

Teens in NYC:

Getting Sexual Health Services Workshop Facilitation Guide



NYC Department of Health & Mental Hygiene
Bureau of Maternal, Infant, & Reproductive Health (BMIRH)
Adolescent Reproductive Health Programs (ARHP)



Introduction

The *Teens in NYC: Getting Sexual Health Services** Workshop Facilitation Guide provides youth-serving organizations, including schools, a tool for sharing information with adolescents on accessing sexual health services. A role-play is used to engage adolescents about where to go, what to get and what to expect when visiting a clinic. The materials were created with feedback from adolescents and piloted with several youth-serving organizations.

This workshop builds on the **Teens in NYC** clinic guide, which is available free via mobile app (iPhone and Android), in print, via 311 (call 311, or text 311692), and online (search NYC Teen at nyc.gov).

For more information about the Teens in NYC Workshop Facilitation Guide, such as updated fact sheets and peer education groups that facilitate the workshop, email TeensinNYC@health.nyc.gov.

*Please note that these services are often referred to as sexual and reproductive health services, but in this facilitation guide they are referred to as sexual health services.

Workshop Details

Time: 45 minutes (add 10 minutes if conducting the optional pre-post-surveys and another 5 minutes for group agreements if applicable.)

Suggested Facilitators: Any provider who works with adolescents, is comfortable with this topic, and can respond to questions from adolescent participants in an objective, non-judgmental manner. No prior sexual health education experience is required. This guide provides resources to help facilitators answer adolescents' questions about sexual health.

Facilitation Skill Level: Beginner

Target Audience: 13-19-year-olds (Keep in mind that adolescents at different developmental stages have different questions, experiences and levels of understanding of the topic. If possible, keep groups to same developmental stage. For example, you could form a group of 13-15-year-olds and a group of 16-19-year-olds.)

Recommended Group Size: 5-35 adolescents

Suggested Settings: This workshop can be implemented in a variety of settings, including a classroom, an afterschool program, a support group or a summer youth program.

Objectives:

During the workshop, participants will:

1. List at least three types of sexual health services.
2. Identify a health care provider in the community who offers free sexual health services.
3. Explain minors' rights to obtain confidential sexual health services in New York State.
4. Identify the two best ways to prevent pregnancy and sexually transmitted infections.
5. Explain how to visit a clinic for sexual health services.
6. Download the Teens in NYC mobile app.

In New York State, adolescents have the right to obtain sexual health information and services confidentially. This lesson is designed to help organizations that work with adolescents share this information with the teens they serve in the context of the programs they provide. Informing parents about these rights is also recommended but not required by law.

Format of Workshop:

Each activity in this workshop includes the following information:

- **Name of activity** – introduces the concept to be discussed
- **Materials needed** – materials needed to conduct each activity
- **Purpose** – how the activity links to the objectives
- **Instructions** – steps for facilitating the activity
- **Facilitator Notes** (shaded in gray) – important information about facilitating the workshop

Workshop Materials (p. 20-31):

- **Pre- and post-surveys (p. 21-22; optional)** – These surveys provide you with a measure of what participants have learned as a result of their experience in the workshop; the pre-survey is administered at the beginning of the workshop and the post-survey at the end.
- **Pre- and post-survey answer key (p. 23-24; optional)** – The key provides answers for the pre- and post-survey questions for facilitators' reference or to review with workshop participants after the post-survey has been completed and collected.
- **Jennifer and Jonathan role-play (p. 25-31)**
 - *Character Signs for Narrator, Jennifer, Isabella, Jonathan and Dr. Gil* – Enclosed signs for participants who play characters in the role-play helps the audience remember who is playing each character.
 - *Scripts* – There are two scripted scenes in the role-play.

Facilitator Resources (p. 32-37):

These fact sheets and resources provide a basic overview of the sexual health topics mentioned in this workshop as well as useful tips for facilitators. Facilitators should read these resources before facilitating the workshop.

- **Minors' Rights to Sexual and Reproductive Care Fact Sheet (p. 33)** – Provides information for facilitators about minors' rights to sexual and reproductive care in New York State.
- **Teens in NYC Clinic Guide Fact Sheet (p. 34)** – Provides information for facilitators about the Teens in NYC clinic guide.

- **Birth Control Fact Sheet (p. 35)** - Provides basic information about different birth control methods, like the Intrauterine Device (IUD) and emergency contraception. This can be used as a reference by facilitators or can be shared with workshop participants. This page is excerpted from a brochure developed by teens for teens titled “TeenSpeak About Sexual Health: The Real Truth from Real Teens.” To order free copies of the complete brochure, see the Sexual Health Education Materials Order Form in the “Additional Resources” section.
- **Family Planning Benefit Program (FPBP) Fact Sheet (p. 36)** – Provides information you can share with adolescents about this free, confidential New York State health insurance program.
- **Tips for Facilitating a Role-play (p. 37)** – Contains information to help facilitators prepare to conduct the role-plays.

Additional Resources (p. 38-44)

- **Follow-up Activities for Teens in NYC: Getting Sexual Health Services (p. 39)** – These optional activities can help reinforce the information presented during the workshop.
- **Websites for Teens about Sexual Health (p. 40)** - while facilitating the Teens in NYC workshop, adolescents may ask questions that you are not sure how to answer; this page has a list of reliable websites about sexual health that are geared towards adolescents, addressing topics including birth control methods, relationships, LGBTQ related information and more. Feel free to refer the adolescents in your program to these websites or provide it as a handout.
- **Websites for Facilitators about Adolescent Sexual Health (p. 41)** – Included is a list of websites you can explore to familiarize yourself with additional information about adolescent sexual health, including how birth control works, STIs and emergency contraception.
- **Sexual Health Education Materials Order Form (p. 42-44)** – This form contains a list of free print and electronic sexual health education materials that you can order to share with the adolescents with whom you work.

Checklist of Things To Do Before Facilitating Workshop:

- Prepare to use the Teens in NYC clinic guide.
 - Call 311 to order Teens in NYC clinic guides for each workshop participant. *(Please keep in mind that it takes 7-10 business days to get your order fulfilled. You can also download copies from the nyc.gov website by searching for the term “NYC Teen” at nyc.gov.)*
 - Familiarize yourself with the symbols used in the guide. (For example: ★ signifies that a clinic provides all sexual health services to teens for free).

- In your copy of the guide, highlight the clinic(s) that are in the community closest to where the workshop will be facilitated.
- Make copies of the scripts for Scene 1 (four copies) and Scene 2 (five copies) for each character and for yourself. Highlight the lines for each character to make it easier for workshop participants to read and follow.
- Copy and cut out character signs. Cut out the circle at the top, and string yarn through signs to allow volunteers who participate in the role-play to hang signs around their neck.
- Read all of the facilitator instructions to prepare yourself to facilitate the workshop.
- Obtain flipchart and markers (if a blackboard is not available).
- Write on the blackboard or a flipchart page the title “Parking Lot.”
- Make copies of the Websites for Teens about Sexual Health handout for each participant.
- Make copies of the Birth Control Fact sheet in case you need to distribute them.

If Applicable:

Pre- and-post surveys (optional)

- Make copies of pre- and post-surveys, one set for each workshop participant.

Group Agreements

If your group does not already have group agreements:

- Write on the blackboard the title “Group Agreements,” or prepare a flipchart page with that title.

