

TeenSpeak

About Sexual Health



The Real Truth from Real Teens

NYC
Health



Special thanks to the Bronx Teens Connection's Youth Leadership Team

› What is sexual health?

It's a lot of things. It's knowing how to prevent pregnancy and sexually transmitted diseases. It's knowing where to get health services and understanding your right to confidential care. It's also about learning what it takes to have a healthy relationship.

We're TeenSpeak. We're New York City teens who know how hard it can be to get the help and information you need. We hope this booklet provides answers to your questions about sexual health.

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› TeenSpeak About...

Relationships

Treat your partner the way **you want** them to treat you.

My man really understands me and **encourages** me to go after **my dreams**.

Good communication is important. When you talk with your partner, you **understand** each other better and make the relationship **stronger**.



› What You Should Know

Whether you're straight or gay, a healthy relationship means you:

- can express yourself honestly, without fear
- make decisions together
- have sex only when you both feel it's right
- feel respected and valued
- feel supported to follow your goals and dreams

Signs you're in an unhealthy relationship include a partner who:

- calls, texts or IMs you constantly
- checks your email without your OK
- embarrasses or insults you in front of other people
- doesn't let you spend time with anyone else
- criticizes the way you look
- threatens to hurt you if you break up

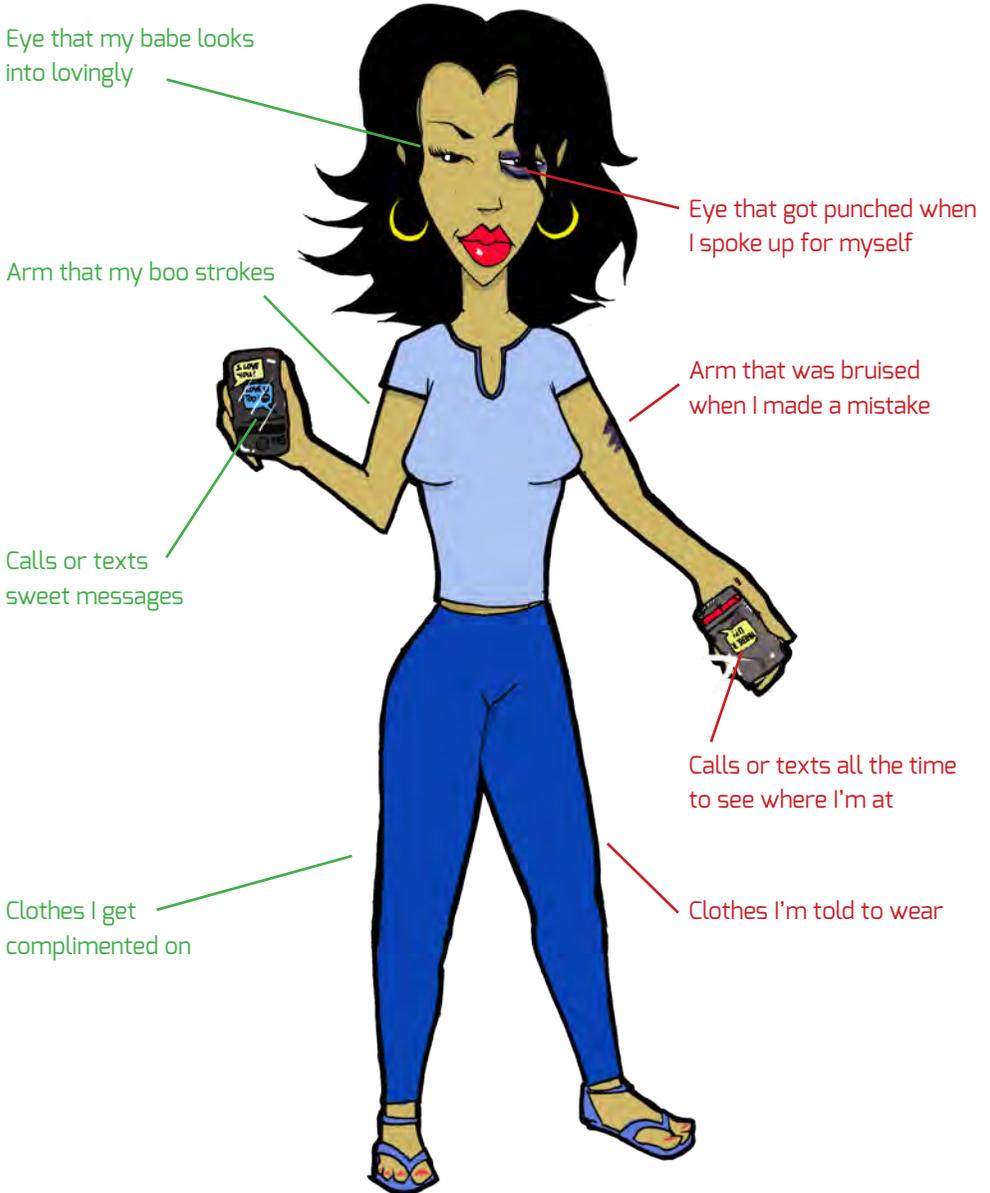
› Looking for More Info?

