



Confidential Adolescent Services Scripts to Introduce Time Alone with Teens

Emphasizing Life Skills

“One of the goals of adolescent health care is helping teens gradually learn how to take responsibility for their own health and communicate directly with health care providers. Spending part of the visit independently gives them a chance to practice those skills in a supportive setting.

We encourage teens to learn how to ask questions, describe symptoms, discuss healthy choices, and participate in decisions about their care. This helps prepare them for adulthood and builds confidence in managing their health over time.

We still see parents and guardians as essential partners, and we want families involved. This is simply one part of helping adolescents grow into independent and healthy adults.”

For Hesitant Parents

“I understand this can sometimes feel unfamiliar or even uncomfortable at first, especially if this is your child’s first teen visit with private time included. Many parents have questions about why we do this.

National pediatric and adolescent health guidelines recommend that providers spend some one-on-one time with adolescents during visits. Research shows that teens are more likely to ask questions, discuss sensitive concerns, and seek help early when they know they have a safe and private space to talk.

This does not mean we are excluding parents or encouraging secrecy. In fact, we strongly encourage teens to communicate openly with their families, and we often help support those conversations. There are also important limits to confidentiality. If I am concerned about safety, abuse, self-harm, or risk to others, I will involve parents and caregivers so we can get the right support.

Our goal is to build trust with both teens and families while providing safe, high-quality care.”

Trauma-Informed / Supportive Version

“We want adolescents to know that this is a safe and respectful place to ask questions and talk about their health and well-being. The teen years can involve many changes physically, emotionally, socially, and academically, and sometimes young people have concerns they are unsure how to bring up.

Spending a few minutes alone together during the visit helps create space for teens to ask questions, share concerns, and practice speaking up about their health. We do this routinely for all adolescents because we want every teen to feel supported and heard.

We also recognize how important families are in supporting a young person’s health. Our goal is not to replace parent involvement, but to strengthen communication, trust, and partnership between teens, families, and the health care team.



Thank you for giving us a few minutes together. I'll invite you back in shortly so we can review everything as a team."