



TEEN PREGNANCY PREVENTION EDUCATION MANUAL



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Healthy relationships

In a healthy relationship, you and your partner talk honestly, listen well, and trust and respect each other.

Creating healthy relationship can consist of you doing the following:

Talking honestly

- You feel comfortable sharing your thoughts, feelings, and experiences.
- Anything private you share stays just between the two of you.
- You feel OK asking what's up if the other person seems upset.
- You can talk through conflicts.

- ✓ **Quick tip:** Being honest usually is better than avoiding your feelings. When you try to ignore your feelings, they can pop back up in unpleasant ways.

Listening well

- You care about what the other person has to say.
- You avoid distractions and look straight at the other person (and not at your phone!).
- Even if you don't agree, you try to see the other person's side.



*"Good friends should build you up and **never, ever** tear you down."*

- ✓ **Quick tip:** Try repeating what you heard to make sure you understood what the other person meant.

Trust and respect

- You feel valued for who you truly are — not surface stuff, like your clothes or looks.
- You can rely on the other person to keep promises.
- You trust the other person to understand if you make a mistake.
- You trust that the other person will support you through good times and bad.

- ✓ **Quick tip:** Try to show respect even when you argue.

Give and take

- You're assertive. You feel OK asking for what you want (and you do it respectfully).
- You aren't aggressive. You don't try to get what you want by threatening or hurting the other person.
- You negotiate. That means both people trade ideas about what to do or how to handle an issue.
- You compromise. That means each of you gives up a bit of what you want to come to an agreement on an issue.

- ✓ **Quick tip:** Remember that parents sometimes set rules that are not open to negotiation. These are often rules made to keep you safe.



Dealing with Pressure to Have Sex

The pressure is on, isn't it? Pressure about grades, after-school jobs, chores at home, what your friends want you to do, and what your parents want you to do. The pressure may be on you

when it comes to having sex or doing other sexual things before you are ready. It may seem like everybody around you is having sex. **The truth is, everybody may be talking about sex, but not every person your age is having sex.** And what about what you see on TV, in the movies, and even on-line? Sex may be everywhere, but they don't show you the whole story. You often don't see what can happen after sex - having a baby before being ready and getting sexually transmitted diseases (STDs) that can hurt you, such as herpes, chlamydia and HIV.



****Remember: It's okay not to have sex! ****

What you don't often hear about sex

- Having sex before you are ready can make you feel badly about yourself.
- If someone wants to break up because you won't have sex, then that person isn't good enough for you.
- Having sex at a young age can make it more likely to get a STD.
- Dating or hooking up with someone who is older can cause more pressure to have sex before you are ready.
- Condoms will lower your chances of getting pregnant or getting an STD such as HIV, but they do not protect you from all STDs. Birth control pills can also stop pregnancy, but they do not protect against **any** STDs. Neither method can stop you from getting hurt emotionally.

Ways you can avoid pressure to have sex

- Spend time with friends who also think it's okay not to have sex.
- Date different people and hang out with different groups of friends.
- Go out with a group instead of only the person you are hanging out with.
- Have your friends over to your house and make sure they meet your parents/caregivers.
- You can be in control anywhere you go, but your own turf can be more comfortable.
- Carry a cell phone and money for an Uber/Lyft, or call a parent/caregiver or friend if you need to get away from someone.
- Practice saying "no" ahead of time, in case someone tries to pressure you.
- Don't feel like you owe someone sex in return for a night out or a gift.



- Say "no" and mean "no" if that's how you feel - people who really care about you will respect your choice.
- Stay away from alcohol and drugs, which can make it hard to think clearly.

**If someone forces you to do anything sexually, tell a trusted adult or call the National Sexual Assault Hotline at 1-800-656-4673 (HOPE). **

**You can also call the Survivor Resource Center here in Vermilion County at 217-446-1337. **



Abstinence

What exactly is abstinence?

Abstinence means not having *any* type of sexual intercourse – vaginal, oral, or anal.

What are the benefits of choosing abstinence?