- › nyc.gov and search for **Healthy Relationship**
- › loveisrespect.org
- › dayoneny.org

If you do not feel safe in your relationship,
call **800-621-HOPE (4673)** or **311**.
In an emergency, call **911**.



Which Side Describes



Your Relationship?

Tells me how smart I am

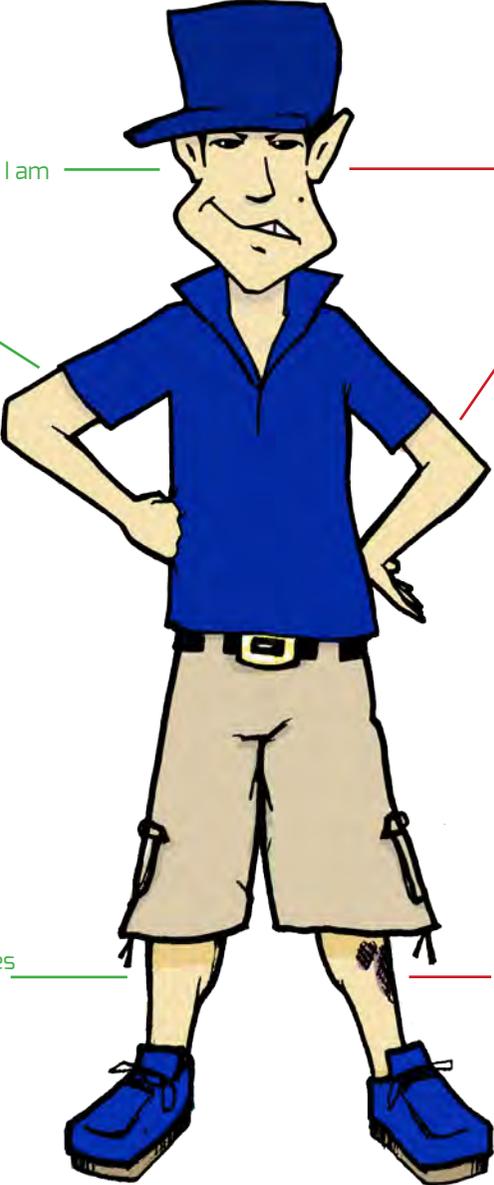
Tells me I'm not worth anything

Arm my baby holds onto when we walk in the park

Arm that's criticized for being 'too skinny'

Leg my baby touches when we watch TV

Leg that was bruised when I smiled at someone else



> TeenSpeak About... Birth Control

You should use **both**
birth control **and** condoms
every time you
have sex.

The pill, patch and IUD
are **great ways** to
avoid getting pregnant.

There's a method
for **you**.
Explore your options.



› What You Should Know

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
- › stayteen.org

› TeenSpeak About...

