

Title: Adolescent Services	Policy Number: 1.1
Approved By: Joe Holliday MD, MPH	Program Area: Family Planning
Effective Date: 1988	Revised Date: 7/09

**Purpose statement of policy:**

To provide confidential counseling and age-appropriate information to adolescent clients (under age 18) seeking contraceptive services in Title X Family Planning Clinics in North Carolina. Appointments should be available to them for counseling and clinical services as soon as possible.

**Definitions:**

Defined within the adolescent services policies the following areas must be addressed:

- Adolescent clients must be informed about all methods of contraception.
- Abstinence as well as contraceptive and safer sex practice options to reduce risks of STD/HIV and pregnancy must be discussed with all adolescents.
- Adolescent clients must be offered counseling on how to resist coercive attempts to engage in sexual activities. This counseling or other appropriate service must be provided in cases where the adolescent client requests it or is evidenced by physical exam or history.
- Adolescent clients must be assured that the counseling sessions are confidential and, if follow up is necessary, every attempt will be made to assure the privacy of the individual.
- Adolescents should be encouraged to engage family participation in the decision of minors to seek family planning services and provided counseling on how to engage participation.
- Adolescent clients may give effective consent for the prevention, diagnosis and treatment of pregnancy, sexually transmitted infections and other reportable diseases, abuse of controlled substances or alcohol, and emotional disturbance.
- Title X projects may not require written consent of parents or guardians for the provision of contraceptive services to adolescent clients.
- Title X projects cannot notify parents or guardians before or after an adolescent client has requested and received Title X family planning services.
- Parents or guardians of adolescent clients may be notified in the event the attending physician indicates that notification is essential to the life or health of the minor.

**Responsibilities:**

It is the responsibility of the local health department and its designated personnel to develop, implement, and insure compliance among all staff on the administration of confidential adolescent services in the Title X Family Planning Program.

**Policy:**

The local health department will insure that written policies are in place that address the above required areas in the definition section for all adolescent clients seeking contraceptive services in the Title X Family Planning Clinic.

**Legal Authority:**

This policy is based on Title X regulations (January, 2001) Section 8.7 concerning adolescent services as well as program requirements found in the Family Planning Agreement Addendum. In addition, North Carolina's General Statutes' 90-21.4b and 90-21.5 provide guidance in this policy.

**References:**

Title X Guidelines can be accessed at:

[https://www.grantsolutions.gov/gs/servlet/document.DownloadPdfPublicServlet?document\\_id=7157](https://www.grantsolutions.gov/gs/servlet/document.DownloadPdfPublicServlet?document_id=7157)

North Carolina General Statutes can be accessed at:

<http://www.ncga.state.nc.us/gascripts/Statutes/StatutesTOC.pl?Chapter=0090>

**Example policies may be obtained from the Women's Health Regional Nurse Consultants**