

Well on Your Way

Helping Youth Transition to Adult Healthcare



Asking Sensitive Questions

You may have personal questions that you want to ask your healthcare team, but you feel embarrassed or uncomfortable asking them. That is normal!

If I want to ask the nurse, doctor or other healthcare provider sensitive questions, do my parents have to be in the room?

No, your parents do not need to be in the room with you, unless you would like them to be. As a teenager, it is good for you to start having time alone with your doctor, nurse or other healthcare provider so that you can ask any question you want – even the embarrassing ones!

If my parents ask what was talked about, what will they be told?

You can tell your doctor, nurse or other healthcare provider what you want and don't want to be shared with your parents. The information you share can be kept between you and your healthcare provider. No one else has the right to know this information unless you want them to. The only time this would not be true, is if you or someone else is at risk of being harmed or injured. Your healthcare providers need to make sure you are safe.

If you want to know more about any of the following items but feel awkward asking, tick the appropriate boxes and share this with your healthcare provider:

What will happen to me if I:

- | | | |
|---|--|--|
| <input type="checkbox"/> Drink alcohol? | <input type="checkbox"/> Smoke pot? | <input type="checkbox"/> Smoke cigarettes or vape? |
| <input type="checkbox"/> Use drugs? | <input type="checkbox"/> Get piercings or tattoos? | <input type="checkbox"/> Forget my medications? |

Can I:

- | | | |
|---------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Drive a car? | <input type="checkbox"/> Scuba dive? | <input type="checkbox"/> Exercise? |
| <input type="checkbox"/> Diet? | <input type="checkbox"/> Have sex? | <input type="checkbox"/> Have children? |

I'd like to talk to someone about:

- | | | |
|---|--|--|
| <input type="checkbox"/> Puberty | <input type="checkbox"/> Menstruation | <input type="checkbox"/> Erections |
| <input type="checkbox"/> Sexual orientation | <input type="checkbox"/> Sexual consent | <input type="checkbox"/> Fertility |
| <input type="checkbox"/> Gender | <input type="checkbox"/> Sexual ability | <input type="checkbox"/> Mental health |
| <input type="checkbox"/> Eating problems | <input type="checkbox"/> Depression | <input type="checkbox"/> Self-harm |
| <input type="checkbox"/> Genetics | <input type="checkbox"/> Addiction | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Sexuality | <input type="checkbox"/> Birth control options | <input type="checkbox"/> No motivation |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Abuse | <input type="checkbox"/> Sexually Transmitted Infections |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | |

For patient: This material is for information purposes only and should not be used in place of medical advice, instruction or treatment. If you have questions talk with your doctor or appropriate healthcare provider. Keep these documents safe. AHS does not have custody or control of these documents.

For healthcare provider: Use of this document/information is solely for the purpose of the patient and/or parent and is not to be placed on the patient's medical file.

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If you have specific questions for us, take some time to think about what you want to ask before your clinic visits. You can ask ANYTHING!

Here are some questions teenagers have asked us:

- Why have my friends started puberty and I haven't?
- Will my medications interfere with some types of birth control?
- I am worried about my penis – it looks weird. Can you look?
- I want to become sexually active, what should I know?
- Can I give my chronic disease to my children?
- Our condom broke while having sex and I'm afraid I'm pregnant. What should I do?
- I'm worried I could have a Sexually Transmitted Infection (STI). What should I do?
- Sometimes I think about suicide. Is that normal?
- How will my health condition affect my ability to get pregnant?
- Are there any things I need to think about or do before I get pregnant?
- How will my medications affect my ability to have an erection?
- As a guy how will my medications effect my fertility?

Use the **questions template** to keep track of your questions and answers. A link to this template can be found on [Talking with Your Healthcare Providers](#). You can also print this page or take a picture on your phone to bring to clinic.