

WHAT ADOLESCENTS CAN DO

Don't hesitate to talk about sensitive topics. Your health worker is there to listen without judgement



- Find out how to access your local health services
- Ask your health worker for more information to help make decisions about your health
- Be aware of your rights to privacy and confidentiality
- Speak to a trusted adult if you experience discrimination or disrespect
- Provide feedback to your health centre on how it can improve services for you and your friends

WHO/UNAIDS set global standards to improve the quality of health services for all adolescents.