

Worcestershire NHS Public Health Nursing Service for

School-aged children and young people Consent and Confidentiality

Welcome

This information explains how we support children and young people with their health and wellbeing.

It covers:

- When children and young people can agree to treatment
- How we keep information private
- What happens during appointments
- How we keep children and young people safe

We've made it easy to read and understand so you know what to expect.

Consent to Treatment

Children and young people have the right to get help with their health and wellbeing. Sometimes, they can agree to treatment without a parent—if they understand what it means.

This is called **Gillick Competence**.

Can children under 16 make their own health decisions?

Yes—sometimes.

Doctors and nurses follow UK rules called **Gillick competence** to check if a child or young person understands enough to decide for themselves.

What do they check?

They look at whether the child or young person:

· Understands what the treatment is for



- Knows the risks and benefits
- Can explain their choice clearly
- Is making the decision without pressure

If the child or young person understands well, they may not need a parent's permission.

If they do not understand parents and carers will be involved

Why does this matter?

This helps health professionals follow UK law and NHS guidance. It protects children's rights while keeping them safe.

When a child or young person isn't ready to decide for themselves

If a child or young person doesn't understand enough to make their own health decision, doctors and nurses will ask **parents or carers** to give consent. This is part of UK law and helps protect children.

What parents and carers should know

- Health professionals will explain the treatment clearly to you
- You'll be asked to make decisions in your child's best interest
- Your child will still be involved in the conversation as much as possible
- As your child grows and understands more, they may be able to make their own decisions in future

What about confidentiality?

Doctors and nurses **will not share** private information a child or young person gives them unless:

- The child or young person is at risk of serious harm
- Someone else may be in danger
- The law says they must share it

This follows NHS and safeguarding rules to protect children while respecting their privacy.



i Even if your child isn't Gillick competent

Doctors and nurses will still protect their privacy. They'll only share sensitive information with you if it's needed for care, safety, or by law.

m Getting Help with Health and Feelings

- Children and young people can come for an appointment if they need help with their health or how they're feeling.
- We offer appointments when there's something to talk about—like a worry, a problem, or feeling unwell.
- Our friendly and trained staff are here to listen, give advice, and help.
- Sometimes, one visit isn't enough, and a child might need to come back a few times to feel better.
- If we think another service could help more, we'll explain why and suggest it.
- We always encourage children and young people to talk to their parents or carers and include them in their care.

Health Records

- Everything talked about during an appointment is written down in a private health record.
- Only health professionals involved in your child's care or treatment, or people with legal permission, can see this information
- This helps keep your child's information safe and secure.

Keeping Children Safe

- Health professionals always try to do what's best for the child.
- They will explain things clearly and make sure the child understands.
- Parents and carers can ask questions anytime.



○ Need More Help?

- **Call us** on **01905 520032**
- Text our confidential Parent Line on 07312 263547

 Available Monday to Friday, 9am–5pm (not on bank holidays)
- Children and young people aged 11 and over can text a Specialist Public Health Nurse using the confidential Chat Health service on 07507 331750 Available Monday to Friday, 9am–5pm (not on bank holidays)

For more information

Welcome to the Worcestershire Public Health Nursing Service

Herefordshire and Worcestershire Health and Care NHS Trust