

Teen Sexual Health

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE, BROOKLYN DISTRICT PUBLIC HEALTH OFFICE

Why do I need to see a doctor?

- > To get answers to your questions about sex (vaginal, oral and anal), relationships, your body, birth control and sexually transmitted infections
- > To get birth control, condoms and emergency contraception
- > To be tested for sexually transmitted infections (also called STIs or STDs) – at least yearly, or more often if you change partners
- > To get help – if, for example, you think you might be pregnant, sex hurts or you were forced into having sex

How can I avoid getting pregnant or getting an STI?

The best way to prevent pregnancy and sexually transmitted infections is to not have sex. If you choose to have sex, guys should always use condoms, and girls should use the pill or some other effective form of birth control.

What's the best birth control?

Figuring out what's best for you involves choosing a method that is effective and easy for you to use. The methods that are most effective in preventing pregnancy are the pill, the shot, the vaginal ring and the IUD. It's best to combine one of these methods with condoms, which can protect you from HIV (the virus that causes AIDS) and other sexually transmitted infections.

What if the condom broke or we didn't use anything?

Ask for emergency contraception – also called EC, Plan B or the morning-after pill. It's a type of birth control that can prevent pregnancy after unprotected sex. It works best when taken within 3 days after unprotected sex, but can work for up to 5 days. Taking EC will not cause an abortion. If you are already pregnant, it will not work.



What happens during a GYN (gynecologic) exam?

- > **health history**
The doctor will ask you questions, such as:
When was your last period? Are you sexually active?
- > **examination**
The doctor will examine your breasts, vagina, ovaries and uterus.
- > **testing**
The doctor may test for cervical cancer (Pap test), STIs and pregnancy.
- > **birth control**
The doctor will discuss and provide birth control that's right for you.

What's an STI?

A sexually transmitted infection (STI) – also known as a sexually transmitted disease (STD) – is an infection that is passed on through sexual activity. STIs include chlamydia, gonorrhea, syphilis, HIV and herpes. Some can be cured with antibiotics, while others cannot be cured but can be managed with medication. If left untreated, some STIs can lead to long-term health problems, such as infertility. Using condoms and practicing safe sex can protect you from STIs.

Can I go to a clinic on my own?

Yes, if you are a teen in New York City, you can get all of the following on your own:

- > condoms
- > birth control
- > emergency contraception (morning-after pill)
- > GYN exam
- > pregnancy test
- > abortion
- > prenatal care
- > sexual assault services
- > STI tests and treatment
- > HIV test

Under the law, doctors can't tell your parents or anyone else that you've gotten these services. **However, since some types of health insurance might send a bill or an insurance statement to your home, you will need to inform clinic staff that nothing should be mailed to your home.** They should be able to find a way to get you the services you need without anyone else having to know.

Any tips when I meet with the doctor?

- > **Be honest**, so the doc knows everything and can give you the best care.
- > **Ask questions** about sex, your body, your partner's body, condoms, birth control, and sexually transmitted infections. This is your chance to get the answers you need.
- > **Ask for an explanation** if you don't understand what the doctor has said or why a procedure or test is being done.



Michael R. Bloomberg,
Mayor

Department of
Health & Mental
Hygiene

Thomas R. Frieden, M.D., M.P.H.
Commissioner



Teen Sexual Health Services

If you are a teen in New York City, you have the right to sexual health services without the permission or knowledge of your parents, girlfriend/boyfriend or anyone else.

The following **Central Brooklyn** clinics offer **confidential** sexual health services to teens **at no or low cost**. Some clinics may require insurance; some may offer sliding-scale services (paying what you are able based on income). Call specific clinic for details.

