

[Your Office Logo]

Welcome to [your practice name]. We provide routine health care for teens and young adults. We want to work with you and your family to meet all of your health care needs: ***physical, mental and emotional.***

### **Services We Provide:**

- School, Sport and College Physicals
- Patient and Parent Education on Adolescent Related Issues
- Routine Care for Acne, Allergy and Sports-Related Conditions
- Adolescent Gynecology Services

Teens and young adults need specialized medical care and a doctor with whom they can discuss anything, from acute and chronic illness, health maintenance and preventive care, sexual concerns and emotional problems. Their parents also need special guidance and support through these years. ***Our practice goal is to provide comprehensive health care to teens and their families.***

As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. As part of ***comprehensive health care***, it is our practice to ask parents to wait outside for part of the interview and encourage the adolescent to discuss his or her own view of their problem. Talking to teens without the parent also gives teens a chance to ask questions or give information they may feel self-conscious about. **Teens often have questions or concerns that they may feel embarrassed to talk about in front of their parents.** It is important to give them enough freedom to grow but not so much that they get involved in the wrong activities.

Many teenagers and young adults experiment with high-risk behaviors that can lead to serious problems.

According to a 2007 survey of Tennessee High School Students (available at [www.apps.nccd.cdc.gov/yrbss](http://www.apps.nccd.cdc.gov/yrbss)):

- **14% seriously considered attempting suicide in the last year**
- **55 % have ever tried cigarettes**
- **70 % have tried alcohol**
- **38 % have tried marijuana**
- **54 % have had sex**

Some teenagers may hide these behaviors so parents are not the first to find out. Our goal is to help identify problems before they become too big and to help prevent them. To do this we must give them a reason to trust us. We ask parents to leave for part of the interview for confidentiality and to build trust. **We also encourage the teen to discuss important issues with parents. It is important to know that if they are doing anything to hurt themselves or others, or if someone is hurting them, we will be forced to break confidentiality.**

The staff is always available to discuss health problems or answer questions. The [your practice name] staff wants to work with you to help teens and young adults make the best choices for a healthy future.