



Who can I call?

Who will I see?

Do I need adult permission?

Whether you're seen at the teen clinic, pediatric department, dermatology, or internal medicine, we will do our best to give you high quality healthcare and service. We're the experts in medical care. You're the expert in "you." Together, we can work to keep you healthy.

## Do I need my parents' permission to see a doctor or other medical professional?

In most cases, you'll need a parent's permission to get medical care. However, you can see a doctor or other medical professional without parental permission for these confidential service if you . . .

- Think you might be pregnant.
- Need birth control.
- Think you have a sexually transmitted disease (STD).
- Need information about alcohol or other drug use.
- Want to talk about personal, school, or family issues.

## Will my doctor or other medical professional tell my parents?

In most cases your doctor or other medical professional cannot tell your parents or guardians anything about your exam if you're seen for any confidential service. You can talk to

your doctor or other medical professional about anything, too.

For example, you might . . .

- Have questions about your health.
- Wonder about your growth, body size, or weight.
- Have questions about having sex.
- Have questions about using tobacco, alcohol, or drugs.
- Have problems with friends, school, or family.
- Be scared for your safety.

You can trust your doctor or other medical professional. If they can't help you, they'll try to find someone who can.

## Where can I get information about health issues?

There are lots of places to get the information you need. Start with one of these.

### • Pediatrics Department or Teen Clinic

A doctor or other medical professional in your local Pediatrics Department can help you with your personal health questions or concerns. Some offices have a Teen Clinic with information and services especially for teens. To make an appointment, call the advice nurse.

- **Health Education Center**

There's a Health Education Center at most Kaiser Permanente medical offices. Pick up free pamphlets, check out books or DVDs, or look up health information. Many Health Education Centers also offer classes, and teens are welcome.

- **Advice Nurse**

Call your local Kaiser Permanente pediatric advice phone number. Talk with an advice nurse and get help over the phone. The nurse can help you schedule an appointment with a doctor or other medical professional if you need one.

- **A trusted friend**

A parent or other trusted adult is still your best source of information. While many teens talk with their parents, others feel more comfortable talking with another adult—a relative, friend, or teacher.

Even though you don't have to ask your parents, it's a good idea to talk with them or another adult you trust about the medical care you need. These are all very serious issues. A trusted adult can help you sort out your feelings and make a plan.

## Getting help from Kaiser Permanente

Teens can make their own appointments for confidential services and come in to see a doctor or other medical or mental health professional at Kaiser Permanente medical offices. Some Kaiser Permanente facilities have a Teen Clinic with information and services especially for teens. All have doctors, nurses, or mental health professionals who see teen patients.

For information, advice, or to make an appointment for confidential services, call your local Kaiser Permanente facility.

## Other resources

### Web sites

- Kaiser Permanente **kp.org**
- KidsHealth Teen Page **kidshealth.org/teen/index.html**
- Planned Parenthood's Teen Page **teenwire.com**

### Phone numbers

- California Youth Crisis Hotline  
1-800-843-5200
- Child Abuse Hotline  
1-800-4 A CHILD
- National STD Hotline  
1-800-227-8922
- National Alcohol/Drugs Helpline  
1-800-662-HELP
- Emergency Contraception Hotline  
1-888-NOT2LATE

Visit your local facility's Health Education Department for books, DVDs, classes, and additional resources.