The Importance of Confidential Preventive Services
Working Together to Improve Teen Health

96% of parents and adolescents agree that confidential health care is important to teen health.

The Benefits of Confidential Health Care

- Encourages health care independence
- Prepares youth to discuss their health care needs

Only a portion of youth are getting confidential care during healthcare visits.

Youth Who Have Had Discussions About Confidentiality

- Adolescents ages 13-17: 32%
- Young Adults ages 18-26: 63%

Youth Who Have Had One-on-One Time

- Adolescents ages 13-17: 39%
- Young Adults ages 18-26: 53%

Encourage Health Care Independence

Parents, look for opportunities to leave the exam room and talk with your child’s doctor to support these important discussions.

Confidential care is good for their health.