



Royal College of  
General Practitioners

# Talk to a GP



A guide for parents & carers

Why do you want  
to see my  
daughter/son on  
their own?

it's part of  
growing up

But they  
can tell  
me anything...

Some things are hard  
to discuss with parents,  
it's important they can  
talk to their GP

Can my  
14-year-old  
see a doctor  
without me?

Yes, under-16s  
can see a GP alone,  
without a parent,  
carer or friend



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A guide for parents & carers

- As children grow up it can become harder to discuss some problems 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.

