

Teen Health Rights

◆ What Can I Consent To?

- As a minor, you have the ability and the right to consent to medical care related to the prevention or treatment of pregnancy; the right to receive birth control; the right to an abortion; the diagnosis, treatment, and collection of medical evidence if the minor may have been raped or sexually assaulted; mental health treatment or counseling on an outpatient basis, or to residential shelter services; diagnosis and/or treatment for infectious, contagious communicable diseases, and sexually transmitted diseases; AIDS/HIV testing and treatment; and a minor may consent to medical care and counseling related to the diagnosis and treatment of a drug or alcohol related problem.

◆ What Does Confidentiality Mean?

- Confidentiality means privacy. It means that you, as a minor, can talk to your health care provider about ANYTHING and he or she will not tell your parents or guardians what you talk about unless YOU give them YOUR permission. However, some things cannot remain confidential. Your health care provider will need to contact someone else to help if you are being abused either physically and/or sexually and/or if you are going to hurt yourself or someone else.

◆ For more information on your rights as a minor, please visit teenhealthrights.org or teenhealthlaw.org.

Resources

◆ Medical Resources

- Plannedparenthood.org – Provides information and resources for teens, parents, and educators.
- Teenshealth.org – Provides general health information to teens, including information about diseases and infections, sexual health, the consequences of drug and alcohol use, and mental health.
- Teensource.org – Provides California teens sexual health information and includes a clinic finder to help teens locate clinics in their area within California.

◆ Abuse Resources

- Childhelp.org – This national organization is dedicated to supporting victims of child abuse and neglect. They also run a 24/7 hotline.
- Rainn.org – RAINN is the largest anti-sexual assault organization in the nation and runs the 24/7 National Sexual Assault Hotline.
- Loveisrespect.org – Provides anonymous and confidential communication and resources about dating violence.

◆ LGBT Resources

- Itgetsbetter.org - The It Gets Better Project's mission is to communicate to lesbian, gay, bisexual and transgender youth around the world that it gets better, and to create and inspire the changes needed to make it better for them.
- Youthresource.com – Provides information and resources to LGBT youth.
- Eqca.org – Equality California is the nation's largest statewide lesbian, gay, bisexual, and transgender civil rights organization dedicated to creating a fair and just society.
- Glsen.org – The Gay, Lesbian, and Straight Education Network works to make K-12 school communities safe and accepting of all members.

◆ 24/7 Emergency Hotlines

- California Youth Crisis Hotline – 1-800-843-5200
- Childhelp National Child Abuse Hotline – 1-800-422-4453
- Kristin Brooks Hopeline Suicide Hotline – 1-800-784-2433
- The Trevor Project Suicide Hotline for LGBT Youth – 866-488-7386
- National Domestic Violence Hotline – 1-800-799-7233
- National Sexual Assault Hotline – 1-800-656-4673
- National Dating Abuse Hotline – 1-866-331-9474
- Rape Counseling Service Hotline – 559-222-7273
- National Smoking Quitline – 1-800-784-8669
- National Drug and Alcohol Treatment Referral Routing Service – 1-800-662-4357