For Teachers

School Based Health Centers (SBHCs) can be another place where students access sexual health services. There are also Health Resource Rooms (HRRs) in most public high schools with staff who provide information on sexual health services, give students referrals to clinics and distribute condoms.

- If there is a SBHC at the school, get information about the sexual health services they offer, as well as the days and hours of operation to share with workshop participants.
- If there is a HRR, speak with staff to get information about the days and hours of operation to share with workshop participants.

Your Feedback

We would greatly appreciate if you could provide us with feedback on the implementation of this workshop. To do so, please email us at TeensinNYC@health.nyc.gov.

Facilitator Agenda

| | |
|--|----------------------------|
| Introduction | (5 minutes) |
| Activity A: Pre-Survey | (optional, 5 minutes) |
| Activity B: Group Agreements | (if applicable, 5 minutes) |
| Activity C: What Are Sexual Health Services? | (5 minutes) |
| Activity D: Jennifer and Jonathan Role-play | (25 minutes) |
| Scene One: “We Should Have Been Safe” Discussion Questions | |
| Scene Two: “Getting Help Together” Discussion Questions | |
| Activity E: Teens in NYC Clinic Guide Activity | (10 minutes) |
| Activity F: Post-Survey | (optional, 5 minutes) |

Total Time: 45 minutes (add 10 minutes if conducting the optional pre-post-surveys and another 5 minutes for group agreements if applicable)

Facilitator Instructions

Introduction

(5 minutes)

Materials Needed:

- Markers or chalk
- “Parking Lot” written on the blackboard, or flipchart page with the title “Parking Lot” posted on the wall

Purpose: To provide an opportunity for introductions and to present the topic of the workshop

Instructions:

1. **INTRODUCE** yourself. (*If applicable*)

2. **TELL PARTICIPANTS:**

“Welcome to the Teens in NYC: Getting Sexual Health Services Workshop, which will provide information about where to go, what to get and what to expect when accessing sexual health services.”

3. **ASK PARTICIPANTS** to introduce themselves. (*If applicable*)

Facilitator Note: Consider using an icebreaker if you are working with a group of people who do not know each other and you have more than 45 minutes to implement the workshop. One example of an icebreaker is to ask participants to share their favorite place to hang out. If you do the icebreaker, praise the participants for sharing their responses.

4. **EXPLAIN** that the “Parking Lot” is where questions related to the discussion will be recorded when you are unsure of the answer or would like to come back to it. If you are working with an ongoing group, explain that you will find the answers for the next session or will ask participants to research the answers for the next session. If you are working with a group that meets once, explain that you will address the questions at the end of the session, if time allows.

Activity A: Pre-Survey (Optional)

(5 minutes)

Materials Needed:

- Copies of pre-survey (one for each workshop participant) on **p. 21**

Purpose: To determine the baseline level of knowledge about accessing sexual health services before the workshop begins

Instructions:

1. TELL PARTICIPANTS:

“Before we continue, I would like to distribute a brief pre-survey for you to complete. The purpose of this survey is to understand what you might already know about getting sexual health services. At the end of the workshop, you will complete it again to see what you learned. Your answers will help improve the workshop for other teens who participate in it throughout New York City. Please do not write your name on the survey. It is completely anonymous, which means that your answers will not be linked back to you.”

2. DISTRIBUTE pre-survey.

3. ASK PARTICIPANTS to look at the box at the top of the survey and record their age, gender, number of letters in their last name and the day of the month they were born. Explain that the answers that they provide to these questions will create a secret code that no one will be able to trace back to them. This code will allow the survey to be matched with the survey they take after the workshop.

4. ALLOW about 3 minutes for participants to complete the pre-survey.

Facilitator Note: If needed, you can read each question out loud and allow participants time to write their answers.

5. COLLECT pre-surveys, and thank participants for completing them.

Activity B: Group Agreements (If Applicable)

(5 minutes)

Facilitator Note: Before conducting workshops with adolescents, it is routine to establish group agreements (sometimes referred to as ground rules). Group agreements can be used to keep the group connected and focused and to create a respectful, positive tone. For ongoing groups, use the same group agreements you have already established.

Materials Needed:

- Markers or chalk
- “Group Agreements” written on the blackboard, or flipchart page with the title “Group Agreements” posted on the wall

Purpose: To establish group agreements that will help to create a sense of safety, trust and respect between workshop participants

Instructions:

1. TELL PARTICIPANTS:

“Now, let’s create a list of group agreements for all of us to follow during the workshop. These agreements are to ensure that everyone feels respected and comfortable participating in the workshop.”

2. ASK PARTICIPANTS:

“What are some group rules we can agree on?”

3. RECORD on the blackboard or flipchart page the group agreements that participants mention. They should include at least these items:

- *One Mic* (one person speaks at a time)
- *Respect Each Other’s Opinions* or *Agree to Disagree*
- *Respect Each Other’s Privacy* by not repeating what you hear and *Protect Your Own Privacy* by only saying things you would not mind others knowing (confidentiality)
- *Participate as Much as You Feel Comfortable*
- *Use Respectful Language*, which means *No Name-Calling* or *Hurtful Language*

4. SAY:

“You did a great job creating this list! You’re already on the way to creating a really supportive, positive experience.”

Activity C: What Are Sexual Health Services?

(5 minutes)

Materials needed:

- None

Purpose: To familiarize participants with different types of sexual health services

Instructions:

1. SAY:

“We’ve been using the term ‘sexual health services.’ What are some examples of sexual health services?” Allow participants to answer.

2. SHARE all of the following that participants do not mention:

- Sexually transmitted infection (STI) testing and treatment
- HIV testing
- Getting birth control, including condoms
- Emergency contraception
- Pregnancy testing
- Abortion
- Prenatal care
- Education and counseling on the above

3. SAY:

“It’s also important to know that teens in New York City have the right to these sexual health services without getting permission from a parent, guardian, girlfriend, boyfriend or anyone else.”

Activity D: Jennifer and Jonathan Role-Play

(25 minutes)

Materials Needed:

- Chalk or markers to record any questions in the “Parking Lot”
- Character signs for Narrator, Jennifer, Jonathan, Isabella and Dr. Gil (p. 25-27)
- Scripts for Scene 1 (Narrator, Jennifer, Isabella) (p. 28-29)
- Scripts for Scene 2 (Narrator, Jennifer, Dr. Gil, Jonathan) (p. 30-31)
- Copies of “Websites for Teens about Sexual Health”(p. 40)*
- Copies of the “Birth Control Fact Sheet”(p. 41)*

**Use as a reference to answer questions or provide as a handout as needed.*

Purpose: To explain where to go, what to get and what to expect when accessing sexual health services as an adolescent in New York City.

Instructions:

1. SAY:

“To continue our discussion about sexual health services, we’re going to perform a role-play about Jennifer and Jonathan, high school students who visit a clinic to get these services.

“The role-play is meant to be a fun activity, and you don’t need any acting skills to participate. Volunteers will get a script to read. We need volunteers to play the narrator and four characters: Jennifer, Jonathan, Isabella and Dr. Gil. Raise your hand if you are interested in being the narrator or one of the other characters.”

- 2. SELECT FIVE** participants, and tell them which character they will be playing.

Role-Play Scene 1

3. SAY:

“The first scene is called **“WE SHOULD HAVE BEEN SAFE,”** and we need the Narrator, Jennifer and Isabella to come to the front of the room. Dr. Gil and Jonathan will be featured in Scene 2.”

