



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.**

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