

# PATCH for Parents Toolkit

Empowering youth to become responsible managers of their own health care.

Learning how to manage their own health and health care is one of the many life skills that will set teens up for success as they get older. Parents, guardians, and caregivers have an important role in teaching and supporting their children through this transition. But, it can be difficult to know where to begin and may feel overwhelming!

The *PATCH for Parents Toolkit* is designed to help parents, guardians, and caregivers understand adolescent rights and responsibilities in health care settings, and provides practical tips and tools to use as they help their children become responsible managers of their own health care.

**“Managing our own health care ~ like driving a car ~ is an important part of becoming an adult. At the end of the day, it’s just making sure we’re physically and mentally well so that we can do so many amazing things in life.” - PATCH Teen, Age 16**

## About the Lesson

The *PATCH for Parents Workshop* is approximately 60-90 minutes, and may vary based on group size and community needs. It includes interactive activities, large and small group discussion, and application exercises to let participants practice their new skills.

## Learning Objectives

1. Participants will understand the importance of teaching young people how to manage their own health and health care.
2. Participants will learn about the rights and responsibilities of young people in health care settings.
3. Participants will explore steps they can take to make sure young people are well-prepared to manage their health and health care as adults.

## Cost

To facilitate this workshop, simply purchase the *PATCH for Parents Toolkit* (\$250) at [www.patchprogram.org](http://www.patchprogram.org). You will gain access to the full Toolkit online. A printed and bound copy of the Facilitator Guide as well as additional materials for implementation will be mailed to you.



## The Toolkit Includes

**Full Facilitator Guide:** This printed guide provides detailed instruction to ensure a successful learning experience.

**Workshop Script:** This is your step-by-step guide to facilitating the *PATCH for Parents Workshop*, including suggested language and detailed directions for all activities.

**Workshop Materials:** All materials needed to facilitate a *PATCH for Parents Workshop* including worksheets, activity cards, and evaluations are included.

**Brochures & Resources:** A variety of brochures and resources, including 50 full-color, glossy brochures for teens and 50 full-color brochures for parents and guardians, are included. They can be distributed during the *PATCH for Parents Workshop* and shared throughout your community!

**Access to PATCH Online & PATCH Chat:** PATCH Online provides access to downloadable materials, additional resources, and an interactive platform (PATCH Chat) to connect with PATCH Staff and other individuals across the nation who are also using this Toolkit.



Providers And Teens Communicating for Health

*Providers and Teens Communicating for Health (PATCH) is an innovative, youth-driven program working to ensure all young people are able to receive high-quality, youth-friendly health care. PATCH for Parents is one component of the larger initiative. Visit [www.patchprogram.org](http://www.patchprogram.org) to learn more.*

Get the toolkit today at [www.patchprogram.org](http://www.patchprogram.org)!