Many teens choose abstinence because they want to be 100% sure to avoid STIs (sexually transmitted infections) and pregnancy. Abstinence is the best protection against STIs, and is the only 100% effective in preventing pregnancy. Some teens also choose abstinence because of religious beliefs or because of their own values.

Who can I talk to about sex?

It can be helpful to talk about your thoughts and feelings with an adult or friend you trust and with whom you feel comfortable. Some suggestions are parents, other family members, counselors, or health care providers. It's also important to be honest with your health care provider about having sex because they can help you if any health issues arise.

How can I tell if I'm ready to have sex?

As a teen, it's normal to be curious about sex. However, you should listen to your thoughts and beliefs to help you decide when the time is right. One thing to keep in mind is that if you aren't comfortable talking to your partner about sex, you're probably not ready to have sex. Remind yourself that abstinence is the only way to completely avoid pregnancy and STIs. Most importantly, you should never feel pressured to have sex.

What if my partner is ready and I'm not?

A good relationship is about communication. It's important to talk to your partner about whether or not you're ready to have sex. You shouldn't have sex unless you both feel comfortable and that it's right for both of you.

What if I feel pressured to have sex?

No one should ever pressure you to have sex. If you decide not to have sex, that is your decision and should be respected by your partner no matter what.





Deciding to Wait

How do I know if I'm ready to have sex?

No matter what you've heard, read, or seen, not everyone your age is having sex, including oral sex and intercourse. In fact, more than half of all teens choose to wait until they're older to have sex. If you have already had sex but are unsure if you should again, then wait before having sex again.



New Feelings

Being physically attracted to another person and trying to figure out how to deal with these feelings is perfectly normal. Kissing and hugging are often accompanied by really intense sexual feelings. These feelings may tempt you to "go all the way."

Before things go too far, try asking yourself the following questions:

1. Do I really want to have sex?
2. Is this person pressuring me to have sex?
3. Am I ready to have sex?
4. What will happen after I have sex with this person?
5. How do you feel when you are with this person?
6. Is this person kind and caring?
7. Does this person respect you and your opinions?
8. Have you talked together about whether to have sex?
9. Have you talked together about using some form of protection like condoms to prevent infections, and using condoms or other forms of protection to prevent pregnancy?
10. Will you stay together even if one of you does not want to have sex?
11. Do you know if your partner has ever had sex with other people?
12. Do you feel pressured to have sex just to please your partner?

If you and your partner find it hard to talk about sex, it might be a sign that you are not ready to have sex. Open and honest communication is important in any relationship, especially one that involves sex.

Remember, you can show how you feel about someone without having sex (being abstinent) with your partner

Know the Risks

It's normal for teens to be curious about sex, but deciding to have sex is a big step.

Sex does increase your chances of becoming pregnant, becoming a teen parent, and getting a sexually transmitted infection (STI), and it may affect the way you feel about yourself or how others feel about you.

Some things to think about before you have sex are:

1. What would your parents say if you had sex?
2. Are you ready to be a parent?
3. Could you handle being told that you have an STI?
4. Do you know where to go for birth control methods?



5. How would you feel if your partner tells you it's over after you have sex?
6. How would you feel if your partner tells people at school the two of you had sex?
7. How would you handle feeling guilty, scared, or sad because you had sex?

Set Your Limits

If you don't want to have sex, set limits before things get too serious. Never let anyone talk you into doing something you don't want to do. Forcing someone to have sex is wrong.

Stick by Your Decision

If you don't know what to say, here are some suggestions.

1. "I like you a lot, but I'm just not ready to have sex."
2. "You're really fun to be with, and I wouldn't want to ruin our relationship with sex."
3. "You're a great person, but sex isn't how I prove I like someone."
4. "I'd like to wait until I'm older before I make the decision to have sex."

Remember, "no" means "no"—no matter how far you go. If you feel things are going too far sexually, tell your partner to stop.

Better Safe than Sorry

If you choose to wait to have sex, try to avoid

1. Being alone with the same person too often. Spending time with your other friends is important too.
2. Stick to your limits. Be specific, and firm in your decision.
3. Using alcohol or drugs. Both of these affect your judgment, which may make it hard to stick to your decision not to have sex.
4. Giving in to the pressure. It may be tempting to keep up with the crowd, but keep in mind that they may not be telling the truth.

