

# The **TRUTH** ABOUT **Confidentiality**

**Confidentiality** means privacy.

**Confidential health care** means that information is kept private between you and your doctor or nurse.

Your doctor or nurse **CANNOT** tell your parents or guardians about your visits for:

- Pregnancy
- Birth control or abortion
- Sexually transmitted diseases (STDs)

For your safety, some things **CANNOT** stay confidential. Your doctor or nurse has to contact someone else for help if you say...

- You were or are being physically or sexually abused.
- You are going to hurt yourself or someone else.
- You are under 16 and having sex with someone 21 years or older.
- You are under 14 and having sex with someone 14 years or older.

## CONFIDENTIALITY TIPS FOR TEENS

**Ask questions** about confidentiality. You can ask your doctor or nurse and health insurance plan what information will be shared with your parent/guardians.

**Know your rights** in the health care system and speak up.

**Read and understand** forms before you sign them.

*Even if you do **NOT** need permission from your parent/guardian to see a doctor, it's a good idea to talk with them or a trusted adult about the help you need.*

Every state has different confidentiality laws. This information applies **ONLY** to California. Visit [www.teenhealthrights.org](http://www.teenhealthrights.org) for more information about laws that protect your privacy when talking to your health care provider.