- 4. DISTRIBUTE** scripts and character signs to the Narrator, Jennifer and Isabella. Give volunteers a couple of minutes to become familiar with their characters’ lines.

5. SAY:

“At the beginning of each scene, I will say **“ACTION,”** which starts the role-play, and at the end I will say **“STOP.”** After I say **“STOP,”** we will all have a discussion about the characters and what happened in the role-play.”

6. TELL AUDIENCE:

“During the role-play, we should listen quietly to prepare for the discussion after each scene. Our role as the audience is just as important as the actors for the success of the role-play.”

7. SAY “ACTION,” and direct the Narrator to start.

8. WHEN THE SCENE ENDS, SAY “STOP.” Praise the volunteers for their performance and the audience for the respectful attention. Ask volunteers to remove their character signs, and explain that they are now out of character and can participate in the discussion. Collect all scripts and Isabella’s character sign. Don’t collect the character signs for the Narrator or Jennifer because those characters will take part in Scene 2. Instruct all volunteers to take their seats.

9. ASK PARTICIPANTS the questions below to process Scene 1 of the role-play. Correct any inaccurate information presented. Make sure answers listed below are mentioned, and state key points before moving on to the next question.

Facilitator Note: During the group discussion, keep track of time, and make sure that the discussion does not wander off-topic. If participants ask an unexpected question that you are not prepared to answer, be honest and say that you don’t know the answer. Write the question on the “Parking Lot.” If you are working with an ongoing group, tell participants that you will find the answer and get back to them, or invite participants to research the answer and share it at the next session. If you are working with a group that will not meet again, at the end of the workshop provide adolescents with a copy of the “Websites for Teens about Sexual Health” handout, and explain that the answers to their questions can be found on these websites. You can also refer to or distribute the “Birth Control Fact Sheet” if they have any questions related to birth control methods.

Question A: What are the two best ways that Isabella mentioned to protect against pregnancy and STIs, including HIV?

Answers:

- Not having sex
- Using both birth control and condoms every time when having sex

Question B: Besides Isabella, who are some trusted adults Jennifer can go to for help in a situation like this?

Answers:

- Parent
- Guardian
- Older brother or sister
- Aunt or uncle
- Teacher
- Counselor at school or in a community organization
- Health care provider

Key Point:

- If possible, teens should speak with a trusted adult. If a teen does not feel comfortable speaking with a parent or guardian, he or she can speak with another adult in their family, school or other activity he or she participates in.

Question C: What advice did Isabella give Jennifer about going to a clinic?

Answers:

- Jennifer can use the Teens in NYC clinic guide or mobile app to find a clinic where she and Jonathan can get sexual health services.
- The Teens in NYC clinic guide includes clinics that are free or low-cost.
- There are clinics that are confidential, meaning that they don't share a teen's information with anyone, not even a parent, guardian, boyfriend or girlfriend.
- Isabella didn't have to bring her parents with her to the clinic.

Key Points:

- Teens can ask clinic staff if their information will be kept private, if unsure.
- In New York State law, a minor can consent to sexual health services without getting permission from a parent, guardian, girlfriend, boyfriend or anyone else. If a teen already has a doctor, he or she can find out if this provider offers confidential sexual health services.
- Teens can choose to go to a clinic in any borough.

Question D: What are some other reasons teens visit a clinic for sexual health services?

Answers:

- To get answers to questions about sex, relationships, the body, STIs, birth control, sexual identity or other sexual health topics
- If they're thinking about having sex and need to get birth control and condoms
- To get tested for STIs and HIV at least once a year

- To get help if experiencing pain and discomfort in the genital area (reproductive organs)
- To get help if being pressured or forced to have sex
- To get emergency contraception

Key Point:

- No matter what age, teens can buy emergency contraception at a pharmacy without a prescription or get it from clinics listed in the Teens in NYC clinic guide.

Facilitator Note: For information about birth control methods, refer to the Birth Control Fact Sheet handout on p. 35 or the Websites for Teens about Sexual Health handout on p. 40.

Question E: If Jennifer and Jonathan picked a clinic in the Teens in NYC clinic guide, what can they expect at their visit?

Answers:

- The clinic will keep their information private.
- The clinics in the Teens in NYC clinic guide with a gold star symbol offer free or low-cost sexual health services.
- They can expect clinic staff to be friendly.
- They should expect to be asked for their IDs, which can be their school IDs.
- They will be able to get birth control and condoms.
- They will be able to see the doctor and get sexual health services without the permission of their parents or another adult.

Key Points:

- They will be asked to complete paperwork in the waiting room.
- A doctor or nurse may ask questions about sex, birth control and their health, such as if they are using birth control. Jennifer and Jonathan should answer these questions honestly so that the doctor or nurse can provide the best care for them.
- They will be able to speak with the doctor or nurse privately.
- They will have the opportunity to ask questions.

10. THANK PARTICIPANTS for their attention and responses during the discussion.

Role-play Scene 2

1. SAY:

“The second scene is called “**GETTING HELP TOGETHER.**” For this scene, we need the Narrator, Jennifer, Dr. Gil and Jonathan to come to the front of the room.”

2. **DISTRIBUTE** the following:
 - Scripts for Scene 2 to the Narrator, Jennifer, Jonathan and Dr. Gil with their sections highlighted
 - Character signs to Jonathan and Dr. Gil
3. **TELL** the Narrator, Jennifer and Dr. Gil to stand together to read their lines for this scene. Instruct the participant playing Jonathan to stand to the side until the second part of the scene when his lines begin. Give volunteers a couple of minutes to become familiar with their characters' lines.
4. **SAY "ACTION,"** and direct the Narrator to start.
5. **WHEN THE SCENE ENDS, SAY "STOP"**. Praise the volunteers for their performance and the audience members for their respectful attention. Ask volunteers to remove their character signs, and explain that they are now out of character and can participate in the discussion. Collect character signs and scripts, and ask volunteers to return to their seats.
6. **ASK PARTICIPANTS** the questions below to process Scene 2 of the role-play. Correct any inaccurate information presented. Make sure answers listed below are mentioned, and state key points before moving on to the next question.

Question A: What did Jennifer say when she met with the doctor?

Answers:

- She was honest about what happened between her and Jonathan so that the doctor knew everything and could give her the best care.
- She asked a question about what she can use in addition to condoms to protect against pregnancy and STIs.

Key Points:

- This is a chance to ask the doctor questions.
- If a teen doesn't understand what a doctor said or why something is being done, he or she always has the right to ask for an explanation.
- A teen can talk to his or her doctor about whether he or she wants to have sex and about birth control options, like the IUD. Teens should use both a condom and another form of birth control together every time during sex to protect against both pregnancy and STIs.

Question B: How do you think Jennifer felt about her clinic visit? Explain your answer.

Answers:

- She probably felt supported because Jonathan was with her.
- Jennifer was nervous at first, but the friendly attitude of the clinic staff (receptionist and doctor) made her relaxed.
- Jennifer felt respected because she was given an opportunity to talk honestly and ask questions.
- Jennifer was glad that she went because it turned out better than she expected.

Question C: How do you think Jonathan felt about his visit to the clinic? Explain your answer.

