

Minors' Rights: Dallas

Minors 12+ have the right to the following WITHOUT parent/guardian consent¹:

- Mental health counseling*
- Screening and treatment for sexually transmitted infections (STIs)
- Substance use treatment
- Nonprescription birth control
- Pregnancy testing and prenatal care

*Texas state law allows minors to consent to mental health counseling by a licensed physician for suicide prevention, substance use, or for sexual, physical, or emotional abuse.

GENDER-AFFIRMING TREATMENTS & PROCEDURES

- There are also medical treatments to affirm someone's gender identity including hormone replacement therapy; however, consent can vary based on type of treatment for someone under 18.
- For more information on where and how to access these services, contact your community clinic.

PARENT/GUARDIAN CONSENT REQUIRED

- Abortion (a minor can petition a judge in a process known as judicial bypass)²
- Immunizations, like the HPV vaccine
- Inpatient mental health treatment (if under age 16; after age 16, consent is not needed, but parents may receive notification)

EXCEPTIONS TO PARENT/GUARDIAN CONSENT

A parent or legal guardian must provide consent on behalf of a minor before healthcare services are provided, with **several important exceptions**:


- **Sexual assault services**—minors can make a police report, consent to counseling at a rape crisis center, and apply for a protective order without parent/guardian consent³
- **Emergency contraception**—no age restriction, prescription, or parent/guardian consent necessary to obtain Plan B One-Step and similar over-the-counter emergency contraception
- **Substance use treatment**—minors do not need parent/guardian consent to be examined or treated
- **Birth control**—minors do not need parent/guardian consent to access nonprescription birth control (e.g., condoms) and under federal law, minors may give their own consent and receive confidential family planning services on request—including prescription birth control—if the funding source is Medicaid or Title X Family Planning Program

¹Texas Health Steps https://www.txhealthsteps.com/static/warehouse/1076-2011-Apr-20-n54e12wov5j3bkke32k3/section_2.html, 9/13/2019.

²Planned Parenthood, <https://www.plannedparenthood.org/planned-parenthood-south-texas/patients/abortion-care-services/minors-and-abortion-care>, 9/13/2019.

³Texas Association Against Sexual Assault, http://taasa.org/wp-content/uploads/2015/05/MinorConsentandSA_2013.pdf, 9/13/19.

Minors' Rights: At a Glance

	Minors 12+ can consent without parent/guardian	
Abortion	✗	A minor can petition parent/guardian consent in a process known as <u>judicial bypass</u> . To learn more about this process, visit: https://www.plannedparenthood.org/planned-parenthood-south-texas/patients/abortion-care-services/minors-and-abortion-care
Birth Control & Emergency Contraception	✓	Under federal law, minors may give their own consent and receive confidential family planning services on request—including prescription birth control—if the funding source is Medicaid or Title X Family Planning Program Minors cannot consent to sterilization without parent/guardian consent
HPV Vaccine	✗	Something that all young people need and should have access to; parent/guardian consent is required
Mental Health Counseling	✓	Texas state law allows minors to consent to mental health counseling by a licensed physician for suicide prevention, substance use, or for sexual, physical, or emotional abuse.
Pregnancy Testing & Prenatal Care	✓	
Sexual Assault Services	✓	Minors can make a police report, consent to counseling at a rape crisis center, and apply for a protective order without parent/guardian consent
STI Screening & Treatment	✓	
Substance Use Treatment	✓	

Providers MUST override the minor's confidentiality and report if:

- There is suspicion of abuse by an adult
- The minor is a risk to themselves or others