



## **Video Transcript: Counseling Adolescent Clients to Encourage Family Participation**

### **Narrator (00:00):**

This video was produced by the Reproductive Health National Training Center, RHNTC. Counseling adolescent clients to encourage family participation.

### **Jamie (00:12):**

According to the Public Health Service Act, a Title X funded agency must certify that it encourages family participation in the decision of minors to seek family planning services. Research on a variety of adolescent sexual behaviors and risks show that parental involvement has a significant impact on adolescent sexual decision making and sexual behaviors.

### **Jamie (00:35):**

Adolescents who talk with parents or another trusted adult about topics related to dating, healthy relationships and pregnancy and STI prevention are more likely to delay initiation of sexual activity, regularly use contraception, use condoms consistently, talk to partners about sex. This video demonstrates one example of how to encourage family participation in an adolescent client's decision to seek family planning services. Now, let's see what this might look like during a family planning visit.

### **Jamie (01:10):**

Hi Riley, my name is Jamie, and I'm the nurse practitioner. I'm so glad you are here today. And just a reminder that everything we talk about here is confidential, unless you tell me you're hurting yourself, someone else or if you've been harmed, in which case I will need to reach out to get some more help. Any questions?

### **Riley (01:28):**

No, that sounds good.

### **Jamie (01:30):**

So Riley, tell me a little bit about why you're here today.

### **Riley (01:34):**

Well, I was thinking about possibly getting on birth control.

### **Jamie (01:39):**

Sure. There are lots of options and we can definitely discuss which ones might work best for you. Tell me a little bit about what you've been thinking about.

### **Riley (01:49):**

Well, I'm 16 and it just seems like everyone is hooking up, but I'm kind of scared. I really don't want to get pregnant.

**Jamie (01:59):**

I hear you. It's wonderful to hear that you want to take care of yourself. Have you talked to anyone else about this, like maybe your parents or another trusted adult?

**Riley (02:09):**

No. Well, my aunt brought me here today. I mean, I'm pretty sure she knows why I'm here, but we didn't actually talk about it. She's in the waiting room.

**Jamie (02:21):**

One thing I tell all my patients is that, it can be helpful to have a trusted adult that you can talk to about things like dating, relationships, and pregnancy prevention. These topics can be challenging and sometimes a little confusing. So having someone you can talk to can be really helpful. Do you think you'd like to share with your aunt why you came here today?

**Riley (02:43):**

I would, but I guess I'm not really sure how I'd even start.

**Jamie (02:48):**

That's fair. How about you try telling me what you might say to her?

**Riley (02:52):**

Well, maybe I could tell her why I came here today and how I really don't want to get pregnant. I've seen a lot of girls at school get pregnant and I just don't want that to happen to me.

**Jamie (03:05):**

That sounds like a good idea. If you want, at the end of the visit, we could ask her to come in here and you can share with her how responsible you are to come here today.

**Riley (03:15):**

That sounds good. I think I'd also like to tell her that I haven't had sex yet, but I am thinking about it.

**Jamie (03:22):**

That's a great way to start. I think you're ready for this. I also want you to know that you've made a really healthy choice by waiting to have sex. There are benefits to waiting to have sex, and I'm happy to share more about that if you'd like. So, if it sounds good to you, let's talk a little bit about birth control methods, then I'll step out and ask her into the room with us. I have a few resources I can share too. And just so you know, I'll be supporting you through the whole conversation.

**Jamie (03:50):**

Now, let's see an example of how the discussion might go if the client says they don't have someone they can talk to. So, Ian, tell me a little bit about why you're here today.

**Ian (04:02):**

Well, I was hoping to get an STD test and I also wanted to get some condoms while I'm here.

**Jamie (04:10):**

It's great that you came in today, we can absolutely test for STDs and get you condoms today. Have you talked to anyone else about this, like your parents, for example?

**Ian (04:20):**

No, I haven't. I can't talk to my parents about this kind of stuff.

**Jamie (04:24):**

I totally understand why you might feel that way. One thing I tell all my patients is that, it can be helpful to have a trusted adult that you can talk to about things like dating, relationships, and even STDs. These topics can be challenging, so having a good support network can be helpful. If you feel like you can't talk to your parents, are there any other adults you can think of, maybe another family member, a family friend, or-

**Ian (04:53):**

Well, maybe. I'd have to think about it.

**Jamie (04:56):**

That would be good. It might be a little uncomfortable, but like I said, it can also be really helpful to talk to someone, and remember that we are always here, you can ask questions while you're here today, or come back to see us if you want us to help you think through how you might open this conversation with a trusted adult.

**Ian (05:14):**

Okay, great. That's good to know, something I'll think about.

**Jamie (05:18):**

Great. Now, let's talk about the STD testing you came in for. To ensure effective communication with adolescent clients, always meet with clients alone for a portion of their visit, remove distractions, start with small talk to make clients feel comfortable, discuss and protect confidentiality as well as the limits of confidentiality and duties for reporting. Address the client's reason for visit, avoid jargon or complex medical terminology, be patient-centered and use inclusive language, listen to the client, respect an adolescents' experience and autonomy as you do with all clients.

**Narrator (06:00):**

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