Answers:

- Jonathan seemed relieved that it was so easy to speak to the health educator.
- Jonathan was probably grateful that he and Jennifer made an appointment to go to the clinic.
- Jonathan sounds like he would come back to the clinic for advice because the staff was friendly and non-judgmental, and it was easy to get the sexual health services he and Jennifer needed.
- Jonathan felt that the Teens in NYC mobile app helped him and Jennifer to find a good clinic that made them feel comfortable.

Question D: The narrator mentioned the Family Planning Benefit Program. Does anyone know what this is?

Answer:

- The Family Planning Benefit Program is a free, 100-percent confidential New York State health insurance program that helps teens, women and men get free sexual health services. Many clinics in the Teens in NYC clinic guide help teens apply for this program.

Key Points:

- Remember that many clinics in the Teens in NYC clinic guide are free or low-cost.
- If a teen has any doubt about cost, she or he can just ask.

Facilitator Note: For more information about the Family Planning Benefit Program, refer to the Family Planning Benefit Program Fact Sheet on **p. 36**.

Question E: What did Jennifer and Jonathan learn at the clinic about the best way to protect against both pregnancy and STIs, including HIV?

Answer:

- Jennifer and Jonathan learned from Dr. Gil and the health educator that the best way to protect against pregnancy and STIs is to use both a condom and another form of birth control (like the IUD) together every single time they have sex.

7. THANK PARTICIPANTS for their attention and responses during the discussion.

8. SAY:

“This role-play was adapted from the Jennifer and Jonathan video, which can be seen on the NYC Teen website or the Teens in NYC mobile app, along with other videos.”

Activity E: Teens in NYC Clinic Guide Activity

(10 Minutes)

Materials needed:

- Teens in NYC clinic guides (one for each participant)

Purpose: To enable participants to identify a health care provider in the community that offers free sexual health services

Instructions:

1. SAY:

“Now that we’ve practiced visiting a clinic through the Jennifer and Jonathan role-play, we’re going to practice finding a clinic with the Teens in NYC clinic guide. This is the same guide that Jennifer and Jonathan used, and it lists clinics in all five boroughs that provide sexual health services for teens.”

2. DISTRIBUTE Teens in NYC clinic guides to all workshop participants.

Facilitator Note: If participants are allowed to use their cell phones, invite them to download the Teens in NYC mobile app (available for Android and iPhone) or to try out the 311 texting service (text 311692).

3. INSTRUCT participants to open the guides to the page that lists the sexual health services these clinics offer. Explain the significance of the symbols.

4. TELL PARTICIPANTS that the clinics are divided by borough. Each borough is identified by the colored square on the top right-hand corner.

5. **ASK PARTICIPANTS** the following questions:

Question A: If Jennifer and Jonathan were living in this neighborhood, which clinics would be the closest for them to go to?

Facilitator Note: For the answer to this question, refer to the clinic(s) that you highlighted in your copy of the guide while preparing to facilitate the workshop.

Question B: By using the symbols we discussed, how could Jennifer and Jonathan tell if the clinic they selected has free services?

Answer:

- Clinics with the Gold star (★) symbol provide all of the services that Jennifer and Jonathan need for free, including: condoms, birth control, STI testing and treatment, HIV testing, pregnancy testing and emergency contraception.

Key Point:

- Another important symbol is the pink triangle (▲), which shows that a clinic has providers on staff who have training and are sensitive to the health needs of LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) patients. Remember, though, that LGBTQ teens or teens questioning their sexuality can get services at any of the clinics listed.

6. **SAY:**

“The Teens in NYC clinic guide is available in many different formats. You can find it by downloading the FREE Teens in NYC mobile app available for Android and iPhone, calling 311 or going online.

7. **PROCESS** any questions that were recorded on the “Parking Lot.”

Facilitator Note: If you are working with an ongoing group and do not have enough time to address the questions on the “Parking Lot,” or are unsure of the answers, tell participants that you will share the answers in the next session. You can also distribute the Websites for Teens about Sexual Health Handout and ask participants to research the answers for the next session.

If you are working with a group that only meets once and do not have enough time to address the questions on the “Parking Lot,” or are unsure of the answers, provide adolescents with a copy of the Websites for Teens about Sexual Health handout, and explain that the answers to many of their questions can be found on these websites.

Facilitator Note: If you are a teacher, and the school has a School Based Health Center, announce it to the participants and tell them the location, hours of operation and the services provided. This is another place they can go to get their questions answered.

8. THANK PARTICIPANTS for their attention and participation during the workshop.

Activity F: Post-Survey Optional

(5 minutes)

Materials needed:

- Copies of post-survey (one for each participant) on **p. 22**.

Purpose: To assess adolescents' knowledge about accessing sexual health services after the workshop

Instructions:

- 1. TELL PARTICIPANTS** that you are distributing the post-surveys for them to complete based on what they learned during the workshop.
- 2. DISTRIBUTE** post-survey, and remind participants that their answers are anonymous.
- 3. ASK PARTICIPANTS** to record their age, gender, number of letters in their last name and the day of the month they were born in the box on the top of the post-survey.
- 4. ALLOW** about 3 minutes for participants to complete the post-survey.
- 5. COLLECT** post-surveys, and thank participants for their participation.
- 6. (Optional) REVIEW** the survey answer key (**p. 23-24**) with participants if you have time.

**Teens in NYC: Getting Sexual Health Services
Workshop Facilitation Guide
Appendix**

Workshop Materials

Materials you will need for the activities in the workshop

Pre- and Post-Surveys (optional).....21-22

Pre- and Post-Survey Answer Key (optional) 23-24

Jennifer and Jonathan Role-play

- *Role-play Character Signs*.....25-27

- *Script for Scene 1: “We Should Have Been Safe”*28-29
Characters: Narrator, Jennifer and Isabella

- *Script for Scene 2: “Getting Help Together”*30-31
Characters: Narrator, Jennifer, Jonathan and Dr. Gil

Facilitator Resources

Helpful Background Information

- *Minors’ Rights to Sexual and Reproductive Care Fact Sheet*.....33

- *Teens in NYC Clinic Guide Fact Sheet*.....34

- *Birth Control Fact Sheet*.....35

- *Family Planning Benefit Program (FPBP) Fact Sheet*36

- *Tips for Facilitating a Role-play*37

Additional Resources

- *Follow-up Activities for Teens in NYC: Getting Sexual Health Services*.....39

- *Websites for Teens about Sexual Health*.....40

- *Websites for Facilitators about Adolescent Sexual Health*.....41

- *Sexual Health Education Materials Order Form*42-44

Workshop Materials

Teens in NYC: Getting Sexual Health Services Pre-Survey (v3)

Age: _____

Gender: (Please circle one.)

MALE

FEMALE

How many letters are in your last name? _____

On what day of the month were you born? _____

(For example: If your birthday is on January 7th, you would write "7")

1. **True or False:** In NYC, a teen under 18 years of age needs her parent's permission to get a prescription for the birth control pill. (Please circle one.)

TRUE

FALSE

I DON'T KNOW

2. **True or False:** In NYC, some clinics offer a test for sexually transmitted infections (STIs) to teens for free. (Please circle one.)

TRUE

FALSE

I DON'T KNOW

3. **Do you know how to find a clinic in your neighborhood that offers STI testing for teens?** (Please circle one.)

YES

NO

4. **Besides not having sex, what is the best way to prevent both pregnancy and STIs, including HIV?** (Please circle one.)

a. Using only a condom

b. Pulling out

c. Using only hormonal birth control like the pill

d. Using a condom and another form of birth control together

e. I don't know

5. **Have you ever heard about the Teens in NYC* clinic guide or app?** *See pictures of the guide and app to the right (Please circle one.)

