



**You  
Have  
The  
Right**

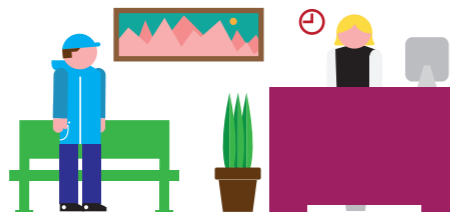
A guide to  
young people's  
rights in health  
centres

# You Have The Right...

Love, sex and relationships can be great, it's not all about unplanned teenage pregnancy and sexually transmitted infections (STI's). It can be a happy, loving experience that makes you and your partner feel fantastic, you just need to sort a few things out first, like making sure no one is pressuring you. It's important to be yourself and make the decision that's right for you.

Get the right contraception advice, there are lots of places you can go. Check them out on the last page of this leaflet. Even if you feel a bit embarrassed at first it will save you a lot of worry in the future. Long acting and reliable contraception (larc's) like the implant and injection mean you don't have to take contraception everyday.

Sometimes doctor's surgeries or health clinics have training doctors and nurses. They should ask if you mind them being there and if you would rather not have them present then tell your doctor or nurse. Your GP is always available to help with any health issues.



...To the same confidentiality as anyone else, even if you are under 16, unless your safety is at risk.

It may be suggested that you speak to your parent or guardian, but ultimately this is your decision.

...For health professionals to be friendly and to make you feel comfortable when you use their service.

Most young people understand that they may need more advice if they are younger.

...To choose if you would like a friend or partner in the room with you. For your benefit, they may be asked to leave the room for a short time.

It is better for the health professional to ask the friend or partner to leave in case the young person does not want them there.

...Not to be judged, regardless of your age, sex or sexuality especially when you are being responsible.

If your health service gives you a choice of how you want to be called into your appointment, ask your health professional to stick to it.

...To ask to see a male or female member of staff, but you must be aware that this is not always possible.

The law says you should be 16 before you have sex, however, you still have the right to confidential advice on health issues including contraception, condoms, pregnancy and abortion even if you are under 16.

## Contact Your Local Clinic

North Tyneside  
One to One Centre, 'You're Welcome' accredited for young people friendly services

0191 2970441

Newcastle  
New Croft House, 'You're Welcome' accredited for young people friendly services

0191 229 2999

Online services  
[www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout)

North Tyneside  
Young People's Outreach Team, for confidential advice or a friendly chat to the nurse

07775 547017

Northumberland  
Carlton Street Clinic, 'You're Welcome' accredited for young people friendly services

01670 543131

If you want to complain or compliment a health service you have attended contact:

The Patient Advice and Liaison Service (PALS) Freephone 0800 032 0202

NHS Plan B

e-card chlamydia screening