



SPECIAL NEEDS | FIELD GUIDE

When a teen wants a say in appointments

Make room for their voice without leaving them unsupported.

A note from Victoria

A teen may want privacy, more direct answers, or a different role for you in the room. That shift can feel unfamiliar, but it is also a chance to practice self-advocacy together.

What to do

Before the visit, ask what the teen wants to say, what they want you to say, and whether they would like time alone with the clinician. Explain that confidentiality rules vary by service and location; ask the provider to describe them clearly. Help the teen write questions in their own words and decide how to review the plan afterward.

Words you can use

"What would you like to handle yourself today? I can back you up on the part you choose."

One useful step I can take today:

I could start with: Let your teen select one question they will ask directly, with your support available.

The strength I see in you

You are helping them practice being heard, not stepping away from them.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

When a teen wants a say in appointments

Use this page in your own words. You can leave any part blank.

What my teen wants to ask

What they want me to handle

How we will review the visit afterward

My next manageable step

A person, service, or place I can turn to (if useful)

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