

Name of Agency Adolescent Protocol

Introduction

The goals of (agency name) adolescent counseling services is to:

- Minimize barriers to reproductive health care.
- Provide accurate, age-appropriate, quality reproductive health care education and counseling.

Adolescent services must include specialized counseling that allows for screening of child abuse and to ensure that adolescents receive support services and age appropriate counseling that is sensitive and nonjudgmental. Adolescent counseling must address several issues.

1. Sexual coercion
2. Family involvement
3. All methods of contraception including abstinence
4. Confidentiality

In addition, the following areas should be addressed as appropriate:

- Reproductive anatomy and physiology
- Description of the physical examination and laboratory tests
- Sexually transmitted infections including safer sex practices
- Self breast and self testicular examinations
- Preventative health issues such as healthy nutrition and exercise for risk reduction of many degenerative diseases and health problems such as osteoporosis and diabetes.

Confidentiality

Adolescents must be assured that all visits and services are confidential within the limits of the law and reporting obligations. Every attempt should be made to assure the privacy of the individual during service provision and as it relates to any necessary follow-up.

Parents or guardians cannot be notified before or after a minor has requested and received Title X family planning services.

Written Consent

Written consent of parents or guardians for the provision of services to minors must not be required unless otherwise specified by California Family Code Laws.

Education and Counseling

Adolescent counseling and education must include information about all methods of contraception. As contraceptive needs of adolescents can frequently change, counseling should prepare them to use a variety of methods effectively. Abstinence as well as contraceptive and safer sex practices to reduce risks for STD/HIV and pregnancy

must be offered. Sexual coercion and family involvement issues must be addressed as well.

- **Sexual Coercion** – Counseling should be presented to all adolescents on resisting attempts to be coerced into engaging in sexual activities. Standard mandated reporting guidelines must be followed if it is determined that abuse or assault have taken place.
- **Family Involvement** – Adolescents should be encouraged to discuss their reproductive health care needs with their parents, guardians, or other trusted adults. They should also be reassured that if they are unable to do this, services will not be denied to them.

Documentation of Counseling and Education Process

Adolescent counseling that includes discussion of all the issues as noted above in the Introduction must be noted in the client's medical record. This will serve as documentation that all adolescent counseling and education requirements have been met.