



**Coaching Youth in
Developing Health Literacy:
A Resource Guide for Providers**



NEMOURS
CHILDREN'S HEALTH

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TABLE OF CONTENTS

Introduction	2
Overall Adolescent Health.....	3
Adolescent Visit	3
Pre-Visit Screening Tools.....	4
Confidentiality.....	4
Explanation of Benefit (EOB) Suppression.....	5
Shared Decision Making	5
Adverse Childhood Experiences (ACEs)	5
Transition of Care	5
Social Determinants of Health.....	6
Motivational Interviewing.....	6
Sexual Health	6
Suicide Prevention.....	7
Behavioral Health	7
Crisis Lines.....	7
Patient Engagement.....	7
Parent and Guardian Engagement	8
Health Equity	8
LGBTQ	8
Physician Research Adolescent Blogs	10
Sample Letters	12

Introduction

Coaching Youth in Developing Health Literacy: A Resource Guide for Providers is part of a collection of documents created by [Nemours Children's Health](#) for the [State of Alaska – Health and Social Services, Division of Public Health](#). The collection includes [Navigating the Health Care System: Alaska](#) as well as [Coaching Youth in Developing Health Literacy: A Training for Providers](#) and its companion document [Coaching Youth in Developing Health Literacy: A Resource Guide for Providers](#).

[Navigating the Health Care System: Alaska](#) is a state-specific version of [Navigating the Health Care System](#), a four-unit health literacy curriculum designed for use with young adults. The content is designed to prepare high school and college-age adolescents to be responsible for managing their own health care as they transition into adulthood. The materials are suitable for in-class, in-home, after-school, and community settings. The lessons can be taught in person or virtually.

Health Literacy is knowing how to obtain, process and understand basic health information and services needed to make good health decisions. It includes being able to read pamphlets, make doctor appointments, and use decision-making skills to take charge of your own health care needs.^{1,2} More recently, the definition includes the importance of communication between patients and providers as well as skills needed to navigate the health care system. Health Literacy is the responsibility of the health care provider and the patient.³ Within this broad definition of health literacy, [Navigating the Health Care System: Alaska](#), focuses on knowledge and skills for interacting with providers and with the health care system as a whole, specifically:

- 1) Knowing what to expect as you move through the health care system and as you interact with health care professionals
- 2) Having the skills to successfully navigate the health care system, including:
 - a. Skills for communicating effectively with care providers
 - b. Skills for self-advocacy

[Coaching Youth in Developing Health Literacy: A Training for Providers](#)

This resource is a scripted Power Point presentation intended for an audience of providers who serve adolescents. Provider learning objectives for the training include: 1) Demonstrate a basic understanding of the concept of health literacy; 2) Communicate the importance of health literacy to colleagues and patients; 3) Assist adolescents in being better self-advocates; 4) Identify specific ways to integrate health literacy into your work.

[Coaching Youth in Developing Health Literacy: A Resource Guide for Providers](#)

This document is a companion to the Provider Training. It includes links and details beyond what is provided in the training slides.

For more information about [Navigating the Health Care System](#), please [visit the project webpages](#) or email NTHCS@nemours.org.

1. *National Action Plan to Improve Health Literacy*. Washington, D.C.: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion; 2010.

2. Nutbeam D. The evolving concept of health literacy. *Soc Sci Med*. Dec 2008;67(12):2072-2078

3. Health Literacy. <https://nnlm.gov/initiatives/topics/health-literacy>. Accessed March 29, 2021.

Overall Adolescent Health

Adolescent Health Initiative – Aimed to improve the quality of care provided to adolescents. There is a series of trainings, strategies, and consulting options available.

Help Me Grow Alaska – This organization is dedicated to promoting healthy child development statewide by providing support and information to individuals and organizations who care for and about children and young adults.

- **PAL-PAK** – partnership with Help Me Grow Alaska that can locate local mental health resources.

Alaska Youth Friendly Clinics – The goal of this project is to increase youth access to and applicability of reproductive and sexual health services and Adolescent Well Visits.

HHS Office of Population Affairs: Adolescent Health – Focuses on adolescent development and the issues youth may face.