The Right to Sexual Health Services

My boyfriend and I go to the clinic **together**. I'm **glad** he's there, but it's good to know I can go **alone** without anyone knowing.

I know I can go to the clinic on my own, but I wanted to **talk** to my mom about it. She was **great** and **encouraged** me to get health services.

I always thought my parents needed to give the OK to get birth control. I was **wrong**. I **can go myself** to the clinic by **myself** and get it there.



› What You Should Know

You have a legal right to get any of these health services without the permission or knowledge of your parents, guardians, boyfriend or girlfriend or anyone else:

- birth control
- emergency contraception (often called Plan B)
- pregnancy tests
- HIV tests
- testing and treatment for STDs
- abortion

These services are confidential, meaning that no one at the clinic can tell anyone when or why you were there – unless you say so.

› Looking for More Info?

› nyclu.org/TAP



› TeenSpeak About... Sexual and Reproductive Health Services

I was **scared** about going to a clinic. What would they **ask?** I didn't have to be afraid at all. **No one judged** me. The staff listened and **helped** me get the services I needed.

My visit to the **clinic** was nothing like I thought it would be – the doctors were **mad cool** and all of my information was kept **private**.

Through the **Teens in NYC app**, I found out about **so many** teen-friendly **clinics** around the city.



› What You Should Know

There are many clinics in the city that provide teens with confidential, free or low-cost services, including:

- condoms
- birth control
- emergency contraception (also called Plan B)
- STD testing and treatment
- HIV testing
- pregnancy testing
- abortion

Confidential services mean that no one will know that you attended the clinic or what services you received unless you tell them.

When you go to the clinic, you may be asked for:

- photo ID, like a school ID card
- insurance card, if you have one

The staff can answer any questions you have about sex, your body, condoms, birth control or STDs.

When meeting with the doctor, be honest. It's important that the doctor knows everything so he or she can give you the best care.

› Looking for More Info?

For a clinic near you:

- › Download the free *Teens in NYC* app on your iPhone or Android
- › Call **311** or text **311NYC**
- › nyc.gov and search for **NYC Teen**



› TeenSpeak About... Sexually Transmitted Diseases (STDs)

The **best** way to
protect yourself
from STDs is to **use**
condoms.

Sex without a
condom can be **risky**.
Even if you don't see
bumps on your
penis or vagina, go
get checked.



I was really **scared**
I might have an STD.
I talked with my girl
and, together, we
went to the clinic and
talked to the doctor.
She helped us **relax**,
and we **got** the
help we needed.

› What You Should Know

- You can get an STD, also called a sexually transmitted infection (STI), from any kind of unprotected sex (sex without a condom):
 - vaginal sex (when the penis enters a partner's vagina)
 - anal sex (when the penis enters a partner's anus or butt)
 - oral sex (when you put your mouth on a partner's vagina, penis or anus or butt)
- Chlamydia and gonorrhea are the most common STDs. They're easy to treat. But if left untreated, they can cause serious damage to your body.
- HIV is another serious infection you can get. If you're having sex and don't know your HIV status, ask the doctor for a test.
- Many people with an STD have no symptoms. If you're having sex, get checked – even if you don't feel sick or are in a steady relationship.

If you are having sex, using a condom is the best way to help prevent STDs, including HIV. Use one every time you have sex.

› Looking for More Info?

For a clinic near you:

- › Download the free *Teens in NYC* app on your iPhone or Android
- › Call **311** or text **311NYC**
- › nyc.gov and search for **NYC Teen**

For condoms:

- › Download the free *NYC Condom Finder* app on your iPhone, Android, BlackBerry or Windows phone
- › Call **311** or text **311NYC**
- › nyc.gov and search for **Condoms**

To learn more about STDs:

- › nyc.gov and search for **NYC Teen**
- › teenwire.org and search for **STD**



For clinics serving teens:

Search **NYC Teen** at nyc.gov, call **311**,
download the **Teens in NYC** app or scan here



For more copies, call **311**.

