



Speak Up About Your Care: Teens

Your health and safety are important to us. **YOU** can make a difference in your care by asking questions and being actively involved.

Speak up...

- If you don't understand something or need something explained.

Pay attention...

- Don't be afraid to remind care providers to wash their hands.

Educate yourself...

- Ask for written information about your condition and treatment.

Advocates (family members) can help...

- Ask questions and write down information and instructions for you.

Know about your medicines...

- Find out about how they will help and any side effects.

Use a healthcare provider that...

- Encourages you to participate and ask questions.

Participate in all decisions about your care...

- Share your opinion on next steps and treatment options.

Your healthcare is all about **YOU** –
Speak Up and let us know what you think or wonder about.