YES

NO

If YES, where did you hear about it? (Please check all that apply.)

School Youth Program Internet/social media Other: _____



Thank You!

Teens in NYC: Getting Sexual Health Services Post-Survey (v3)

Age: _____

Gender: (Please circle one.)

MALE

FEMALE

How many letters are in your last name? _____

On what day of the month were you born? _____

(For example: If your birthday is on January 7th, you would write "7")

1. **True or False:** In NYC, a teen under 18 years of age needs her parent's permission to get a prescription for the birth control pill. (Please circle one.)

TRUE

FALSE

I DON'T KNOW

2. **True or False:** In NYC, some clinics offer a test for sexually transmitted infections (STIs) to teens for free. (Please circle one.)

TRUE

FALSE

I DON'T KNOW

3. **Do you know how to find a clinic in your neighborhood that offers STI testing for teens?** (Please circle one.)

YES

NO

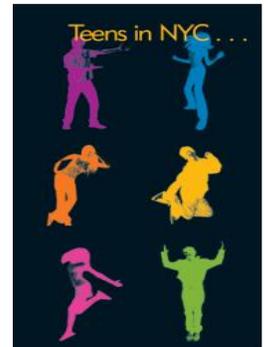
4. **Besides not having sex, what is the best way to prevent both pregnancy and STIs, including HIV?** (Please circle one.)

- a. Using only a condom
- b. Pulling out
- c. Using only hormonal birth control like the pill
- d. Using a condom and another form of birth control together
- e. I don't know

5. **How useful do you think the Teens in NYC guide is for a teen your age?**

**See pictures of the guide and app to the right (Please circle one.)*

- a. Very useful
- b. Somewhat useful
- c. A little useful
- d. Not at all useful



Thank You!

Pre- and Post-Survey Answer Key (v3)

The following provides answers and explanations to the pre- and post-survey questions for facilitators' reference or to review with participants after the post-survey has been completed and collected.

- 1. True or False: In NYC, a teen under 18 years of age needs her parent's permission to get a prescription for the birth control pill.**

Answer: FALSE

[Under New York State law, a minor can consent to the following services without getting permission from a parent, guardian, girlfriend, boyfriend or anyone else:

- Sexual health services, including birth control and other contraception, abortion, pregnancy/prenatal care and care for sexually transmitted infections;
- Mental health services under many circumstances;
- Certain alcohol and drug abuse services; and
- Sexual assault treatment.

In addition, the following types of minors can consent to all, or almost all, of their own health care:

- Pregnant minors,
- Minors who are parents,
- Married minors, and
- Emancipated minors.]

- 2. True or False: In NYC, there are some clinics that offer a test for sexually transmitted infections (STIs) to teens for free.**

Answer: TRUE

[Some of these clinics are listed in the Teens in NYC clinic guide and mobile app with a gold star (★) symbol.]

- 3. Do you know how to find a clinic in your neighborhood that offers STI testing for teens?**

Answer: [To find a clinic in any borough that offers STI testing for teens, a teenager can use the Teens in NYC clinic guide or the Teens in NYC Mobile app.]

4. Besides not having sex, what is the best way to prevent both pregnancy and STIs, including HIV?

Answer: D. Using condoms and another form of birth control together

[Using both a condom and another form of birth control together every time when having sex will protect against both pregnancy and STIs.]

Role-play Character Signs



Jennifer



Jonathan

Role-play Character Signs



Narrator

Role-play Character Signs



Isabella



Dr. Gil

SCENE 1: “WE SHOULD HAVE BEEN SAFE”

Script for Narrator, Jennifer and Isabella

Narrator: Jennifer and Jonathan met in high school, and they have been dating for a year. Jonathan feels that no one’s better than his girl; she is so hot and smart. He would have never passed math last year without her help. Jennifer feels very lucky to have Jonathan as her boyfriend because he always treats her well, and he has mad respect for her. Jonathan even gets along pretty well with her parents.

In this scene, Jennifer is talking to her best friend Isabella (Izzy) about something that happened between her and Jonathan. She knows that she can trust Isabella.

Jennifer: [Pretend you are using a cell phone to call Isabella; create the sound of a ring tone.]

Isabella: [Pretend to pick up your cell phone to answer Jennifer’s call.] Hey Jen, what’s up?

Jennifer: I’m going to tell you something Izzy because you are my bestie. I didn’t get my period. I told Jonathan right away, and we’re both freaked!

Isabella: Wow, how did that happen?

Jennifer: It all happened so fast. It was our one-year anniversary, and we were really in the moment. Jonathan thought of everything to make the night special ... everything but a condom. I was so caught up in how much I love him. So ... we did it.

Isabella: Girl, do you think you are pregnant? What are you gonna do?

Jennifer: I don’t know. I don’t know what to do or where to go!

Isabella: Jen, you both need to go to a clinic for STI tests and a pregnancy test.

Jennifer: Izzy, I spoke to Jonathan, but he is worried about how we would pay for it. We don’t have that kind of money. What if my parents find out?

Isabella: Listen to me girl, there are plenty of clinics that will keep your information private and are completely free or low-cost! I found the clinic I went to with the Teens in NYC mobile app, which told me where to go, what to get and what to expect at the clinic. I didn’t have to pay anything or bring my parents with me.

Jennifer: That’s good to know. But what was it like?

Isabella: I'm not gonna lie. At first I was nervous, but the people at the clinic were friendly, and all I had to do was bring my school ID. When I went, I chose to get something called an IUD to keep myself from getting pregnant. They also gave me condoms.

Jennifer: If you are on the IUD, why do you also need condoms?

Isabella: Because I need to protect myself against pregnancy and STIs, including HIV, and the best way to do that is to not have sex or to use both birth control and condoms every time I have sex.

Jennifer: You make it sound like it was so easy.

Isabella: It's really easy to find a clinic! You can use the mobile app I told you about or the guide to find a clinic that's right for you and Jonathan.

Jennifer: Okay cool, thanks for having my back, Izzy. I'm going to download the Teens in NYC mobile app to my phone right now. See you tomorrow!

Jennifer and Isabella: *[Jennifer and Isabella hang up their cell phones.]*

END OF SCENE 1

SCENE 2: “GETTING HELP TOGETHER”

Script for Narrator, Jennifer, Dr. Gil and Jonathan

Narrator: *The day after Jennifer talked to Isabella, she got her period. She was so relieved! When Jennifer told Jonathan, they decided that they should still go to a clinic together to get STI tests and talk to someone about birth control. After looking in the Teens in NYC mobile app, they found a clinic in their neighborhood and made an appointment for the next day.*

Jennifer and Jonathan were nervous about going to the clinic, but everyone was really friendly! The receptionist said everything would be free, and explained that they could apply for something called the Family Planning Benefit Program, which would pay for sexual health services in the future.

In the first part of this scene, Jennifer is talking to the doctor while Jonathan is in another room talking to a health educator.

Dr. Gil: Hi Jennifer, it’s a pleasure to meet you. My name is Dr. Gil. How are you today?

Dr. Gil and Jennifer: [shake hands]

Jennifer: I’m good, thanks.

Dr. Gil: So, how can I help you?

Jennifer: I think I need something because I thought I was pregnant, but I got my period. My friend Isabella told me how important it is to use both condoms and birth control. She got the IUD. My boyfriend Jonathan and I use condoms, but I would like to know what else I can use.

