

School-Based Health Centers

Questions Every Parent Should Ask

Before signing any paperwork for a School-Based Health Center (SBHC), parents deserve full transparency. Use these questions to guide conversations with your school and to protect your right to informed consent.

1. What exactly am I consenting to?

Many SBHCs use broad “blanket consent” forms at the start of the school year. These forms may allow providers to administer vaccines, prescribe medications, offer reproductive or mental health counseling, and conduct screenings without further notice to you. Parents should request a copy of the form, cross out any services they do not agree to, and sign only for limited care (e.g., first aid only).

2. Will I be notified every time my child receives care?

Parents should insist on notification—written or by phone—every time their child receives care beyond routine first aid. Some SBHCs provide treatments or counseling sessions without notifying parents. Ask your school for a written policy guaranteeing that you will always be informed.

3. Who are the providers, and what are their credentials?

SBHCs may employ physicians, nurse practitioners, mental health counselors, dentists, and social workers. Many are outside contractors, not school staff. Parents should request names, qualifications, and the organizations employing these providers. Ask who oversees them and how complaints or concerns are handled.

4. Can my child be treated without my permission?

In some states with ‘minor consent’ laws, children as young as 11–12 may legally consent on their own to vaccines, mental health services, reproductive care, or even gender-related services. This means your child could be treated without your knowledge or approval. Ask your school what state laws apply and demand to be included in all decision-making.

5. How is my child’s health information stored and shared?

SBHCs operate under a mix of HIPAA and FERPA regulations, which can allow health data to be shared between schools, healthcare providers, and sometimes state agencies. Parents should ask how records are stored, who has access, and if they can view all notes and records. Insist on written guarantees that your child’s information will not be shared without your consent.

 **Tip:** Always request copies of everything you sign, and consider filing a Non-Consent Form to limit care to emergency first aid only unless you are present.

5 Questions to Ask About School Lunches

School meals shape children's daily nutrition, yet hidden ingredients and ultra-processed foods can put their health at risk. Use these five questions to get clarity, demand transparency, and protect your child's well-being.

1. What's really in the food?

Ask for ingredient lists and nutrition labels for all cafeteria meals.

Investigations have found pesticides, heavy metals, and veterinary drugs in school lunches — including lead (100% of samples tested), arsenic, cadmium, and glyphosate. Parents have a right to know what their children are being served.

2. How are foods sourced and prepared?

Are meals made from fresh, minimally processed ingredients, or from ultra-processed foods (like nuggets, pizza, instant soups, packaged desserts)? Studies link ultra-processed foods to obesity, ADHD, diabetes, and even brain changes affecting eating behavior. Ask if your district prioritizes local, organic, or whole-food vendors.

3. How are food safety and nutrition standards enforced?

USDA "meal pattern" rules set minimums — but they don't prevent unsafe additives. Who monitors pesticide levels, heavy metals, and banned chemicals in school meals? Does the school use independent lab testing, or rely solely on USDA claims of being "nutritious"?

4. Can I review the school's menus and policies?

Request monthly menus, vendor contracts, and wellness policy documents.

Parents should know how decisions are made about which foods are offered and what standards are followed. Transparency builds trust — lack of transparency should raise red flags.

5. What healthy alternatives can I provide or advocate for?

Ask if you can send your own snacks for parties or keep approved backup snacks in the classroom. Join the wellness committee, PTA, or school board meetings to push for better vendors, ingredient transparency, and more whole-food options. Your involvement can directly improve what's served to all children.

 **Tip for Parents:** Always keep a copy of menus and policies, ask to see ingredient lists, and send healthy backup snacks. If you're not satisfied, consider a DIY lunch approach — and work with other parents to demand safer, more nutritious options.

5 Questions to Ask Your School About Safe Tech

Schools rely heavily on wireless technology, but few parents know how much exposure their children face each day. These five questions will help you uncover what's really happening in your child's classroom and ensure safer, healthier learning environments.

1. What kind of wireless infrastructure is currently in use on campus?

Ask about the number and placement of Wi-Fi routers and wireless access points (WAPs) in classrooms, whether 5G small cells or antennas have been installed nearby, and if there are any cell towers on or adjacent to school property.

Why it matters: Proximity and density of wireless infrastructure can significantly increase exposure levels, especially for young children.

2. How much time each day are students using wireless devices, and are they instructed on how to use them safely?

Find out how long students use tablets, Chromebooks, or laptops during the school day, and whether they're advised to keep devices away from their bodies or use airplane mode when possible.

Why it matters: Longer usage increases cumulative exposure. Many children rest devices on their laps and against their bodies without knowing the risks.

3. Are there wired (Ethernet) options available for internet access in classrooms?

Ask if the school has Ethernet ports or wired connections available for devices and whether these can be used in place of Wi-Fi.

Why it matters: Wired internet is faster, more secure, and does not expose students and staff to unnecessary wireless radiation.

4. What policies are in place to limit wireless radiation exposure for students and staff?

Ask if the school turns off routers when not in use, restricts unnecessary screen time, or has guidelines based on age or developmental stage.

