ENCourage your teen to take their health into their own hands!

Helping your teen take their health in their own hands now will allow them to be more confident about handling their health care as adults.

FACTS

Only 34% of parents said their teen had alone time with the doctor during a visit

65% of parents said that they filled out the health history form when checking in for their teen’s visit

Only 15% of parents said their teen talks about problems with their doctor on their own

RECOMMENDATIONS

Teens get alone time with their doctor to ask questions

Teens learn about confidentiality laws and informed consent

Develop a plan on moving your teen from child to adult care

HOW PARENTS CAN HELP

Have your teen schedule their own doctor appointments

Have your teen check in & complete medical forms. Jump in to help only when asked

Wait to speak. Give your teen a chance to describe symptoms & ask questions

POSITIVE OUTCOMES

Teens are more willing to go to appointments & take medications

Make treatment more acceptable

Help to develop confidence & trusting relationships