

IT'S YOUR BODY

AND YOUR HEALTH.

TAKE CARE OF IT.

Learn what you need to
know to take charge of
your sexual health.

Thrive
SEXUAL HEALTH COLLECTIVE FOR YOUTH

SEXUAL HEALTH RESOURCE GUIDE



This guide was developed to inform teens, and the adults in their lives, about the importance of sexual health, how to achieve it and where young people can go for sexual health services.

Adapted from: Altarum Institute. "Take Charge Of Your Sexual Health: What You Need To Know About Preventive Services"
Washington, DC: Altarum Institute; 2014.

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SEXUAL HEALTH



Taking care of yourself means taking care of your sexual health, too.

Being sexually healthy means valuing and feeling good about yourself, avoiding sexually transmitted infections (STIs) and/or an unplanned pregnancy and enjoying positive relationships. Talking about sexual health with trusted adults can be a great way to achieve sexual health. Just as it is important for you to speak openly with your healthcare provider, trusted adults can help answer your questions and support you in making important decisions.

TAKING CHARGE OF YOUR SEXUAL HEALTH

VALUE WHO YOU ARE AND DECIDE WHAT IS RIGHT FOR YOU

It is up to you to decide if and when you choose to have sex. Think about what you want and use that to define your personal values, desires and boundaries. These things might change throughout your life, and that is okay. You know yourself more than anyone, so be honest with yourself.

EDUCATE YOURSELF ABOUT YOUR BODY AND ACT RESPONSIBLY

Learn about how your body works, rely on trusted sources and explore ways to express yourself that make you feel comfortable. If you are sexually active, protect yourself and your partner(s) from STIs and unplanned pregnancies by using condoms along with other forms of contraception.

TREAT YOUR PARTNERS WITH RESPECT AND EXPECT THE SAME

Build positive and healthy relationships by being open and honest with your partner(s) about your desires, boundaries and sexual health. A relationship should make you feel comfortable, safe and good about yourself. Partners should respect your boundaries and not pressure or force you to do something you do not want to do. You should also respect your partner(s) in the same way.

MAKE SEXUAL HEALTH PART OF YOUR HEALTHCARE ROUTINE

Sexuality is a part of life. This is something you should feel good about and not have to stress over. Practicing and making a habit of having open conversations with your healthcare provider, partners and the trusted adults in your life will help protect your sexual health and well-being. Wellness check-ups are a good time to ask questions and share any concerns with your healthcare provider.

Don't forget, abstinence is the best way to prevent unplanned pregnancy and the sexual transmission of STIs. Lots of teens choose to practice abstinence to take charge of their sexual health, too!

PREVENTIVE SEXUAL HEALTH SERVICES

These services help you stay healthy and identify and treat any problems early. The following preventive sexual health services are recommended for most people and your healthcare provider can help you decide which ones you need. Find out what puts you at risk below. Even if you do not have symptoms, screenings can help detect STIs. The sooner STIs can be treated, the better, which can help prevent more serious problems from developing. Remember, wellness check-ups are a good time to ask questions and share any concerns with your healthcare provider.

SCREENING FOR SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections (STIs), or sometimes also called sexually transmitted diseases (STDs), are infections that can spread from one person to another through sexual contact.

FOR THOSE WHO ARE SEXUALLY ACTIVE

Screening at least once a year is recommended for chlamydia, gonorrhea and HIV. Regardless of the type of relationship you are in, even if you think your partner(s) only has sex with you, these preventive services are recommended if you are currently sexually active or have had sex in the past.

Screenings for STIs like syphilis, trichomoniasis and hepatitis (B,C) may also be recommended by your healthcare provider. Your healthcare provider can help determine if you have symptoms or are at high risk and should be screened.

FOR THOSE WHO ARE PREGNANT

Screening for STIs is especially important when pregnant because STIs can affect the health of the baby. For pregnant people aged 24 and younger, screening is recommended for chlamydia, gonorrhea, syphilis, HIV and hepatitis B within the first trimester. Additional screening is recommended in the third trimester for those at continued risk for STIs.

CERVICAL CANCER SCREENINGS

Screening for cervical cancer is not recommended for adolescents and young women under the age of 21. This screening involves a Pap test that looks for cells on the cervix that could be cancerous. Screening is recommended every 3 years, but may be required more often if a person has abnormal results. A Pap test does not test for STIs, nor does it test for other cancers of the reproductive system.

