

Do you use open language around sexual health, **SEXUALITY** and gender?

Young People respond better to an inclusive approach. Consider that your patient may be uncertain about their sexuality or gender identity and may need support.

**TIP:** Don't assume anything.

Do you suggest creative ways to take **MEDICINE**?

Young people appreciate it when you share their issues and work with them to find solutions.

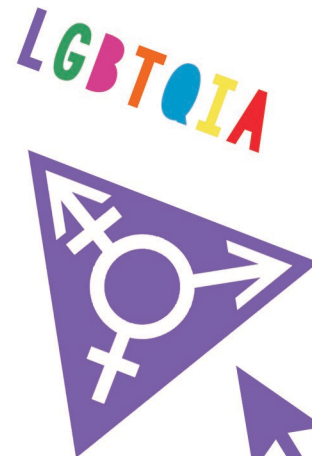
**TIP:** Suggest ideas for taking meds e.g. a key-ring or piece of jewellery to hold small doses for nights out or sleepovers.



**Young People want to be seen as INDIVIDUALS.**

Do you take an interest in your patients' life outside of clinic?

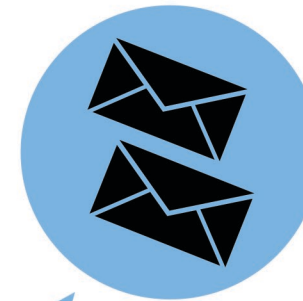
**TIP:** How about making a note of their interests and what gets them talking, and ask them about this.



Do you ever see children and young people **ON THEIR OWN**?

Young people say this is really important to them.

**TIP:** Offer a private space to talk about their health and ask who they would like to talk to,



Do you keep in regular phone /text message/whatsapp **CONTACT** with young people?

Young people say this helps them to feel less like a statistic. If you don't have a work phone try to get one. It will improve your relationship with your patients and how the appointments go.

**TIP:** Text weekly

## COMMUNICATING WITH YOUR YOUNG PATIENTS

Young People appreciate **EMPATHY** about how hard taking meds is.

If a young person has missed doses of medicine do you tell them off? This doesn't help and makes them feel angry and less likely to talk to you or attend appointments.

**TIP:** Try praising them for the adherence you can see, and talking openly about any missed doses.



Have you talked about how you will communicate if they miss appointments or become **DISENGAGED**?

It is likely there will be a problem at some point. This is normal and it is best to plan for it. You will put them at ease by showing non-judgement and in turn they will trust you more.

**TIP:** Make it easy for them to get back in touch.