

# Teens Rights to Reproductive and Sexual Health Services

## What are my rights to birth control, HIV and STD testing, and privacy?

Young people’s access to birth control, confidential visits with a healthcare provider, and HIV and STD testing vary from state to state. Visit [www.plannedparenthood.org](http://www.plannedparenthood.org) to find your nearest Planned Parenthood clinic. Or Google your state, county, and/or community name and “Health Department” to find a local health department clinic.

In some states a doctor may have the right to inform your parents of the services they have provided you. Find the law in your state by visiting [www.sexetc.org/state](http://www.sexetc.org/state)

But, clinics that receive a certain type of government funding are required by law to offer confidential services, including HIV and STD testing and prescriptions for birth control, to all young people. Over 4,600 clinics nationwide receive this type of funding. That means that Planned Parenthood clinics, and many state and local health departments, hospitals, community health centers, and independent clinics all offer confidential services. Some services offered by these clinics include:

- Pelvic exams and pap tests
- Safer sex counseling
- Prescriptions for birth control
- Administering Depo-Provera (the shot) or inserting an IUD
- Counseling about abortion and abortion services

Many clinics offer free or reduced services, and you can pay in cash. If you pay for your bill by using your family’s health insurance, the bill may be sent to your parents and they may see that you have received services.

Some steps to make sure your visit is private are:

- Call the clinic or healthcare provider before you go to learn what their policies are.
- Tell the clinic staff how to contact you personally without your parents’ knowledge.
- Ask about reduced pricing, and pay in cash.

## Can I get emergency contraception (aka “EC” or “the morning after pill”)?

You can take EC to prevent pregnancy after unprotected or unwanted sex. It works best if you take it 12 hours or less after unprotected sex but may still work if you take it up five (5) days after unprotected sex. It is more effective the earlier you take it. It contains a strong dose of the same hormones in regular birth control pills and will not cause an abortion.

If you are 17 or older you can go directly to a pharmacy and ask to buy emergency contraception. You can ask for Plan B or Next Choice (a generic version of Plan B). Be sure to bring ID with you. Males 17 or older can also buy EC from a pharmacy.

Girls under 17 can get emergency contraception from a health care provider or at Planned Parenthood.

## How can I get a pregnancy test?

You do not need a prescription from a health care provider to get a pregnancy test. You can purchase a pregnancy test from a drugstore, grocery store, or online. They cost between \$10 and \$18. You can also get a pregnancy test at a clinic.

## Where can I get condoms?

You can get condoms for free at most clinics but you can also purchase them at any drug store regardless of how old you are. Condoms cost between \$5-\$20 per box.

## How can I talk about condoms and contraception with my partner?

It can be hard to talk to a partner about condoms and contraception. But unprotected sex puts you both at risk. Here are a few tips to make the conversation a success:

Know what you want and don’t want. Don’t engage in any sexual behavior that makes you uncomfortable, but always protect yourself. Remember, the more you engage in safer sex practices, the less your risk of STIs and pregnancy.

Discuss abstinence, sex, and safer Sex. Be honest about your sexual history and your sexual health. Discuss and make mutual decisions on your safer sex options. Go together to get tested for sexually transmitted infections (STIs). Educate yourself about safer sex options and make sure you are prepared to discuss them.

State what you want, and don’t want, clearly. Don’t be afraid! You have the right to protect yourself and to state your needs. If your partner doesn’t respond in a supportive way, then think about the relationship as a whole and if your partner respects and cares about you. No one should ever ask you to compromise your health and well-being!

## Advocates for Youth

Established in 1980 as the Center for Population Options, Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.

If you would like more information about contraceptive access or methods of contraception, visit [www.amplifyyourvoice.org/issues/contraceptiveaccess](http://www.amplifyyourvoice.org/issues/contraceptiveaccess)

Check out Advocates for Youth’s websites:

**Advocates for Youth**  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

**Amplify**  
An online youth activism hub with information, resources, and advocacy opportunities  
[www.amplifyyourvoice.org](http://www.amplifyyourvoice.org)

**MySistahs**  
Information and support by and for young women of color  
[www.mysistahs.org](http://www.mysistahs.org)

**YouthResource**  
Information by and for gay, lesbian, bisexual, transgender, and questioning youth  
[www.youthresource.org](http://www.youthresource.org)

Did you know? A sexually active teen who does not use birth control has a 90% chance of becoming pregnant in the first year.

Advocates for Youth shall not be liable for any direct, indirect, incidental, consequential, or any other damages resulting from the use of the information contained herein.

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# respect yourself protect yourself

## birth control and STD prevention options for teens



Rights. Respect. Responsibility.

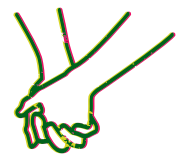
# how well do they work?

