



Confidential Adolescent Services Sample Letter for Parents/Guardians

Dear Parent or Guardian,

As children grow into teenagers, they begin to take a more active role in their health and health care. In our practice, we want to help teens learn how to make healthy and safe choices while also keeping parents involved and supported.

During teen visits, we may talk about topics such as:

- Healthy eating and exercise
- School stress and emotions
- Friendships and relationships
- Safety at home, school, and online
- Alcohol, vaping, tobacco, and drugs
- Puberty, sexual health, and relationships
- Anxiety, depression, and mental health

Part of helping teens grow into healthy adults is giving them time to speak privately with their health care provider. For this reason, we usually spend part of the visit alone with the teen. This is a normal and important part of teen health care.

Some information shared by your teen may stay confidential, or private, between your teen and the health care team. This helps teens feel safe asking questions and getting care when they need it.

We encourage teens to talk openly with their parents or guardians, and we are happy to help support those conversations whenever possible.

There are also important limits to confidentiality. Keeping your teen healthy and safe is our highest priority. We must share information if:

- Your teen may hurt themselves
- Your teen may hurt someone else
- Someone is hurting or abusing your teen
- There is a serious safety concern
- The law requires us to share information

When safety is at risk, we will work with families to get the right help and support.

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

Please feel free to ask us any questions about confidential care or your teen's health visits. We value working together to support your teen's health and well-being.

Sincerely,
Your Teen Health Care Team

