



# Teen Health Rights

## **What Can I Consent To?**

- As a minor, you have the right to: consent to medical care related to the prevention or treatment of pregnancy; receive birth control; access abortion care; access care if you have been raped or sexually assaulted including diagnosis, treatment, and collection medical evidence; access mental health treatment or counseling on an outpatient basis, or to residential shelter services; access services to diagnose and/or treat infectious, contagious communicable diseases, and sexually transmitted diseases including HIV/AIDS; and access 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 they 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](http://teenhealthrights.org).**

## Resources

### **Medical Resources**

- [PlannedParenthood.org](http://PlannedParenthood.org) – Provides information and resources for teens, parents, and educators.
- [TeensHealth.org](http://TeensHealth.org) – Provides general health information, including information about diseases and infections, sexual health, the consequences of drug and alcohol use, and mental health.
- [TeenSource.org](http://TeenSource.org) – Provides California teens sexual health information and includes a clinic finder to help teens locate clinics in their area within California.
- [Bedsider.org](http://Bedsider.org) – Provides an online birth control support network.
- [FamilyPact.org](http://FamilyPact.org) – Family PACT (Planning, Access, Care, & Treatment) is a California state program that provides free family planning services to low income residents.

### **Crisis Support Resources**

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

### **LGBT Resources**

- [ItGetsBetter.org](http://ItGetsBetter.org) - The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.
- [Eqca.org](http://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](http://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
- Trans Lifeline – 877-565-8860
- 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