

## C1.4 – ADOLESCENT SERVICES

### Policy

Services for adolescent-friendly health services should follow the standard of care as outlined for initial and periodic visits. Family planning (FP) services are accessible, acceptable, equitable, appropriate, and effective for adolescents. (42 CFR § 59.2).

### Procedure

#### Counseling

- Regarding their decision to be sexually active.
  - All clients under the age of 18 will be encouraged to talk with their parents/guardians or a trusted adult about their decision to seek FP services, to the extent practical. Resources should be provided to parents and guardians as applicable to assist them in these discussions. (Consolidated Appropriations Act, 2022, Pub. L. No. 117-103, 136 Stat. 49, 466 (2022)).
- Regarding resisting coercive sexual activity, sexual violence and human trafficking.
  - Every minor who presents for services (or care) is provided counseling on how to resist attempts to coerce them into engaging in sexual activities (Consolidated Appropriations Act, 2022, Pub. L. No. 117-103, 136 Stat. 49, 466 (2022)). Clinical Service Providers will conduct a preliminary screening of any teen who presents with a STI, pregnancy or any suspicion of abuse, to rule out victimization of a minor.
  - Such screening is required with respect to any individual who is under the age of consent in Iowa. Compliance with screening is maintained in records to demonstrate compliance with each of the requirements including the age of minor clients and documentation of each notification or report made pursuant to state notification laws. Iowa law does not require documentation of the age of the minor client's sexual partners but Clinical Services Providers shall ask if suspicion arises.
- Abstinence as an acceptable birth control method, including alternative methods of sexual expression.
- Contraceptive options offering a broad range of medically approved services which include all Food and Drug Administration approved contraceptive products and methods.
- Comprehensive information about how to prevent pregnancy and STIs.
- Note: The age of consent in Iowa is 16. See Iowa Code 709.4. Individuals who are age 13 or younger cannot consent to sexual activity in Iowa. Individuals who are age 14 or 15, who have a sexual partner who is less than four years older than them, may consent to sexual activity.

---

#### Referrals

Each SR must provide appropriate referrals to adolescents, including but not limited to, referrals of pregnant and parenting youth to social service programs in their area.

**Consent for Services and Confidentiality Statement**

Adolescents must be assured that counseling and services are confidential and if follow-up is necessary, every attempt will be made to assure privacy. Parents or guardians cannot be notified before or after a minor has requested or received Title X services without written consent. Parental consent for services (or care) will not be required for adolescent services (Section 1001, PHS Act; 42 CFR § 59.10(b)). A provision for the notification of a parent in the event that a life-threatening condition is identified must be included in the consent for services. This provision is exercised only if the minor is unwilling or unable to follow-up on referrals.

Unemancipated minors who wish to receive services on a confidential basis must be considered on the basis of their own resources, provided that the Title X Clinical Services Provider has documented in the minor's medical records the specific actions taken by the Clinical Services Provider to encourage the minor to involve the individual's family (including parents or guardians) in their decision to seek FP services. That documentation of such encouragement is not to be required if the Title X Clinical Services Provider has documented in the medical record that they suspects the minor to be the victim of child abuse or incest; and if permitted or required by, applicable state or local law, reported the situation to the relevant authorities.

**Child Abuse Reporting** - Refer to the *Child Abuse Reporting Policy*

**Human Trafficking** - Refer to the *Human Trafficking Policy*

<b>Date Revised</b>	<b>March 14, 2024</b>
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] <a href="https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html">https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html</a>
Additional Resources	(Consolidated Appropriations Act, 2022, Pub. L. No. 117-103, 136 Stat. 49, 466 (2022))