



Speak your mind.

It's healthy.

If you're 12 years or older, ask your parents or doctor about confidential, one-on-one time during your visit.

Did you know that 90% of teens like you think it's important to discuss topics like healthy relationships, substance use, social media, making positive choices, and prevention of sexually transmitted infections with their doctors? Yet, almost half of American teens and young adults have never had the opportunity to discuss these topics during confidential, one-on-one time.

Talk to your parents or doctor about having one-on-one time with your doctor during your visit. It's good for your health.

Your body. Your voice. Your health.