Why wait?

People who wait until they are older to have sex usually find out that it's:

1. More special
2. More satisfying
3. Less risky to their health
4. Easier to act responsibly and take precautions to avoid infections and pregnancy
5. More accepted by others

Remember, be patient. At some point, you will be ready for sex. Move at your own pace, not someone else's.





Sexually Transmitted Infections

Sexually transmitted infections (STIs) are infections that are spread by sexual contact. STIs are also known as sexually transmitted diseases (STDs). While the incidence of reported STIs has actually declined in the United States in the last decade, the number of these infections in children and teenagers is still very high. **About 25% of teenagers will have an STI before they graduate from high school.**

Bacteria or viruses cause STIs. Any person who has sex with another person can get them. While STI symptoms can range from mild irritation and soreness to severe pain, many times there are no symptoms at all. The STI called chlamydia, for example, is generally symptom free or causes only mild symptoms. The diagnosis may not be made until complications develop.

Teenagers and young adults have higher rates of STIs than any other age group. One of the main reasons is that they frequently have unprotected sex. They are also biologically more likely to develop an infection. In addition, they may be less likely to use health care services that could give them information on how to protect themselves against STIs.

Prevention of STIs

The best way for teenagers to prevent STIs is to not have sexual intercourse. They should understand that when they choose to have sex, it is a decision that could affect them for the rest of their lives.

Teenagers need to know that having sex could lead to pregnancy or an STI. It is important to understand the risks. For example, Acquired Immunodeficiency Syndrome (AIDS), which is caused by Human Immunodeficiency Virus (HIV), is a leading cause of death in people aged 15 to 24 years.

The presence of other STIs such as chlamydia, herpes, gonorrhea, and syphilis can increase the chance of getting an HIV infection. **According to the Centers for Disease Control and Prevention, people with STIs have at least 2 to 5 times the risk of acquiring HIV through sexual contact.**

Sexually transmitted infections can also cause pelvic inflammatory disease in women (an infection of the uterus and fallopian tubes) and epididymitis in men (inflammation of the coiled tube beside the testes). Complications from STIs can lead to infertility or an ectopic pregnancy (a fertilized egg that grows outside the womb). If a woman is pregnant, an STI can infect her baby.

Teenagers may face peer pressure to have sex. It is important to understand the risks. Practice saying “no” may not be easy at times, but saying “no” today is better than doing something you will regret tomorrow.

Using alcohol or drugs can affect your ability to make a good decision. Drugs and alcohol make it more difficult to remain firm about the choice to wait to have sex.

If a teenager starts having sex, it is important that you practice safe sex. Safe sex means using a barrier method of birth control (e.g., latex condoms) every time, beginning with the first sexual experience. Condoms are not a guarantee against STIs. The only way to truly prevent getting an STI is by not having sex at all. Condoms, however, can significantly reduce the risk of STIs and HIV. Limiting the number of lifetime partners can significantly reduce your risk of STIs.

Anyone who is sexually active should get regular tests for STIs. It is highly recommended that women get a yearly exam and regular pap smear exam. This is the first line of defense against cervical cancer and precancerous changes caused by papillomaviruses. Many doctors also recommend that every sexually



active teenager be tested twice a year for gonorrhea and chlamydia and once a year for syphilis. Regular counseling about HIV is also important. Testing should be performed more frequently if symptoms such as abnormal vaginal discharge, irritation, or pain occur.

Are You at Risk?

Studies show that if you have one more of the following, you have an increased chance of getting a sexually transmitted disease:

- Multiple sexual partners
- Sexual contact with one or more individuals with a known STI, either in the present or the past
- Sexual intercourse with a new partner during the past 2 months
- More than 2 sexual partners in the past 12 months
- Symptoms or signs of an STI/ Having been a patient in an STI clinic
- No contraception or the use of non-barrier birth control (eg, birth control pills)
- Male homosexual activity
- Homelessness
- Use of injection drugs (e.g., heroin)
- Engaging in survival sex” (i.e., exchanging sex for money, food, drugs, or shelter)/ Having spent time in a detention facility



Birth Control Methods

What is the birth control pill?

