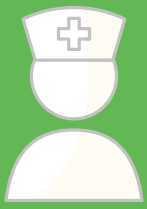


ENCOURAGE YOUR TEEN TO TAKE THEIR HEALTH INTO THEIR OWN HANDS!

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



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