



**Michigan Quality Improvement Consortium  
Prevention of Pregnancy in Adolescents 12-17 Years  
Provider Tool for Dialogue**

Establishing trust through dialogue and body language is essential for creating an environment for adolescents to learn how to make better decisions and desire to choose healthy behaviors. Be sensitive to cultural and religious beliefs, sexual orientation and gender identity with every patient.

**Assessment of Risks of Unintended Pregnancy:**

**When assessing for risk of pregnancy, examples of relevant topics and questions to Ask are:**

Sexual activity/involvement, past pregnancy and outcome:

**?** Have you ever had any type of sex [vaginal, anal or oral sex]?

Abuse:

**?** Have you ever been forced to have sex or be involved in sexual activities when you didn't want to?

Patient goals and future plans:

**?** Where do you see yourself in 5 years? How would becoming a parent change that?

Adult involvement:

**?** Do you have a parent or other trusted adult in your life that you can openly and in comfort talk with?

- If none, offer community resources or your clinic when appropriate.

**If at increased risk, more detailed questions are:**

Knowledge of reproduction and birth control methods:

**?** What do you know about abstinence (saying no to sex), condoms, birth control, HIV/AIDS, or other sexually transmitted infection (STI)? Ask, what else would you like to know?

Birth control and protection, and consistent use:

**?** If you do have sex, what do you use to prevent pregnancy and STI (condoms/birth control pills)?

If contraception is used:

**?** What are you using? How often do you use that method? What are some reasons why you wouldn't use that method?

Intent to become pregnant or father a child:

**?** What are your thoughts about pregnancy or becoming a parent? When do you see that happening for you?

## For patients at risk for pregnancy, interventions for prevention: Advise/Assess, Assist, and Arrange

Increase patient's understanding of risks and readiness to make behavior changes

- ?** Do you feel you are at risk of getting pregnant?
- ?** How much risk, on a scale of 1-10?
- ?** What are you doing to keep yourself from getting pregnant?
- ?** Assess risk of pregnancy and STI/HIV; consistent condom use for reduction of risk of STI?
- ?** What is the impact on life goals if become pregnant or father a child?

### Assist

- Develop risk reduction plan based on patient's readiness to make behavior changes
- Discuss abstinence, condom use and other birth control methods, provide resources, prescriptions and information as needed
- Referrals to PCP, family planning clinic, local health department, or federally qualified health center when needed.

### Arrange

- Ensure follow-up that protects the adolescent's privacy and confidentiality.
- Minors may access full sexual health services without parental consent. See toolkit for minor confidentiality laws.<sup>1</sup>

## Parents, guardians or other invested parties, interventions to engage parents

Converse with patient and parent in a way that models being the adolescent's advocate for making healthy decisions:

- It is good that you are both here. It can be very helpful to have an adult to talk with about these important decisions.
- I see taking care of your health is important to you.
- I realize that making decisions to take care of yourself first are not always easy.
- I am glad to see that you have support for making healthy decisions.

<sup>1</sup> [www.michigan.gov/teenpregnancy](http://www.michigan.gov/teenpregnancy)