



A Note to Parents from Your Teen's Doctor

Dear Parent of Guardian,

As teens become adults and take more control of their lives, our staff will ask them to be more actively involved in their health and health care.

Some areas of teen health that we may talk about during an exam are:

- Eating and how to be active
- Fighting and violence
- Sex and sexuality
- Safety and driving
- Smoking, drinking, and drugs
- Sadness and stress

You should know...

We encourage teens to talk to their parents or guardians about their health. But teens may be embarrassed to have an exam or talk about some things in front of their parents. This is a normal part of growing up. We give all teens a chance to be seen privately. During this time, you will be asked to wait outside of the exam room.

In order to take the best care possible of your teen, we offer confidential services. Confidential means that we cannot share what happens during these visits without your teen's permission or if someone is in danger.

We are happy to talk to you about any questions or concerns you may have about this letter and your teen's health. Together, we can help keep your teen healthy.

Sincerely,

Pinehurst Surgical Clinic

Women's Care Center Providers