Dr. Gil: Your friend is right; it’s important to use your own form of birth control plus a condom, every single time you have sex. Let’s figure out what method of birth control would be best for you and Jonathan.

Narrator: *Jennifer and Dr. Gil continue to discuss different birth control methods and what is right for her and Jonathan. In the second part of the scene, Jennifer meets up with Jonathan outside of the clinic.*

Dr. Gil and Jonathan: [switch places]

Jonathan: So how did it go with Dr. Gil?

Jennifer: Dr. Gil was so nice! I made an appointment to get an IUD tomorrow. It seems like the best choice for us. How did it go with the health educator?

Jonathan: I'm not going to front. At first I was scared, but he was cool! He said it's important to use a condom every single time we have sex.

Jennifer: I was a little nervous, too. But now I am way more chill. You know, even though I am going to have an IUD, we still have to use condoms.

Jonathan: Yeah, I know. He even gave me a bag of condoms to take home! I never realized how much I didn't know before about using a condom.

Jennifer: Today was way different than I ever thought it would be. For one thing, everything was free! I'm so glad Izzy hooked us up with that Teens in NYC mobile app.

Jonathan: You're right about that, and I couldn't believe how easy everything was, especially getting tested for STIs. All I had to do was pee in a cup! I'm glad we have a great place to come for advice.

Jennifer: And even if we can't come here for some reason, we found out that the Teens in NYC mobile app can help us find a good place to go anywhere in New York City.

END OF SCENE 2

Facilitator Resources: Helpful Background Information

Minors' Rights to Sexual and Reproductive Care Fact Sheet

When can a **minor consent** under New York State law?

Under New York State law, a minor who has the capacity to consent, can consent to:

- **Reproductive health care**, including birth control and other contraception, abortion, pregnancy/prenatal care and care for sexually transmitted infections;
- Mental health services under many circumstances;
- Certain alcohol and drug abuse services; and
- Sexual assault treatment.

Providers can also treat minors without parental consent in an emergency, but for other types of care, minors must ordinarily have parental consent.

In addition, the following types of minors can consent to all, or almost all, of their own health care:

- **Pregnant minors,**
- **Minors who are parents,**
- **Married minors,** and
- **Emancipated minors.**

Sometimes, **mature minors** can consent to their own health care. A mature minor is a minor who is emotionally and intellectually mature enough to give informed consent and who lives under the supervision of a parent or guardian.

Why are teens allowed to consent to health care under a variety of situations?

To help them get the health care they need! Teens, more than any other age group, often do not get the health care they need. A major reason for this is that they fear health care providers will disclose sensitive information to their parents or guardians.

The New York City Department of Health and Mental Hygiene based the information on this page from the New York Civil Liberties Union's (NYCLU's) *Teenagers, Health Care and The Law*, 2nd ed.

For additional information on minors' rights to accessing sexual and reproductive health care, go to NYCLU's website at:

www.nyclu.org

TEENAGERS, HEALTH CARE & THE LAW

A Guide to the Law On Minors' Rights
In New York State

by
Jenna Fierman
Thomas Lohman
Anna Schmitt
Richard Diller
James Kim
Yuhua Cho

New York Civil Liberties Union (NYCLU)
Manufactured Booklet Printed
175 Broad Street, 17th Floor, New York, NY 10038
212.246.3202 • www.nyclu.org

Download or order a copy of the NYCLU's *Teenagers, Health Care and the Law* at www.nyclu.org/publications/booklet-teenagers-health-care-and-law-english-and-spanish-2002

Teens in NYC Clinic Guide Fact Sheet

Teens in NYC lists health care providers in all five boroughs who provide sexual and reproductive health services for adolescents, including:

- Condoms
- Birth control
- Emergency contraception
- STI testing and treatment
- HIV testing
- Pregnancy testing

Teens in NYC is available in print, via 311 (call 311, or text 311NYC or 311692), online (search for [NYC Teen](#) at [nyc.gov](#)), and as a mobile app.



Teens in NYC mobile app-Free! (Apple and Android) It is more than a clinic locator. It also provides information on birth control methods, including the importance of using condoms together with another form of birth control (dual protection); helps prepare teens for accessing care; and reinforces a minor's right to confidential sexual health care. The mobile app's 3 main sections are:



Where to Go allows users to search by address, borough, or location closest to them. It lists provider information, such as address and available services. Users can limit their search to gold star (★) providers who offer many services and birth control methods on-site for free. Users can save a provider's information as a "favorite" and share it with friends via email and text.

What to Get lists up-to-date birth control methods with a brief description of each. Users can search for a provider offering that method on-site.

What to Expect features 3 short videos depicting teens accessing care. Each story highlights the importance of dual protection – using condoms PLUS another form of birth control – every time. Users can share the videos on their Facebook page.

There is also a "More Info" section that provides resources on other teen health issues. This information can also be found on the NYC Teen website.

Teens in NYC Providers



All listed health care providers met inclusion criteria and were screened by teens who posed as potential customers ("mystery shoppers").

How can a health care provider be listed in *Teens in NYC* (mobile app, online, via 311, and in print)?

- Search for [Adolescent Sexual Health](#) at [nyc.gov](#)
- Complete the web-based assessment in the *Teens in NYC* Portal. To join the portal, email teenclinicregistration@health.nyc.gov
- Meet inclusion criteria based on the *Best Practices in Sexual and Reproductive Health Care for Adolescents*
- Pass the teen mystery shopper assessment

Birth Control Fact Sheet

Choose birth control + condoms

If your partner is of the opposite sex, use BOTH EVERY TIME to help prevent pregnancy, HIV and STDs.

There are many safe and effective birth control methods. Choose one that's right for you.

| Your options | How often you use it | Effectiveness in preventing pregnancy |
|---|---|---------------------------------------|
| <ul style="list-style-type: none"> • IUD • Implant | <ul style="list-style-type: none"> • Can be left in place for up to 3–10 years • Can be left in place for up to 3 years | 99+% effective |
| <ul style="list-style-type: none"> • Shot • Ring • Patch • The Pill | <ul style="list-style-type: none"> • New shot every 3 months • Leave ring in for 3 weeks, remove for week 4 • New patch once a week for 3 weeks, no patch for week 4 • One pill at same time, every day | 91-94% effective |
| <ul style="list-style-type: none"> • Diaphragm • Cervical Cap • Sponge | <ul style="list-style-type: none"> • Every time you have sex • Every time you have sex • Every time you have sex | 71-88% effective |
| <ul style="list-style-type: none"> • Spermicide | <ul style="list-style-type: none"> • Every time you have sex | 72% effective |

What is emergency contraception?

- Emergency contraception (often called Plan B) is a pill you take to help prevent pregnancy after unprotected sex or if a condom breaks.
- The sooner you take it, the better it works.
- It prevents pregnancy 9 out of 10 times if you take it within 72 hours after sex.
- Get it now so you can take it when you need it. You can get it over the counter at a pharmacy, no matter how old you are. You can also still get it from your doctor or clinic.

› Looking for more info?

- › nyc.gov and search for **NYC Teen**
- › nyc.gov and search for **Condoms**
- › Download the free **Teens in NYC** app on your iPhone or Android



Family Planning Benefit Program (FPBP) Fact Sheet

What is the Family Planning Benefit Program?