National Adolescent and Young Adult Health Information Center (NAHIC) – Focuses on the intersection of public health, systems of care and clinical practice, through research and synthesis, and dissemination, networking and partnering. As part of its work, NAHIC supports state efforts to improve care for adolescents and young adults. Current efforts are linked to the transformation of the MCH/Title V block grant program.

KidsHealth – KidsHealth is the #1 most-trusted source for physician-reviewed information and advice on children's health and parenting issues. For parents, kids, teens, and educators, in English and in Spanish.

Adolescent Visit

Bright Futures – The primary goal of Bright Futures implementation is to support primary care practices (medical homes) in providing well-child and adolescent care according to Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents.

- **Adolescent Well Visit (ages 11 – 21)**

Society for Adolescent Health and Medicine: Adolescent Medicine Resident Curriculum – This curriculum is designed both for four-week adolescent medicine rotations and for residents' longitudinal training. Learning objectives are linked with educational and clinical resources to enhance Adolescent Medicine education and are divided into ten core content modules.

CDC Immunization Schedules – Most up to date information on immunization schedules for children (Birth – 18 years) and Adults (19 and older).

Red Book® Online – Red Book® Online extends beyond the print edition to provide instant access to pediatric infectious disease solutions not available anywhere else. It includes the most reliable and clinically relevant content on more than 200 childhood infectious diseases and is the quickest and easiest way to keep pace with all the latest developments and clinical guidelines at the point of care.

KidsHealth Managing Your Medical Care – Tips for Adolescents on helping teens become actively involved in their own medical care. This provides information on everything from taking care of their bodies to choosing the right health care providers.

Pre-Visit Screening Tools

The Rapid Adolescent Prevention Screening® (RAAPS) – RAAPS are standardized and validated risk screening tools developed to support professionals in addressing the risk behaviors impacting health, well-being, and academic success in youth.

HEADSS for Adolescents – This is an interview instrument for finding out about issues in adolescents' lives. It was developed by Cohen and colleagues (*Cohen et al., 1991*). Consider asking a youth about their strengths first prior to only risk assessment.

Bright Futures – Tools and Resources for Adolescence visits are grouped into the following 3 categories:

- **Pre-visit Questionnaires:** Help determine what the adolescent and family would like to discuss during the health supervision visit (in conjunction with the Bright Futures visit priorities), initiate recommended medical screening with integrated risk assessment questions, obtain developmental surveillance information, and identify topics for anticipatory guidance discussion. Each questionnaire is written in plain language to ensure the information is clear, concise, relevant, and easy to understand.
- **Visit Documentation Forms:** Provide a convenient resource to document activities during a typical health supervision visit, simplify proper coding, and help secure appropriate payment for each visit's activities.
- **Parent/Patient Educational Handouts:** Help guide anticipatory guidance and reinforce key messages (organized around the 5 priorities in each visit) for adolescent patients and their families. Each educational handout is written in plain language to ensure the information is clear, concise, relevant, and easy to understand.

GAPS – A comprehensive screening tool designed to address the special needs of adolescents.

Trigger Questionnaire – Provides an example of a brief tool addressing high priority adolescent risk behaviors.

PHQ-9 – Is a nine-item depression scale of the patient health questionnaire. It is one of the most validated tools in mental health and can be a powerful tool to assist clinicians with diagnosing depression and monitoring treatment response. The nine items of the PHQ-9 are based directly on the nine diagnostic criteria for major depressive disorder in the DSM-IV.

CHADIS – The most complete web-based patient data collection system for comprehensive health and mental health care for all ages. It automatically assigns, requests, collects, scores, interprets, and graphs patient data. CHADIS helps write your clinical notes, facilitates between-visit monitoring, referrals and tracking, MOC-4 credits, and population data collection.

SCARED – The Screen for Child Anxiety Related Disorders (SCARED) is a 41-item inventory rated on a 3 point Likert-type scale. It comes in two versions; one asks questions to parents/guardian about their child and the other asks these same questions to the child directly. The purpose of the instrument is to screen for signs of anxiety disorders in children.

Confidentiality

Spark: Confidentiality Laws – Deepen your team's understanding of minor consent laws and explore best practices for providing confidential care to adolescents. By the end of the Spark training, participants will be able to state the legal requirements for minor consent and distinguish between laws, policies, and best practice regarding minor consent.