HUMAN PAPILLOMAVIRUS (HPV) IMPORTANCE OF GETTING VACCINATED

HPV is extremely common. Some types of HPV can cause genital warts and others can cause cancer (cervical, anal, penile, vaginal, vulvar and oral). Guarding against HPV requires early prevention, before someone is exposed to the virus through sexual or intimate contact. Vaccines are recommended for both females and males and may be given beginning at age 9, but can be given to adolescents and throughout adulthood. Talk to your parents or guardians and a healthcare provider for more information about getting vaccinated against HPV.

SCREENING FOR INTIMATE PARTNER VIOLENCE

Relationships can be complicated and look different for everyone, but dating abuse is never okay. Tell your healthcare provider if you are experiencing dating violence or abuse (physical, verbal or sexual). They can connect you to resources that will help you. Abuse can include:

- Forcing you to engage in sex or unprotected sex
- Controlling your reproductive choices like forcing you to get pregnant or to not use birth control
- Hitting, kicking or slapping you
- Threatening you and trying to control what you do and where you go

*See page 16 for resources and help for partner violence

AM I AT RISK FOR AN STI?

STIs often have no symptoms, so you cannot always tell if you or your partner(s) has an STI. Your sexual health is at risk if any of the following apply to you or your partner(s):

- Had unprotected vaginal, anal or oral sex (without a condom or other barrier method)
- Have multiple partners
- Have an STI, including HIV
- Have shared injection drug equipment, including needles and syringes
- Have exchanged sex for money or drugs
- You do not know the sexual health status of your partner(s)

CONTRACEPTION + STI PREVENTION

BIRTH CONTROL METHODS

Preventing unintended pregnancies is important for teens who are sexually active. If you want to avoid a pregnancy or if you know you are not ready to become a parent, talk to your healthcare provider to learn more about birth control and finding a method that is right for you. **Below are some common methods your healthcare provider should review with you.**

THESE METHODS WORK REALLY, REALLY WELL WITH NO EFFORT!



IUDs

Hassle-free protection for at least 3 years



IMPLANT

Hassle-free protection for up to 3 years

THESE METHODS WORK WELL WITH EXTRA EFFORT!



SHOT

For use every 3 months



NUVA RING

For use every month



PILLS

For use every single day

Find a method that is right for you at www.mybirthcontrolapp.org

The information provided in the app is not a substitute for the recommendations of your healthcare provider.

EMERGENCY CONTRACEPTION

Your healthcare provider can also tell you about emergency contraception (EC), or the “morning after pill.” EC works best when used within 72 hours of unprotected sex to lower one’s chances of pregnancy. Emergency contraception can be purchased at most pharmacies without a prescription regardless of your age, or online if you are at least 18 years old. **Remember that EC is not meant to be your regular form of birth control. Check out the methods listed on the previous page to find a more reliable and effective form of contraception. Make sure to consult a pharmacist or healthcare provider if you have questions or concerns about how to use EC and its effectiveness.**

THESE METHODS HELP PREVENT PREGNANCY AFTER UNPROTECTED SEX!

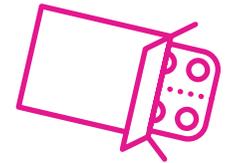


ELLA & OTHERS

Works best when taken within 120 hours of unprotected sex

Reminder: A prescription from a doctor is needed to purchase Ella.

*Ella may be less effective for those weighing over 195 lbs and Plan B may be less effective for those weighing over 175 lbs.



PLAN B & OTHERS

Works best when taken within 72 hours of unprotected sex

BARRIER METHODS

When it comes to being sexually active, birth control is great at protecting against unplanned pregnancies. But you need to protect yourself and your partner(s) against STIs, too. If you are sexually active, condoms and other safe sex barrier methods are the best way to protect yourself from STIs like HIV. External (male) condoms and internal (female) condoms are the only birth control method that helps prevent STIs. More importantly, you can use one with any of the contraceptive methods listed in this section. You can get condoms for **FREE** without an appointment and without a parent or guardian at any of the teen-friendly clinic sites listed in this guide. Condoms can also be purchased at most pharmacies, grocery stores and convenience stores. Be sure to check the expiration date!

USE A CONDOM WITH ANY OTHER METHOD FOR STI PROTECTION!

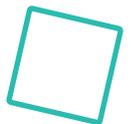


EXTERNAL CONDOM

Use a new condom every time! Only use one type of barrier method at a time.



INTERNAL CONDOM



DENTAL DAM

KNOW YOUR RIGHTS AS A MINOR



In Oklahoma, if you are under the age of 18, you are considered a minor.

Take a look at the chart on the following page to understand how being a minor affects your access (or ability to “self-consent”) to preventive sexual health services.

