Reflection Questions:

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

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?
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?

---

**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
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?