Confidential Health Care Services – American Academy of Pediatrics site on Adolescent Sexual Health that speaks to confidential health care services. This site is not limited to sexual health but encompasses confidential care.

Explanation of Benefit (EOB) Suppression

[Protecting Confidentiality for Individuals Insured as Dependents](#) – Keeps track of what states have developed regarding confidentiality concerns.

[State Efforts to Protect Confidentiality for Insured Individuals Accessing Contraception and Other Sensitive Healthcare Services](#) – Association of State and Territorial Health Officials (ASTHO) is the national nonprofit organization representing public health agencies in the United States, the U.S. Territories, and the District of Columbia, and over 100,000 public health professionals these agencies employ. ASTHO published an overview of what states had in place regarding confidentiality and insurers in 2018.

[Massachusetts](#) – Signed into law an Act to Protect Access to Confidential Healthcare (the PATCH Act). The PATCH Act gives dependent subscribers the ability to request the EOB for services be sent directly to them instead of the primary subscriber. It also prevents EOBs from being sent when there is no balance due, therefore no EOBs will be sent for preventative services. This Act also requires the EOB to state office visit or other generic language when sensitive health care services are rendered.

Shared Decision Making

[Overcoming Engagement Barriers to Shared Decision-Making](#) – An article on shared decision-making and the results it can have on patient engagement.

Adverse Childhood Experiences (ACEs)

[American Society for the Positive Care of Children \(American SPCC\)](#) – A national non-profit centered on improving the lives of children in the United States. As America's Voice for Children, they bring individuals and organizations together to improve the way children are represented, protected, and treated.

They believe that creating and empowering a loving home environment is key to ending child maltreatment. Positive parenting skills help caregivers raise their children in more balanced ways, empowering them to grow up to be happy, optimistic and successful adults.

[ACEs aware](#) – Adverse Childhood Experiences (ACEs) and toxic stress are a public health crisis. They take action to change and save lives. ACEs Aware is an initiative led by the Office of the California Surgeon General and the Department of Health Care Services to give Medi-Cal providers training, clinical protocols, and payment for screening children and adults for ACEs. Detecting ACEs early and connecting patients to interventions, resources, and other support can improve the health and well-being of individuals and families.

[ACEs aware screening tools](#) – Several versions of aces screening tools for different patient populations.

Transition of Care

[Got Transition](#)

- [Clinician Education and Resources](#)
- [Incorporating Health Care Transition Services into Preventive Care for Adolescents and Young Adults: A Toolkit for Clinicians](#) – The focus of this toolkit is health care transition (HCT). It provides suggested questions and anticipatory guidance specific to adolescents' transition to adult health care and is meant to be used alongside Bright Futures. It is an additional resource that includes a set of online tools (presented as endnotes) for clinicians to reference as adolescents and young adults come in for their preventive visits. It builds on the recommendations from Bright Futures and follows a similar format with sample questions and anticipatory guidance for each age group: early adolescence (11-14), middle adolescence (15-17), and late adolescence (18-21)
- [A Family Toolkit: Pediatric-to-Adult Health Care Transition](#) – This toolkit was developed for families to use during pediatric-to-adult HCT and includes resources for both parents/caregivers and youth/young adults.
- [Telehealth Toolkit for a Joint Visit with Pediatric and Adult Health Care Clinicians and Transferring Young Adults](#) – Offers pediatric and adult clinicians sample content that can be used to facilitate a "warm handoff" to adult care as well as a sample resource for the transferring young adult that explains the telehealth visit.

FloridaHATS – A program to ensure successful transition from pediatric to adult health care for all.

Healthy transitions – A website for youth with developmental disabilities ages 14–25 years, family caregivers, service coordinators, and health care providers. It teaches skills and provides tools for care coordination, keeping a health summary, and setting priorities during the transition process. It features video vignettes that demonstrate health transition skills and apps that support self-determination, decision-making, and collaboration.

MyHealth Passport – A project of the SickKids **Good 2 Go Transition Program**. MyHealth Passport is a customized, wallet-size card that gives you instant access to your medical information. It can be used when you go to a new doctor, visit an emergency room or are writing your first novel and want the names of your medications for your hero.

