

Examples of Strengths-Based Approaches to Adolescent Sexual Health

- Use sensitivity and maintain neutral language and body language with adolescents, **withholding judgment** related to sensitive subjects, such as sexual health, substance use, interpersonal violence, gender and personal expression, and mental health.
- Listen to teens and consider their viewpoints with respect
- Provide accurate information
- Reinforce healthy decisions

Take a moment to reflect upon a recent interaction where you discussed sexual health with an adolescent patient.



Reflection Questions:

1. Which strengths-based approaches did you utilize?
2. Were there any opportunities to make the interaction more strengths-based?

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Youth: “My partner and I started having sex, but we don’t use a condom. We trust each other...we don’t need to use protection.”

Reflection Questions:

1. What are some possible responses to this patient?
2. What strengths-based approaches could you use during this interaction?

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A 16 year-old is at their annual well visit, and they tell the provider the following:

Youth: “The last few times my partner and I had sex, we had both been out drinking with friends beforehand. I don’t even remember most of the night.”

Reflection Question:

1. What strengths-based approaches could the provider use in this situation?

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Please read the following scenario between Kara and the person checking her in, and consider the reflection questions below.



Kara: “Can I also get a pregnancy test while I’m here today? I feel sick and I’m a bit nervous about it.”

MA: “Yes, we can do a pregnancy test, but didn’t you just have one when you were here last month? You want another one already?”

Reflection Questions:

1. How might Kara feel after this interaction?
2. What are some examples of how the MA could have been more strengths-based?