

**FAMILY PLANNING PROGRAM****SECTION:** Medical Services Administration**POLICY AND PROCEDURE MANUAL****SUBJECT:** Counseling - Adolescents

POLICY: Family planning services, counseling, and education will be available upon request for adolescents.

GUIDELINES:

1. Education services include:
 - a. basic anatomy and physiology (male and female)
 - b. all methods of birth control (including abstinence)
 - 1) effectiveness/benefits
 - 2) side effects/risks
 - c. STD education
2. Adolescents should be provided relevant education materials which include:
 - a. viewing of educational videos
 - b. educational pamphlets or brochures.
3. Further counseling includes:
 - a. consequences of unplanned pregnancy and use of contraception
 - b. personal responsibilities, if sexually active
 - c. strategies to help minors resist attempts to coerce them into engaging in sexual activities
 - explanation of what coercion is;
 - right to refuse sex at anytime without negative consequences;
 - right to set limits;
 - awareness of the different kinds of peer pressures that might lead to sexual coercion and how the influence of drugs and alcohol can affect behavior and decision-making;
 - importance of self-esteem and self-respect in avoiding coercive relationships.
(see sample tools in the Appendix of this section).
4. Encourage adolescents to discuss reproductive health issues with parent(s) and/or other family members.
5. Adolescents should be allowed to make clinic visits with short notice.

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6. Adolescents need to be informed of the confidentiality of the agency. Title X projects may not require written consent of parents or guardians for the provision of services to minors. Agencies cannot notify parents or guardians before or after a minor has requested and received Title X family planning services.
7. If follow-up is necessary, every attempt will be made to assure the privacy of the individual. A method for contact should be established at the initial visit.
8. Counseling must be documented in the client's medical record, signed/initialed and dated by the caregiver.

Also see policy on Family Involvement (CA 3).

Reference:

1. Program Guidelines for Project Grants for Family Planning Services, January 2001, p. 25, Section 8.7, Adolescent Services.