Social Determinants of Health

Alaska Native Epidemiology Center (ANTHC) – Healthy families allow individuals and communities to thrive, benefiting physical, mental, emotional, and spiritual health. The Alaska Native EpiCenter has produced several resources that promote healthy relationships and families.

Motivational Interviewing

Possibilities for Change – A professional skilled in Motivational Interviewing (MI) can create an environment that provides youth the opportunity to disclose information about their risk, improve their motivation to change and to seek information on how to do so. Their MITEY Change: Motivational Interviewing Training for Empowering Youth towards Change workshops marry adolescent development and risk with MI strategies to equip all levels of professionals to positively impact change.

Teen Speak: Adolescent-Focused Motivational Interviewing – A three-part interactive virtual workshop designed to help professionals and parents focus on improving adult-teen communication to reduce risky behaviors and build strong family relationships. Learn and develop motivational interviewing strategies to assist in identifying youth risks and apply effective communication tools needed to motivate teens to start making healthier choices.

Positive Youth Development and Motivational Interviewing – Part of the Society for Adolescent Health and Medicine's (SAHM) curriculum designed for four-week adolescent medicine rotations and for residents' longitudinal training.

Sexual Health

National Coalition of STD Directors – Here to educate policy makers, public health professionals, organizational allies, and the general public about STDs.

iknowmine – Is a trustworthy health resource for youth and their allies like providers, parents, teachers, aunties and uncles and other trusted adults since 2009. They continue to provide information and resources to promote, improve and achieve holistic well-being through quality prevention and education.

Bedsider – A place to learn about all your birth control options. They cover every available method, from the IUD (and others on the most effective list) to condoms, the pill, the patch, and more.

Guttmacher Institute – A leading research and policy organization committed to advancing sexual and reproductive health and rights in the United States and globally.

An Overview of Minors' Consent Law – Provides an overview of minors legal abilities to consent for a range of healthcare services.

CDC Fact Sheet: Information for Teens and Young Adults: Staying Healthy and Preventing STDs – Provides national leadership, research, policy development, and scientific information to help people live safer, healthier lives by the prevention of STDs and their complications. This mission is accomplished by assisting health departments, healthcare providers and non-government organizations (NGO) through the provision of timely science-based information and by clearly interpreting such information to the general public and policy makers. The Division's specific disease prevention goals are contextualized within the broader framework of the social determinants of health, the promotion of sexual health, and the primary prevention of sexually transmitted disease.

Questions and Answers about Sex – KidsHealth article answering questions for parents about sex and how to talk to their teen.

Suicide Prevention

American Association of Suicidology – Promotes the understanding and prevention of suicide and support those who have been affected by it.

Mental health literacy – The “Understanding Adolescent Depression and Suicide Education Training Program” builds on best evidence approaches to addressing youth suicide and teaches health providers to understand, recognize, assess, treat and when to refer for subspecialty care, depressed and suicidal youth.

The Program is based on adult education principles and stresses the importance of critical evaluation of scientific information and learning how to think about the complex issues of adolescent depression and suicide. Not only does it provide best evidence and most up-to-date information on these topics, but it also gives participants the tools to be able to assess and understand new information as it become available, thus providing the basis for lifelong learning. It is designed to enhance the knowledge and competencies in all health providers so that they can better understand these issues and effectively address them in their day-to-day practice.

Behavioral Health

National Alliance on Mental Illness (NAMI) – The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

The National Council for Mental Wellbeing – A membership organization that drives policy and social change on behalf of nearly 3,500 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve. They advocate for policies to ensure equitable access to high-quality services and builds the capacity of mental health and substance use treatment organizations. They promote greater understanding of mental wellbeing as a core component of comprehensive health and health care. Through our **Mental Health First Aid (MHFA) program**, They have trained more than 2.5 million people in the U.S. to identify, understand and respond to signs and symptoms of mental health and substance use challenges.

Mental Health First Aid – Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

National Council for Behavioral Health – A unifying voice of America’s health care organizations that deliver mental health and addictions treatment and services.

Crisis Lines

If your patients are experiencing a mental health crisis, they may also call the state and national hotlines listed below when they are not in your care.

