

Explain Privacy and Invite Choice

Teens and supportive adults | Clinicians | 10 to 15 minutes

Explain confidentiality accurately and help a teen choose a useful starting point.

Adapt this script to your setting, consent arrangements, records access, and applicable law before use. Give a concrete explanation of privacy instead of an absolute promise. Return to these questions as the teen's circumstances and understanding change.

Explain what happens to information

Clinician: "Before you decide what to share, I want you to understand privacy here. I will explain what usually stays between us, what may be in your record, who may access it, and the situations when I must involve someone else." Describe the actual rules in plain language and invite questions.

Check understanding without testing

Clinician: "What would you want to know before trusting an adult with something personal?" If the teen asks, "Will you tell my parent?" respond with the specific limits for this setting. Do not offer reassurance that the rules cannot support.

Offer a starting choice

Clinician: "We could talk about what brought you here, something that has been hard lately, or what you want adults to understand. You can also tell me what you do not want to start with." If they say "I do not know," offer a quiet minute, writing, or a simple choice.

Close the first exchange

Clinician: "What would make these meetings more useful or less uncomfortable? If we need to involve someone for safety, I will explain what I can and include you in the process as much as possible." Confirm a small next step.

The setting-specific privacy explanation I need to give