

The **TRUTH** ABOUT **Confidentiality**

Confidentiality means privacy.

Confidential health care means that information is kept private between you and your doctor or nurse.

Your doctor or nurse **CANNOT** tell your parents or guardians about your visits for:

- Pregnancy
- Birth control or abortion
- Sexually transmitted diseases (STDs)

For your safety, some things **CANNOT** stay confidential. Your doctor or nurse has to contact someone else for help if you say...

- You were or are being physically or sexually abused.
- You are going to hurt yourself or someone else.
- You are under 16 and having sex with someone 21 years or older.
- You are under 14 and having sex with someone 14 years or older.

CONFIDENTIALITY TIPS FOR TEENS

Ask questions about confidentiality. You can ask your doctor or nurse and health insurance plan what information will be shared with your parent/guardians.

Know your rights in the health care system and speak up.

Read and understand forms before you sign them.

*Even if you do **NOT** need permission from your parent/guardian to see a doctor, it's a good idea to talk with them or a trusted adult about the help you need.*

Every state has different confidentiality laws. This information applies **ONLY** to California. Visit www.teenhealthrights.org for more information about laws that protect your privacy when talking to your health care provider.