- o Alaska Careline Crisis Intervention Line 1-877-266-4357 24/7 or text 4help to 839863 3-11 p.m. Tuesday-Saturday
- o National Suicide Prevention Lifeline at 1-800-273-8255
- o National text crisis line is 741-741

Patient Engagement

Patient Engagement HIT – An article for clinicians on determining patient preferences to overcome engagement barriers to shared decision-making.

Parent/Guardian Engagement

Character Lab – A nonprofit organization that connects researchers with educators to create greater knowledge about the conditions that lead to social, emotional, academic, and physical well-being for young people throughout the country. It provides actionable advice for parents and teachers.

Center for Parent & Teen Communication – The Center for Parent and Teen Communication (CPTC) helps parents raise teens prepared to thrive. Adolescence is a time of opportunity and parents matter more than ever. CPTC strives to ensure every caring adult has the knowledge and skills to promote positive youth development and foster strong family connections.

How to Communicate with and Listen to Your Teen – An article on how to best communicate with your teen Source – Reaching Teens: Strength-based Communication Strategies to Build Resilience and Support Healthy Adolescent Development (Copyright © 2014 American Academy of Pediatrics) Edited by Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM and Sara B. Kinsman, MD, PhD

Communicating with Your Teen – Video discusses listening to your teen and offers communication tips such as using the phrase “You can” instead of “You should.” Allowing teens to solve problems on their own will help them as they grow, mature, and come into their own.

Prototypical Description of 3 Parenting Styles – This is a collection of resources to help you teach about Diana Baumrind’s observed Parenting Styles. Here you will find: (1) excerpts from her original work on the topic (excellent for sparking class discussion) (2) some information you might put on slides or prepare for yourself, and (3) a fun role-playing activity to push students to apply what they have learned.

Health Equity

Adolescent Health Working Group (AHWG) – Aims to improve health equity so that all youth ages 11 to 24 have unimpeded access to comprehensive, youth-centered, and culturally-based healthcare. AHWG brings together a coalition of youth-serving providers who are leaders in their field and young people and caregivers with lived-experiences to create innovative resources, training opportunities, peer-to-peer networks, and leadership roles related to harm reduction and policy improvements in the areas of sexual health, mental health, and substance use.

LGBTQ

The Trevor Project – the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

GLSEN – Founded by a group of teachers in 1990, they knew that educators play key roles in creating affirming learning environments for LGBTQ youth. They activate supportive educators. They believe in centering and uplifting student-led movements, which have powered initiatives like the Day of Silence, Ally Week, and more. They conduct extensive and original research to inform our evidence-based solutions for K-12 education. They author developmentally appropriate resources for educators to use throughout the school community.

They have brought record support to the Safe Schools Improvement Act and the Student Non-Discrimination Act and fought discriminatory legislation in over 15 states. They coordinate a network of 43 chapters in 30 states across the nation, to ensure that we have access to schools and districts across the country to reach every student.

GLSEN National School Climate Survey – Is their flagship report on the experiences of lesbian, gay, bisexual, transgender, and queer youth in our nation’s schools. Their report includes information on LGBTQ middle and high school students’ experiences with discrimination, biased language, and availability and utility of supportive school resources. They also use this data to create research briefs on school climate in states across the U.S., as well as Puerto Rico.

GLSEN’s Local School Climate Survey is a free online survey tool for students, educators and other advocates to use to collect data on students’ experiences in their local school communities. Results from your survey can be used to advocate for safer and more inclusive programs and policies in your local schools and communities.

SIECUS Sex Ed for Social Change – Advances sex education through advocacy, policy and coalition building. It’s core area of work cover policy and advocacy, education and resource development, and strategic communications. SIECUS envisions an equitable nation where all people receive sex education, are affirmed in their identities, and have power to make decisions about their own health, pleasure, and wholeness.

Human Rights Campaign (HRC) – Ensures that all LGBTQ people, and particularly those of us who are trans, people of color and HIV+, are treated as full and equal citizens within the movement, across our country and around the world. By inspiring and engaging individuals and communities, the HRC strives to end discrimination against LGBTQ people and realize a world that achieves fundamental fairness and equality for all. HRC envisions a world where lesbian, gay, bisexual, transgender and queer people are ensured equality and embraced as full members of society at home, at work and in every community.