## METHODS YOU CAN USE TO PREVENT PREGNANCY

### PREVENTING PREGNANCY AND STDs, INCLUDING HIV

the only methods you can use that prevent pregnancy AND reduce the risk of STDs, including HIV:

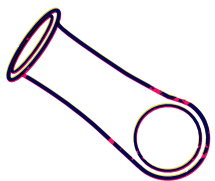
**abstinence**  
**100% EFFECTIVE**  
 in preventing pregnancy and STDs, including HIV when used consistently and correctly every time



**male condom**  
**98% EFFECTIVE** against pregnancy, **99% EFFECTIVE** against HIV, and also reduces the risk of many other STDs when used consistently and correctly every time



**female condom**  
**95% EFFECTIVE** against pregnancy and may reduce the risk of STDs, including HIV, when used consistently and correctly every time

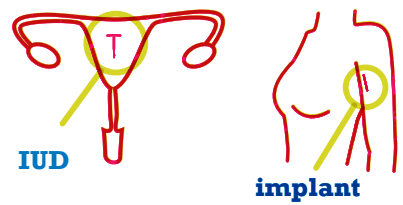


**did you know?**  
 Dental dams as a barrier between the mouth and genitals may reduce the risk of getting an STD, including HIV, through oral sex.

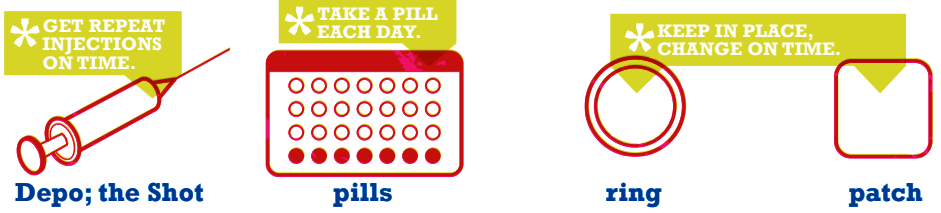
Remember to use your protection method each and every time you have sex.

### PREVENTING PREGNANCY

**MORE EFFECTIVE**  
 Less than 1/100 women will get pregnant in one year using these methods



With typical use, less than 8/100 women will get pregnant in one year using these methods



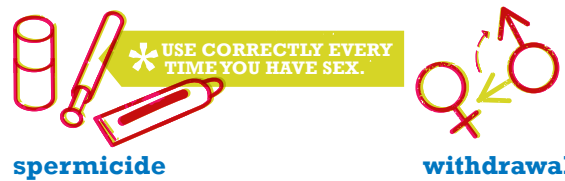
WHEN USED CORRECTLY AND EVERY TIME LESS THAN 1/100 WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

With typical use, between 15/100 and 21/100 women will get pregnant in one year using these methods



WHEN USED CORRECTLY AND EVERY TIME --- 2/100 --- 6/100 --- 5/100 --- 9/100 --- WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

**LESS EFFECTIVE**  
 With typical use about 29/100 women will get pregnant in one year using these methods



WHEN USED CORRECTLY AND EVERY TIME --- 18/100 --- 4/100 --- WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

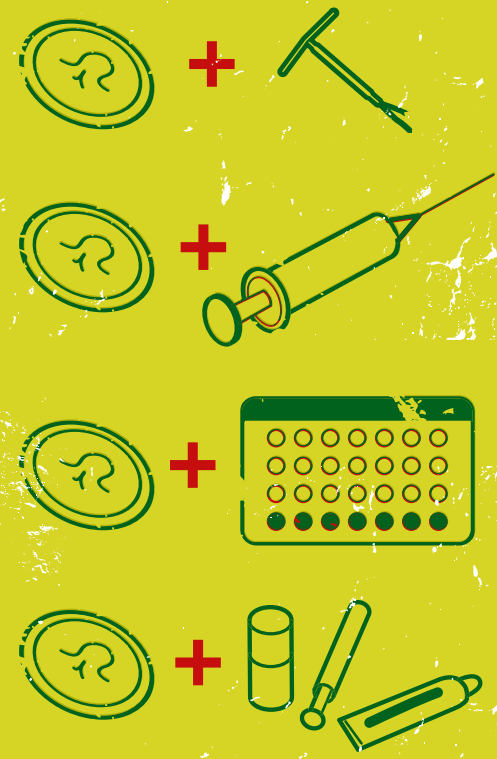
**LEAST EFFECTIVE**  
 85/100 women will get pregnant in one year using no method



Be prepared! Use protection the first time you have sex.

Find a method you like and stick with it.

**two methods are better than one**  
 (for example a condom and the patch or a condom and the pill).



One method is better than none!

Both you and your partner are responsible for protection.

Sources: Comparing effectiveness of birth control methods <http://www.plannedparenthood.org>; Contraceptive Options 2008 Bridging the Gap Communications, Inc.; Hatcher RA et al. Contraceptive Technology. 19th rev. edition. New York, NY: Ardent Media, 2007