Confidentiality is a legal contract to make sure that your personal medical information will be kept a secret from everyone, unless you give permission to share it. In Oklahoma, a provider cannot keep secret disclosures of harm or abuse to oneself or another person.

Mandated reporting refers to the legal requirement to report any suspicion of child abuse or neglect to appropriate authorities. In Oklahoma, all adults 18 years of age and older are mandatory reporters.

DHS CHILD ABUSE AND NEGLECT HOTLINE:
1-800-522-3511

STI SERVICES

Teens can access STI and HIV testing and treatment without a parent **regardless of their age**. This means that teens can self-consent to STI services, including those for HIV.

Keep in mind, some clinics have their own age restrictions. Check out the list of teen-friendly clinics on pages 10-11 to see which ones do, or ask about self-consent when you call to make an appointment.

CONTRACEPTIVE SERVICES

Teens can access contraception and birth control without a parent if **they are at least 18 years old**. This means that teens generally cannot self-consent to contraceptive services. However, there are certain situations where teens can self-consent to these services.

Some teens* can access contraception if they are:

- A minor who is married
- A minor with a dependent child
- A minor who is emancipated
- A minor who is independent of their parents/guardians and supporting themselves
- A minor who is or has been pregnant, afflicted with a communicable disease or drug/alcohol abuse problem

Clinics may ask for documentation to support any of these qualifications (e.g. court orders, paystub, etc). Be sure to ask if you need to bring anything to your visit when you call to make an appointment.

Or **most teens**, through a program called TITLE X (“title ten”)

- Any minor at a Title X clinic
- A minor who is insured through SoonerCare (Oklahoma Medicaid)

Not all clinics apply! Check out the list of teen-friendly clinics on pages 10-11 to see which ones do, or ask about self-consent when you call to make an appointment.

*IMPORTANT NOTE ABOUT CONFIDENTIALITY

Even though you may be able to see a doctor without your parent, that does not assure confidentiality. Healthcare providers have the right to inform your parents about any treatment needed or provided to you at your visit. Also, if you receive services using your parent’s insurance, some private insurers will send a letter explaining the benefits used, or an “EOB,” to the address of the policy holder (i.e. parent). This means the policy holder may be informed of the services you received at your visit.

Although we encourage you and your parent/ guardian to communicate openly and honestly about sexual health, we understand that is not always the case. If you have any concerns about the confidentiality of your visit, be sure to ask your healthcare provider who has access to your records and who will see the bill. **TALK TO YOUR HEALTHCARE PROVIDER ABOUT CONFIDENTIALITY IF YOU HAVE ANY CONCERNS.**

CHOOSING THE RIGHT CLINIC FOR YOU

Northwest Region Northeast Region Southwest Region Southeast Region

ALL OF THE CLINICS LISTED BELOW PROVIDE SERVICES FOR STI TESTING AND TREATMENT, BIRTH CONTROL, PREGNANCY TESTING, EMERGENCY CONTRACEPTION AND FREE CONDOMS. CHECK OUT THE CLINIC WEBSITES BELOW FOR A LIST OF ADDITIONAL SERVICES.

CLINICS

	Mary Mahoney Memorial Health Center	Perry A. Klaassen Family Medical Center	OKC-County Health Department SOUTHERN OAKS CLINIC	OKC-County Health Department WEST HEALTH CLINIC	OKC-County Health Department GARY COX HEALTH CLINIC	OKC-County Health Department GCPB: TEEN HOURS	Planned Parenthood	Variety Care LAFAYETTE CLINIC	Variety Care TEEN CLINIC @ LAFAYETTE	Variety Care BRITTON CLINIC	Variety Care MID-DEL CLINIC	Variety Care TEEN CLINIC @ MID-DEL	Variety Care NORTHWEST CLINIC	Oklahoma City Indian Clinic
WEBSITE	communityhealthok.org	communityhealthok.org	occhd.org	occhd.org	occhd.org	occhd.org	ppgreatplains.org	varietycare.org	facebook.com/teenclic	varietycare.org	varietycare.org	facebook.com/teenclic	varietycare.org	okcic.com
PHONE	(405) 769-3301	(405) 419-9800	(405) 419-4119	(405) 419-4150	(405) 419-4200	(405) 419-4200	(405) 528-2157	(405) 632-6688	(405) 882-3598 (Text Only)	(405) 632-6688	(405) 632-6688	(405) 882-3598 (Text Only)	(405) 632-6688	(405) 948-4900
LOCATION	12716 NE 36th Street	1901 Springlake Drive	6728 S Hudson Avenue	4330 NW 10th Street	2700 NE 63rd Street	2700 NE 63rd Street	619 NW 23rd Street	500 SW 44th Street	500 SW 44th Street	721 W Britton Road	3851 Tinker Diagonal St	3851 Tinker Diagonal St	4023 NW 10th Street	4913 W. Reno Ave
HOURS	M, W, Th: 7:30am-5pm Tues: 7:30am-7pm Fri: 10am-5pm	M-Thu: 7:30am-5pm Fri: 10am-5pm 1st & 3rd Sat: 8am-2pm	M-Th: 8am-4pm Fri: 8am-12pm	M-Th: 8am-4pm Fri: 8am-12pm	M-Th: 8am-4pm Fri: 8am-12pm	3rd Wednesday January - June: 4pm - 6pm	Mon: 11am-5pm Tues: 11am-7pm Wed: 9am-3pm Thurs: 10am-4pm Fri: 8am-3pm Sat: 8:30am-1pm	Mon-Fri: 8am-6pm Saturday: 8am-12pm	3:30pm-6pm* (*see FB/website for hours & dates)	Mon-Fri: 8am-5pm	Mon-Fri: 8am-5pm	3:30pm-6pm* (*see FB/website for hours & dates)	Mon-Fri: 8am-5pm	Mon-Fri: 8am-5pm

