS GOING TO THE DOCTOR AND NOT TELLING ME!



You just found out that your teen is getting medical services without telling you. As a parent you may be worried and upset when this happens. This is normal. But try thinking about it this way – your teen is being responsible for their health. This is something you can be proud of!

Remember:

- Your teen is becoming more independent. As teens get older they try out more adult behaviors, and may want to find help on their own. This is an important part of growing up.
- You are important to your teen and their health! But even when teens and parents have strong relationships, there are some issues that your teen may want to talk to their doctor about on their own.
- It is never too late to talk to your teen about tough subjects. Start by talking about your own values and expectations. It is important that you:
 - ✓ Stay calm
 - ✓ Listen
 - ✓ Respect their ideas
 - ✓ Share your thoughts and opinions
 - ✓ Do not lecture
- Doctors and nurses want to help and support you. Ask them for help if you have concerns or questions about your teen.