The birth control pill is a pill that you have to take every day at the same time each day. It contains **hormones**, like estrogen and progesterin that prevent pregnancy. There are many types of birth control pills. A health care professional can help you choose the right one for you. If you miss a pill, you need to know what to do. Read the directions that came with your pack of pills. You also may want to contact your health care professional.



What is the birth control patch?

The patch is a small (1.75 square inch) adhesive patch that is worn on the skin. It contains hormones that are slowly released into your body through the skin. A new patch is worn for a week at a time for 3 weeks in a row. During the fourth week, a patch is not worn, and you will have your menstrual period.



What is the vaginal ring?

The ring is a flexible plastic ring that you insert into the upper **vagina**. It releases hormones into your body. It is worn inside the vagina for 21 days and then removed for 7 days. During those 7 days, you will have your menstrual period. Then you insert a new ring.



What is the birth control shot?

This shot is given in the upper arm or buttock every 3 months. It contains hormones that prevent pregnancy.



What is the diaphragm?

The diaphragm is a small dome-shaped device made of latex or silicone that fits inside the vagina and covers the **cervix**. You need a prescription for it. A health care professional needs to do a **pelvic exam** to find the right size of diaphragm for you. It always is used with a spermicide. Birth control methods that need spermicides to work should only be used if you are at low risk of HIV infection.



What is the Female Condom?

A female (or internal) condom is a pouch that's inserted in the vagina or anus before sex for birth control and protection against sexually transmitted diseases.



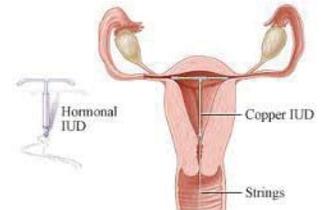
What is the implant?

The implant is a small plastic rod about the size of a matchstick that a health care professional inserts under the skin of the upper arm. It releases a hormone that prevents pregnancy. The implant is approved for up to 3 years of use.



What is the intrauterine device?

The IUD is a small, T-shaped plastic device that is inserted into and left inside the uterus. The IUD must be inserted and removed by a health care professional. There are two types of IUDs. One is a hormonal IUD. Depending on the brand, hormonal IUDs are approved for up to 3–5 years of use. The second type is the copper IUD. It is approved for up to 10 years of use.



What are spermicides?

These are chemicals that are put into the vagina to make **sperm** inactive. There are many types of spermicides: foam, gel, cream, film (thin sheets), or suppositories (solid inserts that melt after they are inserted into the vagina). Frequent use of spermicides may increase the risk of getting **human immunodeficiency virus (HIV)** from an infected partner. Spermicides should only be used if you are at low risk of HIV infection.



What is the cervical cap?

The cervical cap is a small, thin latex or plastic shaped like a thimble. It fits tightly over the cervix. You need a prescription for it. A health care professional needs to do a pelvic exam to find the right size for you. The cervical cap must be used with a spermicide. Birth control methods that need spermicides to work should only be used if you are at low risk of HIV infection.



What is emergency birth control?

If you have sex without using any birth control or if the birth control method did not work (for instance, the condom broke during sex), you can use emergency birth control to prevent pregnancy.





Condoms

The male condom is a sheath (or covering) worn over the penis during sexual activity. It prevents pregnancy by acting as a barrier, preventing semen from entering the vagina so the sperm can't reach a female "egg". Condoms also lessen the chances of getting a sexually transmitted infection (STI) by acting as a barrier, preventing organisms that carry STIs to pass from one partner to another. Using condoms also allows guys to have an active part in preventing pregnancy.



Are there different kinds of condoms?

Yes; condoms come in different sizes, styles, and shapes, and have different features. Condoms can be made out of latex, polyurethane, or lambskin (also called natural). Condoms may be lubricated or unlubricated. Some condoms used to contain spermicides (chemicals to kill sperm), but most don't. It's best to use condoms without spermicide.

Does it matter which type of condom I use?

