



Royal College of
General Practitioners



Talk to Us

– a guide for parents and carers

Why do you want
to see my daughter
on her own?

Because it's part
of growing up

But my son
can tell me
anything...

Some things are hard
to discuss with parents,
so it's important he can
talk to us

Can my 14 year
old see the doctor
without me?

Yes, the under-16s
can see us alone,
with a parent,
carer or friend



Talk to Us

– a guide for parents and carers

- As children grow up it can become harder to discuss some problem with parents and carers.
- This is why we are happy to see young people on their own and why we sometimes ask an adult to wait outside.
- Young people can tell us things in confidence, the same as adults can. This means we won't pass on information to anyone else unless they are at risk of serious harm.
- We understand that you might want information about your teenager's health so we will encourage them to talk to you after the consultation.
- If you have any questions about this please talk to us.

We're here to help with health and emotional concerns. Anyone of any age can talk to us and tell us what's worrying them. That's our job.