The Family Planning Benefit Program (FPBP) is a **free, 100% confidential** New York State health insurance program that exclusively provides sexual and reproductive health services to teens, women, and men who meet certain eligibility requirements. The program is intended for those who want to keep their sexual and reproductive health needs and services confidential, whether they are uninsured, privately insured, or covered by Child Health Plus.

**Note: FPBP is not available to those covered by Medicaid or Family Health Plus because confidential sexual and reproductive health services are already accessible through these programs.*

What are the benefits?

Free services covered include:

- All forms of birth control and help choosing a birth control method
- Emergency contraception (e.g. Plan B)
- Other services when directly related to family planning:
 - STI screening, counseling, and treatment
 - Pregnancy counseling and testing
 - HIV testing and counseling

Who is eligible?

Teens, men and woman can obtain coverage if the following are true:

- New York State resident
- U.S. citizen or immigrant with satisfactory status
- Income is equal to or less than program income requirements*

**If you are seeking to keep your services confidential, you can apply on your own.*

How do you apply?

Complete a one-page application at an enrolling providers' office. **Free services may be accessed on the same visit the application is filled out**, and no documentation is required at the first visit.

To complete an application at the first or a follow-up visit, the following documentation is needed:

- Social Security card or knowledge of number (SSN)
- Proof of U.S. citizenship or immigration status
 - ✓ U.S. born citizen: No additional documentation is needed (with a social security number, the Social Security Administration can verify citizenship for U.S. born citizens)
 - ✓ Non U.S. born citizen: Citizenship documentation, e.g., Naturalization Certificate (N-550 or N-570) or U.S. passport
 - ✓ Not a U.S. citizen: Proof of satisfactory immigration status
- Photo ID
- Proof of age
- Proof of address
- Proof of income, if applicable
- Documentation of childcare expenses, if applicable

Does coverage last forever?

Coverage must be renewed every year. Covered individuals will receive a renewal package in the mail to fill out and mail back.

What services are not covered?

- Pregnancy and pre-natal services*
- Abortions*
- HIV treatment
- HPV (human papilloma virus) vaccinations
- Fertility treatments
- Services not related to a family planning visit

** Refer to Medicaid Prenatal Care Assistance Program, Medicaid for Pregnant Women & Teens, Child Health Plus, and Family Health Plus for these services*

Where can you apply?

Find a list of providers where you can apply and get covered services:

www.health.ny.gov/community/pregnancy/family_planning/program_sites.htm

Remember, teens, men and women can apply and get free services on the same day!

How can I learn more?

- New York State Department of Health: www.health.ny.gov/health_care/medicaid/program/longterm/familyplanbenprog.htm
- Office of Citywide Health Insurance Access: www.nyc.gov/hilink
- Access NYC: www.nyc.gov/accessnyc
(Check whether you qualify for city, state, and federal benefit programs, how to apply, where to go, and what documents to bring)

Tips for Facilitating a Role-play

A role-play is a useful teaching strategy that:

- Encourages a high level of engagement and understanding
- Allows participants to experience a situation and think about the available choices and possible consequences
- Provides an opportunity to practice communication, decision-making, and negotiation skills

When preparing for a role-play...

1. Familiarize yourself with the characters, story line, and discussion questions. You might want to think about additional questions participants might ask after the role-play.
2. Obtain any necessary props.
3. Prepare character signs.
4. Make enough copies of the scripts for each character.
5. Consider how much time you will have for the role-play and processing questions.
6. Think about where in the room the characters will perform the role-play and what changes you need to make to that space. Make sure there are no distracting images behind the characters and that there is enough space for them to feel comfortable.

When facilitating a role-play...

1. It's best to ask participants to volunteer to play the characters of the role-play.
2. Tell them that the characters they are playing are scripted.
3. Provide a brief summary of the story line.
4. Part of creating a safe, trusting environment is to remind participants about the group agreements and to ask the participants watching the role-play to be quiet, respectful and not to interrupt.
5. Start each scene by saying "ACTION".
6. End each scene by saying "STOP".
7. Tell participants when they are "in character" and when they are not.
8. Process the role-play by asking discussion questions at the end of each scene.
9. If participants ask an unexpected question that you are not prepared to answer, be honest and say that you don't know the answer. If possible, tell them that you will find the answer and get back to them, or invite participants to research the answer and share it at the next session.

NYCDOHMH BMIRH, ARHP

Facilitator Resources: Additional Resources

Follow-up Activities for Teens in NYC: Getting Sexual Health Services

These are activities that you can conduct with the adolescents in your program to reinforce concepts presented in the workshop.

Work with participants to organize distribution of the Teens in NYC clinic guide in the community.

Have participants draft a post for a blog, Twitter or Facebook page about what they learned from the workshop and the Teens in NYC clinic guide. Ask participants to be prepared to share it at your next session.

For homework, ask the participants to download the [Teens in NYC](#) mobile app or use the clinic locator online and write down one thing they learned.

Show one of the Teens in NYC [videos](#) (search for NYC Teen at nyc.gov). Pause the video at different times, and ask what advice participants would give to the characters.

Call a Teens in NYC clinic nearby to schedule a clinic tour. Prepare the adolescents you work with by brainstorming a list of questions they could ask during the tour.

Develop a series of questions related to one of the Teens in NYC [videos](#). Ask participants to watch the video online or on the mobile app and be ready to discuss it at the next session.

Call a Teens in NYC clinic nearby to ask if they have a Health Educator who can present at your site about their sexual health services for adolescents.

If you are a teacher in a school with a School Based Health Center (SBHC), or Health Resource Room (HRR), ask the staff to present to your class on a sexual health topic.

Websites for Teens about Sexual Health

www.nyc.gov/teen - This website is full of health information for teens in New York City, including the Teens in NYC clinic guide, information on birth control, finding support for teen dating violence and hotlines teens can call to talk to someone right away. The site was created by the NYC Health Department.

www.plannedparenthood.org/info-for-teens/ - This page on the Planned Parenthood website is dedicated just to teens. This site discusses topics such as dating, family, LGBTQ-related information and much more.

<http://www.plannedparenthood.org/health-topics/birth-control-4211.htm> - This page on the Planned Parenthood website provides detailed information on each birth control method, including how it works and whether it's available over the counter or at the doctor's office.

www.sexetc.org - *Sex etc.* is created by teens, for teens. The site was created by *Answer*, based at Rutgers University Center for Applied Psychology.

www.advocatesforyouth.org - This website is very helpful for teens who are interested in becoming more politically active. It includes information for LGBT youth, peer education programs and youth and HIV, and has links to other teen-friendly websites.

<http://kidshealth.org/teen/> - This website is for both teens and adults who work or care for teens. *KidsHealth* is the largest and most visited online site providing doctor-approved health information about children from before birth through adolescence. It was created by The Nemours Foundation's Center for Children's Health Media.

<http://maybetheiud.org/> - *Maybe the IUD*, created by the National Institute for Reproductive Health, provides information about IUDs. At this site, teens will find comprehensive information on how the IUD is used, types of IUDs, how the IUD compares to other birth control methods, common myths and facts and where to get an IUD.

