

Confidentiality

Information for Young People

It is really important to understand the issues around confidentiality.

When you were a kid, most of the discussions with health professionals about your diabetes were directed to your parents. As you are now getting older it is time for you to develop your own confidential relationships with members of your diabetes care team. This doesn't mean you are being encouraged to keep things from your family in fact; you should have open and honest communication with them.

It is important that you feel comfortable to discuss anything with your diabetes health care team and to understand that what is said will stay confidential or, just between you and them. In other words your doctor can't talk about you or your health to other people unless you say they can.

The only time health professionals can break this rule is when they think **you may be at risk** of:

1. harming yourself
2. harming someone else, *or*
3. being harmed

So make sure you discuss the issue of 'confidentiality' with your doctor and other health care professionals. You should feel confident that your doctor and other health care professionals are happy to talk with you alone about whatever you chose.