

Information for Parents About HIV Testing and Treatment For Minors

New York State Law requires health care providers to offer HIV testing to all patients aged 13 and older. To comply with the law, medical practices offer HIV testing to all minors. All patients, including minors, must be advised of HIV testing and informed of their right to decline the test. HIV testing includes providing information about HIV, such as how it is passed from person to person and how to avoid getting HIV. State regulations allow minors to consent to their own HIV treatment and preventive services. If a person is diagnosed as living with HIV, it is important that treatment be started as soon as possible. HIV treatment is effective, has few or no side effects and may involve taking just one pill once a day.

Why offer HIV testing to teenagers?

Thousands of New Yorkers are unaware that they are living with HIV. Data from 2022, indicated that 3.1% of newly diagnosed cases of HIV were among young people age 13 to 19 and 17.7% of new cases were among young people under the age of 24. The only way to know if a person is living with HIV is to be tested.

The American Academy of Pediatrics recommends routine HIV testing for adolescents.

Key Facts About Adolescence:

- Adolescence is a time of self exploration and experimentation.
- Adolescents face many pressures around sexual behaviors and substance use and may not always be able to talk with their parents about all of their behaviors.
- Adolescents continue to need guidance from their parents.
- It is important for adolescents to have a trusted health care provider to address their questions and concerns about their changing bodies and health.

Medical appointments with children aged 13 and older routinely include time for the provider to meet with your child individually. This is important to establish an effective provider-patient relationship and it helps your young person learn how to take responsibility for their own health.

Common Questions Parents Have About HIV Testing

As a parent or guardian, don't I have to consent to my minor child's HIV test if they are under 18? New York State Law allows for individuals to consent to an HIV test regardless of age, meaning that minors under the age of 18 can generally consent to their own HIV test. If a health care provider has specific concerns about a minor's ability to understand the nature and consequences of the HIV test, the provider will talk with you about HIV testing.

Will I be told the HIV test result?	Will I be able to find out what was discussed?	Will my insurance be billed for the HIV test?
HIV test results are considered confidential health information. If your child is diagnosed with HIV, it is important to begin treatment as soon as possible. Minors have the capacity to consent to their own HIV medical care or prevention services. Some minors are concerned about how their parents or guardians might react to learning they have HIV. Health care providers will discuss the benefits of parental involvement in HIV treatment decisions for minors and will respect the minor's choice regarding parental involvement.	It is important to respect the relationship between your minor child and the health care provider. Information that your minor child shares with the provider is considered confidential. However, the appointment can also include time for you to bring up any concerns or questions with the provider and your minor child.	Yes. If your insurance covers the HIV test the office will submit a bill for payment. Parents or guardians are responsible for any required co-pays. If you are concerned about payment, the office can provide you or your minor child with information about how to access free HIV testing.