Yes. The best type of condom to use is one made out of latex. It provides the best protection against both pregnancy and STIs. However, if either you or your partner is allergic to latex, polyurethane condoms are still a good option. They provide just about the same protection against pregnancy and also give some protection against STIs, although they break and slip more often than latex condoms. Lambskin condoms are effective against pregnancy, but not effective in the prevention of STIs. It's up to you to choose whether to use lubricated or unlubricated condoms.

How effective is the male condom against pregnancy?

If a guy and his (female) partner use a condom every time they have sexual intercourse and follow instructions every time, it's 98% effective. This means that if 100 women have their partners use the male condom all the time and always use it perfectly, 2 women will become pregnant in a year.

The male condom is most effective against pregnancy when it's used all the time and always used correctly. **If it's not used perfectly, it's only 82% effective.** This means that in real life, if 100 women have their partners use the male condom, but they don't use it perfectly every time, at least 18 women will become pregnant in a year.

When used all of the time and when used correctly, condoms are good at preventing pregnancy. Most condom failures happen because of improper use.



How can I talk with my partner about condoms?

Although it might be difficult at first, talking with your partner about condoms will greatly increase the chance that you'll use a condom correctly each and every time you have sex (vaginal, anal, or oral). Chances are, your partner has some of the same questions about condoms that are going through your head, so talking about them will make you both feel more comfortable. Don't let embarrassment put you in a risky situation—your health is more important. If you're not comfortable talking about condoms with your partner, you may not be ready to have sex.

How effective is the condom against STIs?

The answer to this question partly depends on which type of condom used and if the condom is used and removed correctly. Latex condoms provide excellent protection against most STIs.

Polyurethane condoms also provide some protection against STIs, although more research studies are needed to know how protective they really are. Remember, lambskin condoms don't protect against STIs. The pores are too large to protect against the small particles that cause some STIs.



The answer to this question also depends on which type of STI. Latex condoms protect against only certain types of STIs. STIs can be spread by sexual activity in a few different ways. They're effective in lowering the risk of STIs that travel in bodily fluids (blood or semen), such as the HIV/AIDS virus, hepatitis, chlamydia, and gonorrhea.

Condoms are much less effective against STIs that are caused by organisms that live in sores on the genitals, such as syphilis. STIs such as herpes and human papillomavirus (HPV—also known as genital warts) that occur on the genital skin can get passed from one partner to another even if a condom is used. Most importantly, the effectiveness of a condom against STIs depends on whether the condom is stored correctly and whether it's used correctly all of the time.

Are there other ways to lower my chances of getting an STI?

Your best protection is to not have sex. If you make the decision to have sex, condoms are your best protection. You can also lessen your chance of getting an STI by having sex with only one person who doesn't have an STI and who isn't having sex with anyone else.

Where should I keep unused condoms?

Keep unused condoms in a dry, dark place at room temperature. Extreme heat or cold can weaken the material. Sunlight or humidity can also break down latex, causing condoms to break or tear more easily. Condoms shouldn't be carried in a wallet or stored in a car glove compartment because the material will weaken and is more likely to break or tear.

How long are condoms good for?

Always check the date on the box. Some condoms are marked by the manufacture date (MFG = manufacture date). You can use these condoms for up to four years after the date of manufacture. Other condoms are marked EXP, which means expiration date. You shouldn't use condoms any time after the expiration date. If you're not sure how old the condom is, throw it away and use a new one. Never use condoms that are brittle, sticky, damaged, or an unusual color. Using out-of-date condoms is another reason for condom failure.



How often do condoms break?

Condoms hardly ever break if they're stored and used correctly. Proper use depends on the skill and experience of the person using them. If the condom does break, you might need to consider speaking to your health care provider for advise.



When condoms break, it's usually because:

- Space for semen wasn't left at the tip of the condom
- The condoms are out-of-date
- The condoms have been exposed to heat or sunlight
- The condoms have been torn by teeth or fingernails
- Also, using oil-based (rather than water-based) lubricants weakens latex, causing condoms to break. So if you store and use condoms properly, it's very unlikely that your condom will break.

Can people be allergic to condoms?

