

Can I see a doctor without my parents' approval to get birth control, etc.

It depends. If your doctor determines you are mature enough to understand the nature and consequences of your decisions and actions, and therefore able to give your informed consent to treatment, the doctor should respect your confidentiality and not involve your parents. If you are not sure, you should ask if your doctor will keep private the information you share and the treatment you receive.

A doctor is not the only person you can go to for questions about your sexual health. Other health care professionals and organizations provide sexual health services. These include school nurses, family planning clinics, teen clinics and STI testing clinics. You can also ask your teacher or school counsellor to provide information on sexual health care providers you can contact.

For a list of youth-friendly sexual health care providers in Alberta check out wontgetweird.com

This resource was prepared by Planned Parenthood Alberta with the assistance of the Health Law Institute. It was made possible by the funding support of Alberta Community Development: Human Rights, Citizenship & Multiculturalism Education Fund.

SEXUAL AND REPRODUCTIVE RIGHTS OF YOUTH IN ALBERTA



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If I see a doctor about my sexual health, will the doctor tell my parents?

It depends. Your doctor generally keeps the information you share private. Sometimes your doctor might need to tell your parents some information. Your doctor will determine this based on your maturity.

Before you give any details, you have the right to ask if the information you are going to share with the doctor will be kept private.

If I talk to my teacher or school counsellor about sexual issues, do they have to tell my parents?

It depends. Teachers and school counsellors generally do not have to tell your parents. Information you share is usually kept private. Sometimes, however, they may need to tell your parents what you've talked to them about.

If you are unsure you should ask your teacher or school counsellor if the information can or will be kept private.

How old do I need to be to buy condoms? What other birth control can I buy?

There is no set age in Alberta for buying condoms. Stores do not need to check your I.D. before selling you condoms. Most stores keep condoms and pregnancy test kits on the shelves.

You do not need a prescription for spermicides or contraceptive sponges but you might need to ask for these products if they are not kept on the shelves. Emergency contraception, a pill called "Plan B", is available without a prescription. To get "Plan B" you must talk with the pharmacist. You do need a prescription from a doctor for the birth control pill.

Can my parents ask to see my medical chart without my approval?

Yes, your parents can ask to see your medical record but it will not always be given to them. Your doctor will decide if you are mature enough to make decisions about who sees your medical record. If you are worried about your parents seeing your medical record, you should ask your doctor what will happen if your parents ask to see it.