APPOINTMENTS

BY PHONE	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes
ONLINE	No	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	Yes	No
WALK IN	Yes (depending on availability)	Yes (depending on availability)	No	No	No	Yes	No							

NO OR LOW COST OF SERVICES

USING INSURANCE CO-PAY MAY APPLY	Yes	No	Yes	Yes	No	Yes	No cost, must be a member of a federally recognized tribe and a current registered patient to receive services							
USING SLIDING SCALE FEE BASED ON ABILITY TO PAY	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	
NO COST TO TEENS	No	Yes	Yes	Yes	Yes	Yes	Yes							

SELF-CONSENT TO SERVICES (No Parent Permission Required If...)

* (See: Know Your Rights) Teens insured through Medicaid (SoonerCare)

STI TESTING & TREATMENT	All teens PrEP treatment 15 yrs of age & older	All teens PrEP treatment 15 yrs of age & older	12 yrs of age & older	12 yrs of age & older	12 yrs of age & older	12 yrs of age & older	All teens	All teens	13 - 19 years of age	All teens	All teens	13 - 19 years of age	All teens	All Native teens (must establish a chart) Some Native teens; Native teens insured through SoonerCare - depending on OKCIC policies
BIRTH CONTROL	*Some teens	*Some teens	All teens (Title X clinic)	*Some teens	*Some teens	*Some teens	*Some teens	*Some teens	*Some teens	*Some teens				

TRANSPORTATION: EMBARKOK.COM

Discounted fares for Middle and High School students. Learn how to get your Haul Pass at <http://embarkok.com/use/programs/haul-pass>

BUS ROUTE	019	022	040	038	022	022	023	040	040	005	N/A	N/A	038	009
	SPENCER	MARTIN LUTHER KING	S WALKER	10TH ST CROSSTOWN	MARTIN LUTHER KING	MARTIN LUTHER KING	23RD ST CROSSTOWN	S WALKER	S WALKER	MEMORIAL ROAD			10TH ST CROSSTOWN	W RENO CROSSTOWN

PREPARING FOR YOUR CLINIC VISIT

To take charge of your health, make visiting a healthcare provider a priority.

The following information will help you access the available healthcare services in your community and find a healthcare provider that will respond to your unique needs as a teen.

WHEN CHOOSING A CLINIC, THINK ABOUT:

- How far you can travel
- How you will get there
- How you prefer to make an appointment
- Whether the clinic hours are convenient for you
- If you will access services with or without a parent
- How you will pay



BEFORE YOUR APPOINTMENT

When you go for a visit, it is up to you to know which services you need and to make sure that you get them. Be sure to ask what you need to bring with you when you call to make an appointment.

You may be asked to bring:

- Form of identification (state ID, Driver's License, School ID, Passport, etc.)
- Insurance card or number (if applicable)
- Proof of income (paystub, letter, etc.)

DURING YOUR VISIT WITH THE PROVIDER

YOU HAVE THE RIGHT TO BE TREATED WITH RESPECT NO MATTER WHAT

Your healthcare provider should:

- Keep your conversations private and explain their confidentiality policy to you.
- Make you feel comfortable and listen carefully to the issues that are important to you.
- Address all of your concerns and questions clearly and in a way that makes sense to you.
- Ask your permission before doing any test.
- Explain what they are doing and the reason why.
- Be respectful to you and support your right to make decisions about your healthcare.

