

for teaching adolescents self-advocacy skills.

Nursing Care Guidelines

Interviewing Adolescents

- Ensure confidentiality and privacy; interview adolescent without parents.
- Explain the limits of confidentiality (e.g., legal duty to report physical or sexual abuse or to get others involved if patient is suicidal).
- Show concern for adolescent's perspective, saying: "First, I'd like to talk about your main concerns" and "I'd like to know what you think is happening."
- Offer a nonthreatening explanation for the questions you ask, such as: "I'm going to ask a number of questions to help me better understand your health."
- Maintain objectivity; avoid assumptions, judgments, and lectures.
- Ask open-ended questions when possible; move to more directive questions if necessary.
- Begin with less sensitive issues and proceed to more sensitive ones.
- Use language that both the adolescent and you understand.
- Restate: Reflect back to adolescents what he or she has said, along with feelings that may be associated with their descriptions.

Adolescents' Perspectives on Health

To be most effective, adolescent health promotion efforts must incorporate adolescents' perspectives on what health means. Such efforts also must focus on adolescents' concerns and priorities related to health and health care services. From a positive