

## **How Well do you Know Your Health Rights and Responsibilities?**

**TRUE OR FALSE:**

**A teen can see a doctor about birth control and pregnancy without their parent/guardian's consent.**

TRUE: California has laws that let a person of any age make their own choices about birth control, pregnancy, abortion, adoption, and parenting.

**Teens 12 and older can see a doctor about mental health issues, drug and alcohol use, or sexually transmitted diseases without their parent's consent.**

TRUE: California laws let people 12 or older get care for mental health, drug and alcohol issues, or sexually transmitted diseases without parent consent.

**Not all issues a teen might want to see a doctor for are considered confidential.**

TRUE: Cases of abuse, assault, or possible suicide cannot remain confidential. Your doctor may have to contact others for help. Health services like treatment of injuries, colds, flu, and physicals are NOT confidential services. The doctor will need your parent/guardian's consent for these services.

**A teen can ask a doctor about what will stay private in a visit, and what information will be shared with parents/guardians.**

TRUE: There are many laws about what information your parent/guardian will be given. It is important to talk to your doctor about what will stay private. In some situations, you get to decide what is shared.

**It is usually helpful for a teen to talk to an adult they trust about their health or changes in their life that they are worried about.**

TRUE: It can be helpful to talk to an adult you trust such as a parent/guardian, teacher, family friend, counselor, or coach about your health. If there are health issues you have questions or concerns about, a trustworthy adult can give you important advice and opinions.

**A teen being responsible for his or her health is an important part of growing up!**

TRUE: Taking on more responsibility and wanting more privacy are a normal part of growing up for teens.

