

 Welcome Parents,

Many changes happen during the teenage years.

It is good for teens to learn to take more control of their health.

The American Academy of Pediatrics states that starting by age 11, it is good for teens to have alone time with their doctor.

It is our clinic practice to ask parents to step out of the room for a part of each teen visit. This gives teens time to ask their questions.

We ask all teens to talk to their parents about their health.

If there is anything you would like us to talk to your teen about, please let the provider team know.



 Bienvenidos, padres,

En la adolescencia, su hijo/a atravesara por muchos cambios.

Es bueno para adolescentes aprender a tomar responsabilidad sobre el cuidado de su propia salud.

La Academia Americana de Pediatría a reportado que desde los 11 años, es recomendable que adolescentes tengan citas en privado con su doctor.

El personal de la clínica le pedirá que espere afuera durante parte de la visita. Así, los adolescentes tendrán la oportunidad de hacer sus preguntas.

Le pedimos a todos nuestros pacientes adolescentes que hablen con sus padres sobre

su salud.



Si hay alguna cosa que desea que discutamos con su adolescente, por favor comuníquelo con nuestro equipo.

**Welcome to**

**[Practice Name]!**

Dear Parents of New Teen Patients:

The teenage years are a time of change and growth in your child’s body and feelings.

It is good for parents to come with their teen to the doctor and be a part of their health visits. It is also good for your teen to begin to take more control of his or her care. We want to partner with you to teach your teen how to do this.

Starting at age 12, it is our clinic policy to take every teen on their own to get their vital signs, like height and weight. The doctor will also ask you to step out of the room for part of your teen’s medical visits.

The law in California says teens can get some health care without their parents or guardians. The American Academy of Pediatrics agrees that it is good for teens to have this alone time with their doctor.

For this visit, our notes will be kept private unless:

* Someone is hurting your teen
* Your teen wants to hurt someone else
* Your teen wants to hurt his or her self

We ask all teens to talk to their parents about their health issues.



Please ask clinic staff if you have any questions.

* The Practice Name Staff

**Parents of Teens**

**Welcome to [Clinic Name]**

Many changes are happening for your teenager.

It is good for your teen to learn to take more control of his or her health.

It is our clinic policy to take every teen on their own to get their weight, height, and other vitals.

The clinic staff will ask you to step out for part of the visit.



This gives teens time to ask their questions.

We ask all teens to talk to their parents about their health.