	Phone Number	Pregnancy Test	Birth Control	STD & HIV Services	Emergency Contraception (morning-after pill)	GYN Services	Abortion Services
Bushwick							
Bushwick Community Health Center 1420 Bushwick Avenue (Chauncey St. & Moffat St.)	(718) 919-1200	X	X	X	X	X	
Comprehensive Healthcare 148 Wilson Avenue (Hart St. & Suydam St.)	(718) 455-5500	X	X	X	X	X	
La Providencia Family Health Center 1280 Dekalb Avenue (Myrtle Ave. & Evergreen Ave.)	(718) 455-9000	X	X	X	X	X	
MIC Women's Health Services 335 Central Avenue, 2nd Floor (Linden St. & Grove St.)	(718) 443-9300	X	X	X	X	X	
NYC DOHMH STD Clinic 335 Central Avenue, 1st Floor (Linden St. & Grove St.)	(718) 573-4820		X (Condoms Only)	X	X		
Wyckoff Heights Medical Center Women's Health Center 374 Stockholm Street (St. Nicholas Ave. & Wyckoff Ave.)	(718) 963-7272	X	X	X	X	X	X (Wyckoff Hospital)
Bedford-Stuyvesant							
Bed-Stuy Family Health Center 1413 Fulton Street (Brooklyn Ave. & Marcy Ave.)	(718) 636-4500	X	X	X	X	X	
NYC DOHMH Bedford Chest Center 485 Throop Avenue, 3rd Floor (Putnam St. & Madison St.)	(718) 574-2462/2463			X (HIV Testing Only)			
SUNY Downstate Medical Center 613 Throop Avenue (Macdonough St. & Decatur St.)	(718) 602-6200	X	X	X	X	X	
Woodhull Medical & Mental Health Center Adolescent Clinic 760 Broadway Room 2C 220 (Marcus Garvey Blvd. & Flushing Ave.)	(718) 388-5889	X	X	X	X	X	X (Woodhull Hospital)
Brownsville							
Brownsville Multi-Service Family Health Center (BMS) 592 Rockaway Avenue (Dumont Ave. & Blake Ave.)	(718) 345-5000	X	X	X	X	X	
Brookdale Family Care Center 1380 Linden Blvd (Bristol St. & Hopkinson Ave.)	(718) 240-5037	X	X	X		X	X (Brookdale Hospital)
MIC Women's Health Services 1873 Eastern Parkway (Herkimer St. & Atlantic Ave.)	(718) 498-1001	X	X	X	X	X	
East New York							
Anthony L. LaMarca Family Health Center 179 Jamaica Avenue (Bradford St. & Arlington Ave.)	(718) 647-1700	X	X	X	X	X	X (Wyckoff Hospital)
Brownsville Multi-Service Family Health Center (BMS @ Genesis) 360 Snediker Avenue (Dumont Ave. & Blake Ave.)	(646) 459-9400	X	X	X	X	X	X
Community Healthcare Network (CHN) Dr. Betty Shabazz Health Center 999 Blake Avenue (Essex St. & Linwood St.)	(718) 277-8303	X	X	X	X	X	X
East New York Diagnostic and Treatment Center 2094 Pitkin Avenue, 3rd Floor (New Jersey Ave. & Pennsylvania Ave.)	(718) 245-3627	X	X	X	X	X	X (Kings Co. Hospital)
MediSys Family Health Center 3080 Atlantic Avenue (Berriman St. & Shepherd Ave.)	(718) 647-0240	X	X	X	X	X	
Other NYC Sites							
Community Health Care Network (CHN) Teen P.A.C.T. Program 260 Broadway-3rd Floor (Havemeyer St. & Roebbling St.)	(718) 387-7341	X	X	X	X	X	
Kings County Hospital Center 451 Clarkson Avenue E-Building, 6th Floor, Suite D (East 37th St. & New York Ave.)	Family Planning: (718) 245-3520 CHAT: (718) 245-5369	X	X	X	X	X	X
Planned Parenthood 44 Court Street, 6th Floor (at Joralemon St.)	(212) 965-7000	X	X	X	X	X	X
The Door 555 Broome Street (Varick St. & 6th Ave.)	(212) 453-0222	X	X	X	X	X	

Hotlines & Web Sites

Crime Victims
(212) 577-7777

NYC Domestic Violence Hotline
(800) 621-HOPE (800-621-4673)

Rape & Sexual Assault Hotline
(212) 227-3000

Emergency Contraception Hotline
(888) NOT-2-LATE (888-668-2528)

YouthWEB Online
www.youthwebonline.com/

Teen Health
www.kidshealth.org/teen/

SEX, ETC.

www.sxetc.org/

Teenwire (Planned Parenthood Federation of America)
www.teenwire.com/index.asp

Go Ask Alice
www.goaskalice.columbia.edu