Why it matters: Simple policy changes can drastically reduce exposure without compromising on high-quality technology-based education.

5. Has the school reviewed current scientific research and public health recommendations on wireless radiation and children?

Ask whether administrators are aware of guidance from the American Academy of Pediatrics, Environmental Health Trust, or the BioInitiative Report.

Why it matters: Many health experts call for precautionary measures, especially for children, whose bodies are still developing.

10 Questions to Ask Your Child's Pediatrician About Vaccines

1. How many vaccines will my child receive by the age of 18 if we follow the [CDC schedule](#)¹ and would you consider a delayed schedule?
2. Are vaccines [100% effective](#)?
3. In medical school, did you study each vaccine and its possible side effects?
4. Do you find any of these vaccine ingredients problematic for young children?
 - [Aluminum](#)², a developmental toxin
 - Animal tissues: pig blood, horse blood, rabbit brain, dog kidney, monkey kidney, chick embryo, chicken egg, duck egg
 - [Formaldehyde](#)³, may be linked to leukemia, according to researchers
 - Human diploid cells, derived from human aborted fetal tissue
 - [Mercury/thimerosal](#)⁴, a developmental toxin, may be linked to autism
 - [Monosodium glutamate \(MSG\)](#)⁵, may injure brain neurons
5. Do you believe that [adverse reactions](#)⁶ happen, know what to look for, and report any adverse reactions to [VAERS](#)⁷?
6. Do you have an understanding of the illness for which you are giving an immunization, and what is the risk today of my child acquiring this illness?
7. Did you know vaccine manufacturers are [free from liability](#)⁸ when children are injured or die following vaccination?
8. Prior to injection, do you look into whether or not there is a family history of auto-immune issues or do testing for the [MTHFR genetic polymorphism](#)⁹, which may increase the chances of vaccine injury?
9. Are you knowledgeable about the clinical trials for the vaccines you administer and do you know if they have been [tested against an inert placebo control](#)?
10. Does your practice receive a [financial incentive](#)¹⁰ for having patients follow the CDC vaccination schedule and will you allow my child to remain in this practice if we decide not to follow it?

Children's Health Defense has continually heard from parents of vaccine-injured children who express regret that they weren't better informed about the potential for adverse reactions. Many wish they had asked their child's pediatrician more questions before proceeding with vaccination. In the wake of the COVID-19 pandemic, more parents than ever are evaluating the risks and benefits of vaccines and engaging their physicians in deeper conversations. This list of essential questions can help you make more informed decisions about vaccinations for your children.

¹Centers for Disease Control and Prevention, "Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger," Accessed Oct. 18, 2024. <https://tinyurl.com/2vbvfbzu>

²Matthew Mold, Dorcas Umar, Andrew King, and Christopher Exley, "Aluminum in Brain Tissue in Autism," *Journal of Trace Elements in Medicine and Biology*, Mar 2018:46:76-82. doi: 10.1016/j.jtemb.2017.11.012, <https://tinyurl.com/57v3hp2j>

³Doo Seok Kang et al, "Formaldehyde exposure and leukemia risk: a comprehensive review and network-based toxicogenomic approach," *Genes and Environment*, Apr. 12; 2021, 43(1):13. doi: 10.1186/s41021-021-00183-5, <https://pubmed.ncbi.nlm.nih.gov/33845901/>

⁴Children's Health Defense, "Peer-Reviewed, Published Research Showing Adverse Effects of Mercury," Accessed Oct. 18, 2024. <https://tinyurl.com/2tdsua4s>

⁵Rishma Parpia, "Monosodium Glutamate Used as a Stabilizer in Vaccines," *The Vaccine Reaction*, Jun. 16, 2016, <https://tinyurl.com/3uh58nes>

⁶Agency for Healthcare Research and Quality, "Electronic Support for Public Health - Vaccine Adverse Event Reporting System (ESP:VAERS)," Accessed Oct. 18, 2024, <https://tinyurl.com/39f5ub9x>

⁷U.S. Department of Health and Human Services, "Vaccine Adverse Event Reporting System," Accessed Oct. 18, 2024, <https://vaers.hhs.gov/>

⁸U.S. Congress, "H.R.5546 - National Childhood Vaccine Injury Act of 1986," Accessed Oct. 18, 2024, <https://www.congress.gov/bill/99th-congress/house-bill/5546>

⁹David M Reif et al, "Genetic Basis for Adverse Events Following Smallpox Vaccination," *The Journal of Infectious Diseases*, Jul., 2008, Pages 16–22, <https://doi.org/10.1086/588670>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC2746083/>

¹⁰John-Michael Dumais, "'We Get Paid to Vaccinate Your Children': Pediatrician Reveals Details of Big Pharma Payola Scheme," *The Defender*, May 6, 2024, <https://childrenshealthdefense.org/defender/pediatricians-paid-vaccinate-children-pharma-payment-scheme-dr-paul-thomas/>