

Why we see young people on their own..

A Guide for Parents



Why would you want to see my child on their own?

Can my child come in on their own?

But my child can tell me anything...

Why would the doctor/nurse ask me to leave the room?

I'm their parent/carer—I need to know what is happening with their health.

When children are younger they can usually tell their parents about most of their worries or concerns.

As children get older there are sometime things they find difficult talking to their parents about. This is part of growing up and becoming independent.

We routinely see young people without their parents and we may ask to see them on their own because...

- Young people may say things to a doctor that they wouldn't say to their parents.
- Giving them the opportunity to talk to us alone helps us not miss issues that may be important to your child's health.
- Addressing issues early helps prevent them causing continuing problems as they grow up.



As doctors and nurses we have the same duty of confidentiality to children (under 16s) as we do to adults

We **cannot** disclose information without consent unless we are concerned that they, or someone else, is at risk of serious harm.

- We understand that parents want and need information about their children's health so they can help make decisions or provide care and support.
- We usually encourage a young person to discuss their issues with a parent or other responsible adult and we may offer to talk to someone on their behalf.
BUT.....
- It is important that we maintain confidentiality if this is what the young person wants. Without a young person understanding or trusting that we will do this, they may feel unable to discuss their issues openly with us. They may feel unable to come to us for help.
- Confidentiality helps us to do all we can to promote the health and well being of your child.

If you have any questions about this please do not hesitate to talk to your doctor or nurse about it.

Place your practice stamp here.