2018 LGBTQ Youth Report – HRC Foundation and the University of Connecticut released the largest-of-its-kind survey ever of more than 12,000 LGBTQ teenagers across the nation, revealing in distressing detail the persistent challenges so many of them face going about their daily lives at home, at school and in their communities.

GLMA Health Professionals Advancing LGBTQ Equality – A national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer (LGBTQ) and all sexual and gender minority (SGM) individuals, and equality for LGBTQ/SGM health professionals in their work and learning environments. To achieve this mission, GLMA utilizes the scientific expertise of its diverse multidisciplinary membership to inform and drive advocacy, education, and research.

WPATH Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People – An international, multidisciplinary, professional association whose mission is to promote evidence-based care, education, research, advocacy, public policy, and respect for transgender health. One of the main functions of WPATH is to promote the highest standards of health care for individuals through the articulation of Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People. The SOC are based on the best available science and expert professional consensus. Most of the research and experience in this field comes from a North American and Western European perspective; thus, adaptations of the SOC to other parts of the world are necessary. Suggestions for ways of thinking about cultural relativity and cultural competence are included in this version of the SOC.

Fenway Health – The mission of Fenway Health is to enhance the well-being of the LGBTQIA+ community and all people in our neighborhoods and beyond through access to the highest quality health care, education, research and advocacy.

UCSF Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People – The 2011 National Transgender Discrimination Survey of more than 6000 transgender people in all 50 U.S. states found several noteworthy disparities, including 28% who delayed care due to past discrimination and 19% who were denied care outright. Most alarmingly, 50% of respondents reported having to teach their providers about their own healthcare.⁴

These guidelines aim to address these disparities by equipping primary care providers and health systems with the tools and knowledge to meet the health care needs of their transgender and gender nonconforming patients. These guidelines expand on the original UCSF Primary Care Protocol for Transgender Care, which since its launch in 2011 has served thousands of providers and policymakers across the U.S. and around the world; the page on hormone administration alone received more than 5000 visitors in the month of November 2015. These Guidelines complement the existing World Professional Association for Transgender Health Standards of Care and the Endocrine Society Guidelines in that they are specifically designed for implementation in everyday evidence-based primary care, including settings with limited resources.

Callen-Lorde – The global leader in LGBTQ healthcare. Since the days of Stonewall, they have been transforming lives in LGBTQ communities through excellent comprehensive care, provided free of judgment and regardless of ability to pay. In addition, they are continuously pioneering research, advocacy and education to drive positive change around the world, because we believe healthcare is a human right.

CDC: LGBTQ Youth Resources – Positive environments are important to help all youth thrive. However, the health needs of LGBT Youth can differ from their heterosexual peers. On this page, find resources from the CDC, other government agencies, and community organizations for LGBT Youth, their friends, educators, parents, and family members to support positive environments.

Child Welfare Information Gateway – Resources in this section intended to help families support their lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth; understand what to expect; and learn how to talk about a number of issues that may be impacting their youth.

4. Grant JM, Mottet LA, Tanis J, Harrison J, Herman J, Keisling M. *Injustice at every turn: a report of the National Transgender Discrimination Survey* (link is external) [Internet]. National Center for Transgender Equality and National Gay and Lesbian Task Force; 2011 [cited 2016 Mar 17].

Physician Research Adolescent Blogs

[Parenting teenagers](#) - Published Oct. 17, 2016

[Best parenting styles](#) - Published Jun 18, 2013

[Parent and teenager conflict](#) - Published May 12, 2015

[How parents should talk with their kids about sex](#) - Updated May 23, 2020

[Why teenagers need some alone time with their doctors \(1\)](#) - Published Mar 26, 2012

[Why teenagers need some alone time with their doctors \(2\)](#) - Published Apr 21, 2015

[How doctors should talk to teens about their sexuality](#) - Published Sep 21, 2015

[The use of Telehealth with teenagers](#) - Published May 21, 2020

[How to help transgender youth in distress](#) - Published Nov 2, 2018

[When should girls have their first gynecology appointments?](#) - Published Dec 22, 2015

[Teens have common myths about their sexual health](#) - Published April 1, 2014

[Teen male sexual health issues](#) - Published Feb 4, 2014

[Long-acting reversible contraceptives are first-line for teenagers](#) - Published May 20, 2014

[How to help transgender youth in distress](#) - Published Nov 2, 2018

Sample Letters

Things to Know When You Come to Our Office

Dear Patient,

Today you'll notice an important change we hope you'll like. We're changing the format of our appointments for all of our young adult patients. We want to help you learn more about managing your own health as you grow, mature, and become more independent.