Websites for Facilitators about Adolescent Sexual Health

This is a list of websites that facilitators can explore to familiarize themselves with additional information about adolescent sexual health, including how birth control works, STIs and emergency contraception.

www.plannedparenthood.org - *Planned Parenthood* is a leading provider of reproductive healthcare, sex education and advocacy. Through their website, you will find reliable information on various sexual health topics, including birth control, STIs, relationships and sexual orientation.

http://www.reproductiveaccess.org/fact_sheets.htm - *The Reproductive Health Access Project* seeks to ensure that women and teens can get birth control and abortion from their primary care clinicians. You will find fact sheets about birth control methods that are downloadable and printer friendly.

<http://recapp.etr.org/recapp/> - This is the *Resource Center for Adolescent Pregnancy Prevention*. Every month has a different theme, including a learning activity and information on learning theories and skill building.

www.advocatesforyouth.org - *Advocates for Youth* is dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health.

<http://answer.rutgers.edu> - *Answer*—part of the *Center for Applied Psychology at Rutgers University*—is a national organization dedicated to providing and promoting comprehensive sexuality education to teens and the adults who teach them. You can find sample lesson plans and activities for teens. The site also provides professional development trainings on various sexuality education topics.

www.goaskalice.columbia.edu - The *Columbia University Health Education Program* runs this website. Its format is similar to a “Dear Abby” column, but about sex, relationships, drugs and many other health-related issues. The site excels at answering the types of questions that many people think of but are afraid to ask in person. The answers are always very accurate and non-judgmental.

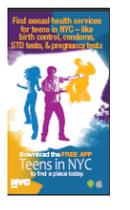
www.siecus.org - This is the website of the *Sexuality Information and Education Council of the United States*. It provides information on sexuality, including research, resources, curricula, advocacy, policy, and an e-newsletter you can sign up for.

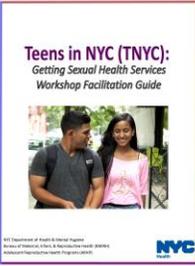
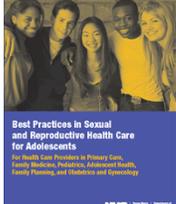
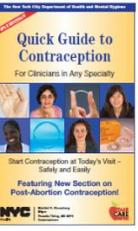
<http://www.guttmacher.org/media/video/> - The *Alan Guttmacher Institute* (AGI) is a nonprofit organization focused on sexual and reproductive health research, policy analysis and public education. The site features brief videos describing the importance of access to contraception.

**NYC Department of Health and Mental Hygiene
Bureau of Maternal, Infant and Reproductive Health
Sexual Health Education Materials Order Form**

If you would like to order any of the print materials please provide your mailing information and quantities requested.
Send to jpena5@health.nyc.gov or fax to 347-396-4565.

| |
|-----------------|
| Name: |
| Facility: |
| Address: |
| Phone or email: |

| For Youth-Serving Professionals | | Language | Quantity |
|---|--|--------------------------------|---------------------------------|
|  | Contraceptive Tear-off Sheet http://www.nyc.gov/html/doh/downloads/pdf/csi/contrakit-pt-birthctrl-fact.pdf | English | |
| | | Spanish | |
|  | Health Bulletin: How to Prevent Pregnancy and Sexually Transmitted Infections http://www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews10-07.pdf <i>Print copies also available by calling 311</i> | English | Please call 311 to order |
| | | Spanish | |
| | | French | |
| | | Mandarin Chinese | |
|  | "My condoms & her birth control" Poster (11"x17") <i>PDF Available upon request</i> | English/Spanish (double-sided) | |
|  | "My birth control & his condoms" Poster (11"x17") <i>PDF Available upon request</i> | English/Spanish (double-sided) | |
|  | Teens in NYC Print Guide Includes list of clinics that offer sexual and reproductive health services for adolescents http://www.nyc.gov/html/doh/downloads/pdf/std/teens-clinics.pdf <i>Print copies also available by calling 311</i> | English | |
|  | Teens in NYC Mobile App Palm card See below for more information on the Teens in NYC Mobile App <i>PDF Available upon request</i> | English | |

| | | | |
|--|---|--|-----------------|
|  | <p>Teens in NYC: Getting Sexual Health Services Facilitation Guide</p> <p>Easily facilitate a 45-minute workshop for teens aged 13-19, in any setting, that features an interactive role-play and helps teens locate a clinic in their community using the Teens in NYC clinic guide</p> <p><i>PDF Available upon request</i></p> <p>http://www.nyc.gov/html/doh/teen/html/sexual-health-pregnancy/workshop-guide.shtml</p> | English | |
|  | <p>Women's Health Card</p> <p>Focuses on pregnancy-related and long-term risks of chronic disease, and provides tips for women to stay healthy</p> <p>http://www.nyc.gov/html/doh/pregnancy/html/before/index.shtml</p> | English Spanish Haitian Creole Mandarin Chinese | |
|  | <p>TeenSpeak About Sexual Health: The Real Truth from Real Teens</p> <p>Colorful and easy-to-read brochure developed by teens for teens about adolescent sexual and reproductive health</p> <p>http://www.nyc.gov/html/doh/teen/html/sexual-health-pregnancy/sexual.shtml</p> | English Spanish French | |
|  | <p>My birth control + his condoms Condom Wrappers</p> <p>A stylish condom wrapper delivering the dual protection message as well as instructions on how to properly use a condom.</p> <p>NYC organizations can also order free condoms: For male condoms, email condoms@health.nyc.gov For female condoms, email femalecondom@health.nyc.gov</p> | English | |
| For Clinical Providers | | Language | Quantity |
|  | <p>Best Practices in Sexual and Reproductive Health Care for Adolescents</p> <p>http://www.nyc.gov/html/doh/downloads/pdf/ms/adolescent-sex-best-practices-online.pdf</p> | English | |
|  | <p>Quick Guide to Contraception</p> <p>http://www.nyc.gov/html/doh/downloads/pdf/ms/contra-guide.pdf</p> | English | |
| Online Resources | | | |
|  | <p>Sexual and Reproductive Health Care for Adolescents Providers Website</p> <p>Includes information on Best Practices and Teens in NYC Web-based Portal</p> <p>http://www.nyc.gov/html/doh/html/living/adolescent-sexual-health.shtml</p> | | |



Teens in NYC Mobile App (Apple and Android)

- **Where to go** – Search providers by sexual and reproductive health service, birth control method, and location.
- **What to get** – Find brief condom and birth control information.
- **What to expect** – View videos about what to expect at a clinic visit. (See more information on videos under NYC Teen Website.)

Search for Teens in NYC on [Apple](#) or [Android](#) mobile phones.



NYC Teen Website

- **Teens in NYC Online Clinic Locator**
Search providers by sexual and reproductive health service, birth control method, and location <http://www.nyc.gov/html/doh/teen/html/sexual-health-pregnancy/clinics.shtml>
- **Clinic Visit Videos** depict teens making sexual health decisions and choosing dual protection:
 - **Jennifer & Jonathan's Story** – IUD, condoms and birth control ring
 - **Samantha's Story** – birth control pills and condoms
 - **Anaya's Story** – emergency contraception, birth control pills and condoms
 - **Chris' Story** (Coming soon!) – the shot, condoms and STD testing

<http://www.nyc.gov/html/doh/teen/html/dating-friends/sexual-health.shtml>



Teens in NYC Facebook Page

Get info, videos and updates on what's important to teens today! Comment and share.

www.facebook.com/teensinnyc

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**NYC Department of Health and Mental Hygiene
Bureau of Maternal, Infant and Reproductive Health
Adolescent Reproductive Health Program**

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