Confidential Discussions with Adolescents on Sexual Activity

Regarding discussions on sexual activity, the [2021 CDC Sexually Transmitted Infections Treatment Guidelines](https://www.cdc.gov/std/treatment-guidelines/screening-recommendations.htm) and [2021 USPSTF recommendations](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/chlamydia-and-gonorrhea-screening) include:

* Pediatric healthcare professionals should confidentially ask all adolescents whether they have ever had sexual intercourse, are currently sexually active, or are planning to become sexually active in the future. Professionals should ask about gender identity and sexual orientation.
* Professionals should define the terms “sexual intercourse,” “gender identity,” “sexual orientation,” and “sexually active,” because these terms can have different meanings for adolescents. It is important that adolescents and young adults are educated to recognize that noncoital practices (oral/genital contact, anal intercourse, and hand/genital contact), as well as vaginal intercourse, put them at risk of STIs.

Also see:

* Additional adolescent confidentiality information and resources presented in this EQIPP course:
* [Sample Confidentiality Statement and Customizable Confidentiality Letters](https://eqipp.aap.org/File%20Library/Courses/bright-futures3/Sample%20Confidentiality%20Statement%20and%20Customizable%20Confidentiality%20Letters.pdf)
* [Adolescent Confidentiality and Privacy](https://eqipp.aap.org/File%20Library/Courses/bright-futures3/Adolescent%20Confidentiality%20and%20Privacy.pdf)
* The 2020 Society for Adolescent Health and Medicine statement, [*The 21st Century Cures Act & Adolescent Confidentiality*](https://www.adolescenthealth.org/Advocacy/Advocacy-Activities/2019-%281%29/NASPAG-SAHM-Statement.aspx)*,* to develop confidentiality practices.
* 2018 AAP [Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents](https://doi.org/10.1542/peds.2018-2162) policy statement
* AAP web page, including [how to support special adolescent populations](https://www.aap.org/en/patient-care/adolescent-sexual-health/)