What should I expect?

1. Your visit will be divided into 2 parts: family time and ***independent time***.
2. You'll fill out a short questionnaire that is a ***depression screening***.

How will the divided visit work?

Family time – As usual, your parent or guardian will be in the room with you.

Independent time – You'll have time along with the provider to talk and ask questions. During the physical exam, you can choose to have a staff member with you or not, as long as the provider and your parent/caregiver agree.

What topics can I discuss privately?

You can talk about anything you want. Some topics our patients often bring up include:

- diet, exercise & body image
- family life
- fighting, bullying & violence
- jobs
- peer pressure & school
- relationship & dating
- safety & driving
- sexuality & sexual behavior
- smoking, vaping, drugs & alcohol
- social media & internet safety
- stress & depression

Will independent time be confidential?

Yes, the conversations you have during independent time are confidential. This means, unless your provider has your permission, your provider will not share the conversation with anyone outside your health care team. But, if your provider is concerned about your safety or the safety of someone else, they will tell your parent or guardian. Then we will all create a safety plan together.

In general, we encourage you to share your health information with your parents or guardians.

What's the questionnaire about?

If today is a well visit, we'll ask you to fill out a short depression screening on your own. This questionnaire will tell us about things on your mind. Before you fill it out, we'll get permission from your parent or guardian.

Where can I find answers to my health questions online?

Checkout **TeensHealth.org**. You'll find accurate, easy-to-read health information, written by Nemours experts.

We look forward to seeing you at your next visit. Please call us if you have any questions about your health.

Best,

Your [insert practice name] Care Team

Things to Know When Your Teen Comes to Our Office

Dear Parent or Guardian

Today you'll notice an important change we made for all of our young adult patients. We've changed the format of our appointments, so we can help your teen learn more about managing their own health. As your teen matures and becomes more independent, we also want to teach them to avoid new health risks. Our goal is that they will enter adulthood healthy and ready to take good care of themselves.

What's new about the visit?

1. Your visit will be divided into 2 parts: family time and ***independent time***.
2. You'll fill out a short questionnaire that is a ***depression screening***.

How will the divided visit work?

Family time – As usual, you and your teen will be in the room with the provider.

Independent time – Your team will have alone time along with the provider to talk and ask questions. During the physical exam, if you and your teen's provider agree, your teen can choose to have a staff member present during the physical exam, or not.

What topics will be discussed during independent time?

Your teen can talk about anything they want. Some topics our patients often bring up include:

- diet, exercise & body image
- family life
- fighting, bullying & violence
- jobs
- peer pressure & school
- relationship & dating
- safety & driving
- sexuality & sexual behavior
- smoking, vaping, drugs & alcohol
- social media & internet safety
- stress & depression

Will independent time be confidential?

Yes, the conversations between your teen and the care team are confidential. But, if the provider is concerned about your teen's safety or the or the safety of someone else, they will tell you. Then you, your teen, and the care team will create a safety plan together.

In general, we encourage your teen to share their health information with you.

What should I know about the questionnaire?

During a well visit, we'll ask your teen to fill out a short depression screening on your own. This questionnaire will tell us about things on their mind and help us address specific issues. We believe this screening is a key part of checking on your teen's emotional health. **We need your permission and ask that you allow your child to fill out the questionnaire privately.**

If your insurance plan doesn't cover the cost of the screening, you may receive a small bill. Contact your insurance to find out what your plan covers.

Where can my adolescent find answers to their health questions online?

Your teen can visit **TeensHealth.org** to find accurate, easy-to-read health information, written by Nemours experts.

Please call us if you have any questions about your teen's health.

Best,

Your [insert practice name] Care Team

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