



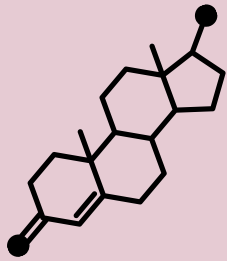
michigan organization on  
adolescent sexual health

# Youth Rights for Sexual Health Services in Michigan

In Michigan, minors (young people under 18) have privacy and access rights related to their sexual and reproductive health!



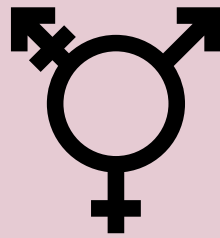
## Which sexual health services *require* parent permission?



Hormone Therapy



Adoption\*



Gender Affirming Surgeries

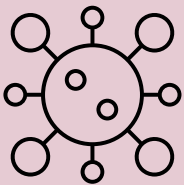


HPV Vaccines

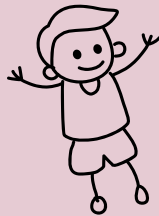


Abortion\*\*

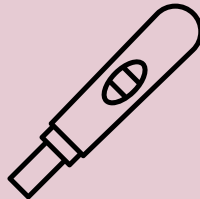
## Which sexual health services *don't* require parent permission?



Testing and Treatment for STIs (Including HIV)



Health Care for Your Own Child



Pregnancy Testing



Emergency Contraceptive Pills\*\*\*



Pelvic Exams



Prenatal Care

## Let's Talk About Birth Control and Contraceptives....

These are left up to "provider discretion". Basically, that means each individual doctor or clinic can decide whether or not they will require parent/guardian permission. You can call and check what their policy is before you make an appointment.

However, if you get services from a Title X/Family Planning provider (read more on the other side), then you do NOT need parent permission.

**As of 2024, OPill is a birth control pill available over the counter and does not require parental permission.**

\*Adoption requires parental consent unless a newborn (less than 3 days old) is safely and legally surrendered to an emergency services provider at a hospital, fire department, or police station.  
[www.michigan.gov/safedelivery](http://www.michigan.gov/safedelivery)

\*\*Abortions require parental consent unless you go through a judicial bypass process and get a waiver for parental consent

\*\*\*Most are available over-the-counter with the exception of the "ella" pill, which requires a prescription.

## Let's Talk About PrEP...

While PrEP can be accessed through Title X clinics, there are some limitations. Be sure to call the clinic before you go and be clear about your individual situation to ensure they can meet your needs when you get there.

Planned Parenthood often can provide additional access. Planned Parenthood participates in Title X and has ways to provide services to minors that aren't normally under this umbrella. Additionally, Planned Parenthood's virtual clinic provides PrEP\*. It is very important that patients with privacy concerns be upfront with the clinic so that the clinic can take all necessary steps to ensure your safety. You can also book a consultation with Planned Parenthood first to get your questions answered and identify next steps.

\*Bloodwork and labs still need to be done every three months and PrEP must be sent to a pharmacy, not through the mail.

## Will a provider inform your parents/guardians about the services and treatment you receive? It depends on where you go for services...


If you go to a Non-Title X Provider, *your parents may be informed.*

If you go to a health care provider that is NOT a Title X/Family Planning provider, then it is up to "provider discretion" about whether or not they will inform your parents/guardians about what services or treatment you came in for.

If you go to a Title X Provider, *all services are confidential.*

If you go to a health care provider that is a Title X/Family Planning provider ("Title X" refers to the type of funding the provider receives), then all services and treatment you receive will be kept private and confidential\*. You decide whether or not you will inform your parents/guardians about your health care services. Find a Title X/Family Planning provider online [using this search tool](#).

**\*There are a couple situations where providers are required by law to break confidentiality, even if they are Title X/Family Planning providers.**



Providers must report if they suspect abuse or neglect by an adult, if they think someone is at risk of harming themselves or someone else, or if their patient is under 12 and has a sexually transmitted infection or is pregnant.

If a patient tests positive for a STI, providers must report this and share patient information with local and/or state health departments.

## Preparing for Your Health Care Appointment

### *Before*

Determine what services you want or need, and whether or not they require parent/guardian permission.

Figure out whether your provider is a Title X/Family Planning provider or not, and decide where you want to get care based on your privacy needs.

Call your clinic or provider. Tell them what services you'd like and ask them what their policy is about parent permission and notification for those services, as well as how and what they charge for those services.

### *During*

Share your chosen name and pronouns with your provider and clinic staff, and share information about your sexual orientation and gender identity as you are comfortable.

Remind your provider about your privacy needs, and ask them how they are recording your services and treatment in their medical records.

Ask your provider about whether the visit will be billed to your parent's insurance, and how the charge will appear on their statement.

## Learn More

For more information about communication strategies, [click here](#).

For more information about minor consent laws, [click here](#).