Health Care for Your Teen

CHN will always be here for your child's health care needs. As your child enters their teen years, the care that they get at CHN will start to change. The doctor will ask you to leave the room for part of your teen's visit. This change may come as a shock for you, as you have been very involved in their care since the beginning. However, letting your teen talk with their doctor privately is important for their health.

Why is it important for my teen to meet with their doctor privately?

There may be some topics that your teen feels uncomfortable talking about with you in the room. Giving your teen one-on-one time with their doctor lets them open up about their health and mental health (such as anxiety or feeling down), learn how to make their own health care decisions, and build trust with their doctor.

What will my teen talk about with their doctor?

One-on-one visits give your teen the chance to talk about anything they want with their doctor. They may talk about topics such as:

- School/future goals
- Peer pressure
- Friendships
- Family life
- Relationships
- Body image
- Substance use
- Sexual activity
- Nutrition and exercise
- Mental health
- Gender identity
- Sexual orientation

You can sign a consent form that lets your teen go to the doctor alone. They can get check-ups, care for small health problems, and shots. We will tell you about the care they get from these visits.

Some visits are kept confidential (private). In New York State, teens can get sexual and reproductive health care and mental health care without consent from their parents. This means that we can't tell you about these visits unless your teen agrees to it.

All CHN staff members who see patients are mandated reporters. This means they must report any suspected abuse or neglect. Your child's safety is always our first priority when they meet with our providers.

As part of your teen's care, we will encourage them to have open and honest talks about their health with you. **Talk with a CHN doctor if you have more questions!**