

## ACTIVITY SHEET: Talking with Adolescents

*Use the following scenarios to develop appropriate language skills to use when talking with adolescent patients. Write down what you would say and then practice out aloud.*

### Case 1:

*Samantha is 15 and comes to see you with her mother, Mrs M. about school refusal symptoms, mild weight loss, and one missed period.*

What would you say to negotiate to spend time alone with Samantha?

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How would you explain confidentiality to Samantha at the beginning of the consultation?

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### Case 2:

*Joel comes in by himself to see you about his sore throat. He is 16 and not particularly sick. You haven't seen him since he was 13.*

How would you discuss confidentiality with Joel at the beginning of the consultation?

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What would you say to inquire about how his life is going in general?

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### Case 3:

*Susie, aged 16, comes in for a review of her asthma management. You conduct a HEADSS assessment and find out she is experimenting with marijuana use.*

What kinds of questions would you ask to find out more about her drug use?

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### Case 4:

*Adam, aged 15, comes in to the surgery and requests information on sexually transmitted infections.*

What kinds of questions would you use to explore sexuality issues with Adam?

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### Case 5:

*14 year old Madeleine comes in to request for the oral contraceptive pill.*

How would you explore sexuality issues with Madeleine?

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### Case 6:

*Mark is in year 12 and is anxious about his declining school results and appears to be somewhat depressed.*

How would you explore issues of depression and check for suicidal intent with Mark?

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### Case 7:

*Dylan's parents bring him to see you as they are concerned that he is moody and becoming increasingly withdrawn and difficult to talk to. They suspect he is using drugs as he has been hanging out with new friends lately and comes home looking dazed and red eyed.*

How would you talk negotiate time alone with Dylan and approach the subject of drug taking with him?

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### Case 8:

*Richard, aged 16, comes to see you with symptoms of tiredness and difficulty sleeping. He reveals he is teased at school and called a "poofter" and now is worried he is gay.*

How would you approach the issue of his sexuality with Robert?

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How would you check risk factors for depression and suicide?

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### Case 9:

*Mathew is 16 and comes to see you regarding his acne. You haven't seen him for a year and upon enquiring about his school performance he looks down, states that life is boring and shows general disinterest.*

What kinds of issues would you explore with him and how would you talk to him about psychosocial issues?

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### Case 10:

*Lisa, who is 17 and at school, comes to see you because she is worried she is pregnant. A pregnancy test reveals that she is pregnant and she states that she wants a termination. She is adamant that her parents should not find out.*

What kinds of issues would you explore with Lisa and how would you talk about them?

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