

# IT'S CONFIDENTIAL

**Lots of young people worry about their privacy around sexual health. So, what are your rights? Here are some good things to know.**

## At the clinic:

When you get to a healthcare clinic, the receptionist will need to ask you some questions. These could include your name, contact details and appointment type.

**All the personal and health information you give the clinic is confidential** by law, which means nobody else can see it. (Any exceptions to this will be discussed with you first.)

## Medicare

The clinic may also ask if you have a Medicare card. Your Medicare card is a green plastic card, that lets you receive lots of medical services at no or low cost. If your family are Australian citizens, you probably already have a Medicare account on your family's card.

**From age 14, no one else can see your Medicare records without your permission** – not even your parents, partners or friends. You have your own private records even if you do not have your own card.

**You can get your own Medicare card from age 15.** To do that, you'll need to go to a Medicare service centre. They will ask you to show some identity documents (such as a student card or birth certificate), and to fill in some forms.

**If you do not have a Medicare card,** you can still access sexual healthcare. Where you can go may depend on the clinic, and if you have any private health insurance cover.

## My Health Record

If you are under 18, your parents or guardians may have registered you for a My Health record. **Once you turn 14, you can take control of your My Health record** from your parent or guardian by calling the helpline: 1800 723 471.

**Remember, it's your health and your choice.  
Be proud of your choices!**

## Useful links:

More details on **getting your own Medicare Card**

[www.servicesaustralia.gov.au/individuals/services/medicare/medicare-card/how-get-your-own-card-15-years-old](http://www.servicesaustralia.gov.au/individuals/services/medicare/medicare-card/how-get-your-own-card-15-years-old)

Information about your **My Health record**

[www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)

**1800 My Options** – 1800 696 784 (weekdays, 10am–4pm)

For information and help finding sexual health services near you

[www.1800myoptions.org.au](http://www.1800myoptions.org.au)

**Better Health Channel**

[www.betterhealth.vic.gov.au/health/servicesandsupport/young-people-and-health-services](http://www.betterhealth.vic.gov.au/health/servicesandsupport/young-people-and-health-services)