Your healthcare provider should NOT:

- Make assumptions about your sexual behaviors or preferences without asking.
- Be disrespectful or shame you for your sexual behaviors or preferences.
- Be judgmental when listening to and addressing your questions or concerns.

HOW TO BRING UP THE TOPIC

Talking about your sexual health with your healthcare provider might feel awkward or uncomfortable at first, but there is no reason to be embarrassed. Your provider is there to listen to your concerns and give you advice and accurate information to keep you safe and healthy. It is important to be honest and open when talking to them about your sexual health. At your appointment, be sure to ask questions. If you don't understand something, ask your provider to clarify.

Not sure what to say? Try these conversation starters:

- "I know I am here for a check-up, but can we talk about my sexual health? I have some questions."
- "I saw an article about high rates of STIs. What can I do to protect myself?"
- "I'm in a new relationship and I'm not sure about the best ways to protect myself from STIs and pregnancy."

Questions your provider might ask you about your sexual health:

- Are you sexually active? If not, have you ever been?
- Do you have sex with men only, women only or both?
- Do you have anal, oral, and/or vaginal sex?
- Are you concerned about getting pregnant or getting your partner pregnant?
- Have you ever been coerced or pressured to have sex or do something you didn't want to do?
- Do you or your partner use alcohol or drugs when you have sex?

EXAMS & TESTING

Going to your healthcare provider for STI services or birth control usually won't require an exam. STI testing can be done by taking a urine sample or a small blood sample. However, your provider may want to do an exam of your genital area to make sure everything looks healthy. Let your healthcare provider know if you are anxious or uncomfortable. They should work with you to make you feel as comfortable as possible.

COMMON QUESTIONS TEENS ASK THEIR PROVIDERS*

- What am I getting tested for?
- Should I get tested for other things, too?
- When and how will I get my results?
- How do I know if I've got something?
- I think I have an STI, now what do I do?
- Should my partner get tested, too?
- How do I tell my partner if I test positive?
- How can I protect myself from getting STIs?
- How do I know if I am pregnant?
- Are some birth control methods better than others?
- How do I know what's the best option for me?
- What are the side effects?
- Will I have to come back for another visit?
- What if my partner doesn't want to use a condom?

You can always bring a list of questions if you are worried you might forget to ask about something that is important to you!

* Revised from: MySelfMyHealth.org, FAQ: What kind of questions should I ask during my appointment. Hennepin County: 2015.

AFTER YOUR APPOINTMENT

Following your appointment, make sure you:

- Take your prescribed medications.
- If you need help, ask for it.
- Act responsibly and continue to educate yourself about your body and health.
- Remember the importance of using protection if you are sexually active.
- Call and let your provider know if you have questions or experience uncomfortable side effects from your prescriptions.
- **Be proud that you went to the clinic!**

ADDITIONAL RESOURCES

RELATIONSHIPS & SEXUAL HEALTH TEXT HOTLINE 405-882-3598

www.facebook.com/teenclinic

PREGNANT/PARENTING INFORMATION LINE 1-888-493-0092

www.all-options.org

SUICIDE HELPLINE 1-800-273-TALK

www.heartlineoklahoma.org

DOMESTIC VIOLENCE INFORMATION LINE 405-917-9922

www.ywcaokc.org

SEXUAL ASSAULT INFORMATION LINE 405-943-7273

www.ywcaokc.org

TEEN DATING & ABUSE INFORMATION LINE 1-866-331-9474

www.loveisrespect.org

TEEN GLBT INFORMATION LINE 1-800-246-7743

www.glbtnationalhelpcenter.org/talkline/

OKLAHOMA HIV/AIDS INFORMATION LINE 1-800-535-2437

www.hopetesting.org

GENERAL INFORMATION LINE 2-1-1

www.navigateresources.net/hlok/

or text 211OK to 898-211

YOUTH CRISIS MOBILE RESPONSE 1-833-885-CARE

CRISIS TEXT LINE text HOME to 741741

TREVOR PROJECT 1-866-488-7386

or text START to 678678

WHERE TO LEARN MORE

Visit

THRIVEOKC.ORG

for more information about sexual health or
the work of the collaboration.

DON'T KNOW WHAT A TERM MEANS?

Find definitions at:
www.sexetc.org/sex-ed/sex-terms

@THRIVEOKC



START THE CONVERSATION

405.486.4974 THRIVEOKC.ORG #OKLETSTALK

