

# Calling All Adults!

## Parents, teachers, faith leaders and family members:

You are important to the lives of young people! They value the time you spend with them and want your help in making good sexual health decisions. Abstinence is the first and best choice for young people, but two out of every five South Carolina high school students have had sex.<sup>1</sup> Are you prepared to offer support when a young person turns to YOU for guidance?

## Step 1: Offer Support Before a Health Center Visit

- Have open, honest conversations with your young person about love, sex and relationships.
  - Tell them abstinence is the first and best choice, but be respectful of their personal decisions.
  - Talk with them in a private and quiet location.
  - Be comfortable and let the young person know that you are proud of them for taking responsibility for their health.
- Help arrange a visit to a health center. Find out about the hours, fees and other requirements.
  - Work together to develop questions for the doctor or nurse practitioner.
  - Help gather necessary items such as identification, payment, insurance card, etc.
  - Talk about what to expect during the visit.



## Step 2: Be Prepared During the Visit

- Offer to go with them to their appointment, but **do not be offended** if they want to go alone!
- Arrange transportation to the visit for the young person.
- Offer to pay for the visit and prescriptions, if needed.
- If you are accompanying a young person to the health center, be prepared for:
  - A unique environment. You may be asked to wait in an “adult-only” waiting area to ensure confidentiality.
  - The provider asking to speak to the young person one-on-one. This is a very important part of the visit, so please excuse yourself in order to give the young person time alone with the doctor or nurse practitioner.



## Step 3: Follow Up After the Visit

- Your job is not done; offer to discuss the visit but respect the young person’s privacy.
- Ask questions, but don’t be too invasive.
- Assist with follow-up plans and future appointments.
- Help the young person fill their prescriptions.
- Keep the lines of communication open.
- Let your young person know that abstinence is their first and best choice!

## Need More Information?

Visit [NotRightNowSC.org/parents](https://www.NotRightNowSC.org/parents) for information specific to South Carolina and resources for caring adults.

## Understanding South Carolina Law

1. Health services may be rendered to minors of any age without parental consent when the provider believes the services are necessary and/or minor is deemed mature.<sup>2</sup>
2. Family Planning Clinics that receive federal funds under Title X of the Public Health Services Act are required to provide services without regard to age, marital status, or number of pregnancies.<sup>3</sup>

### Trustworthy Adults Are:

- ▶ Supportive
- ▶ Consistent
- ▶ Respectful
- ▶ Available
- ▶ Engaged listeners
- ▶ Knowledgeable



An initiative of Fact Forward.



@FactForwardOrg

1. SC Department of Education. 2015 South Carolina High School Youth Risk Behavior Survey. Retrieved from <http://ed.sc.gov/districts-schools/school-safety/health-safety-surveys/sc-youth-risk-behaviors-survey-yrbs/>

2. South Carolina Code of Laws. South Carolina Legislature; Title 63 – South Carolina Children’s Code; Article 3: Legal Capacity of Minors. Section 63-5-350: Health services to minors without parental consent. Retrieved from <http://www.scstatehouse.gov/code/t63c005.php>

3. Department of Health and Human Services. (April 2014) Program Requirements for Title X Funded Family Planning; Project Services and Clients: Section 9.3. Retrieved from <http://www.hhs.gov/opa/pdfs/ogc-cleared-final-april.pdf>

## Meeting Their Needs

A guide for parents and trusted adults to assist young people in accessing health centers