



# PATCH for Parents Lesson

Assessment



Curricula



Strategy



Population of Focus

Adolescents & Youth Adults, Family & Caregivers



Location

Issue Area

Tool Type

Wisconsin

Family & Youth Engagement,  
Health Promotion and  
Communication

Curricula

Contact Information

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## I. Tool Description

PATCH for Parents is for anyone looking to facilitate meaningful conversations with parents, guardians, and caregivers about supporting teens as they begin taking responsibility for their own health care.

PATCH for Parents was created by the PATCH Program, a youth-focused initiative committed to improving adolescent health and wellbeing in partnership with teens. The content is informed directly by teens, reflecting exactly what they want adults in their lives to know.

This resource provides scripted language, discussion prompts, and interactive activities that make facilitation straightforward. It is designed to be flexible: facilitators can use it as a single session, a series of mini-sessions, or adapt it in other ways to suit their community or organization. The resource can be implemented in libraries, schools, health care systems, or any setting where adults who support teens gather. By offering clear guidance and practical tools, PATCH for Parents empowers adults to start conversations that strengthen communication, reduce barriers to care, and support teens in becoming confident, engaged participants in their own health.

## II. Tool Purpose

PATCH for Parents supports adults in guiding teens through the transition to more independent health care. Parents, guardians, and caregivers often want to help but may feel unsure how to start, especially as teens become ready to take on more responsibility. This tool addresses that need by offering structured guidance, practical strategies, and discussion prompts to help adults engage with teens on topics such as patient-provider relationships, teen rights, and health care responsibilities.

The key population is parents, guardians, and caregivers of teens, though the content benefits families and communities more broadly. By encouraging open, informed conversations, the resource helps reduce confusion or stigma around adolescent health care, equips adults with practical tools, and fosters supportive family dynamics. Intended outcomes include increased adult confidence in supporting teen health, improved communication between adults and teens, and a gradual shift toward teens feeling prepared and empowered to manage their own care.

PATCH collaborates with community organizations and draws on teen-informed content, evidence-based guidelines, and best practices from leading health organizations to ensure that the resource is relevant, accessible, and culturally sensitive

## III. Tool Design

PATCH for Parents was developed collaboratively, drawing on PATCH staff, academic partners, and community stakeholders. PATCH teens were central to the design, ensuring that content reflects their lived experiences and priorities. Early drafts were informed by research, literature on adolescent health



care transitions, and guidance from professional organizations such as the American Academy of Pediatrics and Got Transition.

Core values guiding the design include:

- Teen-led involvement: Teens should be involved in conversations, practices, and policies that affect them.
- Advocacy and empowerment: Encouraging people of all ages to raise their voices for positive change.
- Collaboration: Partnering with teens, families, providers, and communities to improve adolescent health.
- Clear, honest communication: Information should be accessible, teen-friendly, and confidential.
- Respect: All teens have the right to high-quality, culturally sensitive care.

## IV. Tool Use

PATCH for Parents provides scripted content, discussion prompts, and interactive activities to help adults explore topics around teen health care responsibility. Facilitators can use it as a single 75-minute session, a series of shorter mini-sessions, or adapt it to meet the needs of their audience. The design assumes facilitators know their communities and can tailor discussions accordingly.

The resource can be administered by community organizations, schools, health care systems, or parent networks. Materials are available as a free downloadable PDF, including all supporting documents, which can be printed or shared digitally.

Participants typically leave with a clearer understanding of why teen involvement in health care matters, along with practical strategies and language for continuing these conversations at home. How outcomes are tracked can vary by facilitator and setting, and PATCH provides optional templates and guidance for those seeking additional support. The resource is designed to spark reflection, build confidence among adults, and encourage ongoing dialogue between adults and teens.

## V. Tool Testing & Evaluation

PATCH for Parents has been refined through internal pilot sessions with parents, caregivers, and PATCH staff. Early testing focused on clarity, relevance, and usability, with feedback helping improve engagement, accessibility, and practical application. Participants reported that the resource addressed important topics often overlooked and inspired reflection on ways to support teens in taking responsibility for their health.



Although PATCH for Parents has primarily been used internally, it was intentionally designed for broader adoption. Facilitators in community organizations, schools, or health care systems can adapt the content to their audiences, with optional guidance and templates for gathering feedback. Evaluation has relied on facilitator observations and participant reflections during and after sessions, informing ongoing improvements.

Potential limitations include facilitator experience and the cultural or socioeconomic context of different communities. While the resource may not fully reflect all families' perspectives, it is intentionally flexible, allowing facilitators to tailor content while maintaining core goals: increasing awareness, fostering communication, and supporting teen engagement in health care.

Through this iterative development and refinement, PATCH for Parents combines research-informed content, teen-informed perspectives, and practical guidance. By sharing the resource publicly as a free download, PATCH provides a trusted, teen-informed resource and invites collaboration with other organizations to support families, promote community wellbeing, and ensure that teens' voices are included in shaping their health and care.

## VI. Accessing the Tool and Intellectual Property

PATCH for Parents is available for download at no cost from our website <https://patchprogram.org/ourwork/curricula/parentlesson/>.

When delivering this lesson in your community, we ask that people recognize PATCH as the developer of this tool through verbal mention or acknowledgement.