Some people may have an allergic reaction to condoms, which can be due to spermicide or latex. If you think it might be due to the latex, you should try a polyurethane condom. Make sure the condom doesn't have spermicide on it.



Do You Have Questions?

Here are some reliable places to go online for more information about your health, relationships, pregnancy prevention, birth control, and feeling good about yourself!

Are you in a relationship? Check out these useful websites.

National Teen Dating Abuse Helpline
Toll Free: (866) 331-9474
www.loveisrespect.org

Break the Cycle
Toll Free: (888)988-TEEN
www.breakthecycle.org

Love is Not Abuse
www.loveisnotabuse.com

Teen Outreach Program
Toll Free: (800) 300-1080

(Updated 2018 by UIC student)

Teens—Here are some answers!

Some questions are hard to ask, or you might not know who to ask. Check out these websites for information, quizzes, videos, how to get help, and more!



Kids Health - <http://kidshealth.org/teen/> Awesome website! Includes information on your body, abstinence, pregnancy prevention, drugs and alcohol, staying safe, and more! There is a tool to create and print out personal plan to make changes in your life. Check it out!

Stay Teen - <http://www.stayteen.org> Includes health and sex facts, games, locations of health centers, videos, and more!

On My Level - <http://onmylevel.org> Includes videos, quizzes, and an ask the expert section! Provides facts on friendships, romance, decision making, puberty, peer pressure and more!

Check Out Free Apps on Your Phone!

Real Talk- <https://myhealthed.org> a mobile app that uses real stories by real teens to convey relevant and credible information about the issues that teens go through growing up. Stories cover topics including healthy relationships, bullying, and online safety.

Websites for Parents and Caregivers

<http://www.power2talk.org/>

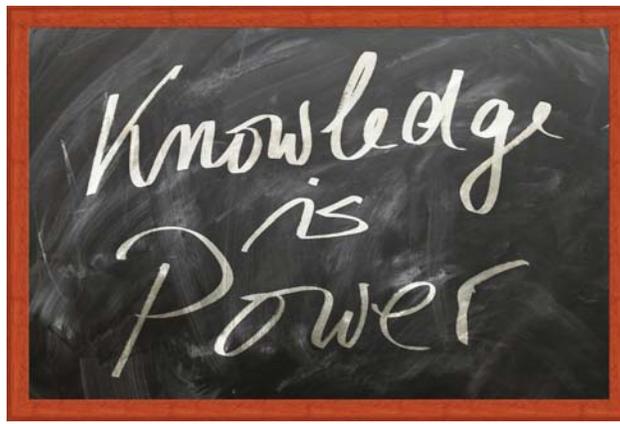
Website for parents and caregivers---you can select the age and sex of your child, and it lists relevant topics and information to provide. They also have a game called Adventure World that addresses these topics to make it easier!

<http://www.healthychildren.org>

Website for parents; provides info to give to your teen. Includes articles on topics such as adolescence sexuality, deciding to wait, helping teens resist sexually pressures, masturbation, birth control for sexually active teens, how to talk about sex with your teen, healthy relationships, and facts for teens and their parents. Provides articles for grade-schoolers on topics such as puberty and body changes.



Local Resources in Vermilion County



Local Healthcare Providers

Aunt Martha's - 877-692-8686
 Carle Clinic - 217- 431-7600 or 217-283-5644
 Christie Clinic - 217-442-8611
 OSF - 217-443-5000

Local Service Agency Resources

Survivor Resource Center
 923 N. Vermilion St.
 Danville, IL 61832
 217-446-1337

Women's Care Clinic
 200 West Williams St. Danville, IL 61832
 217-431-0987
<https://danvillewcc.org/>

Vermilion County Health Dept.
 200 South College Street,
 Suite A
 Danville, Illinois, 61832
 Phone: (217) 431-26662
 Website: www.vchd.org

2-1-1
<https://www.pathcrisis.org>
 Call either 2-1-1 or 1-888-865-9903
 2-1-1 is hotline that can get you connected to local
 resources here in Vermilion County.





Want to better your future?

Whether you go to college for a certificate, a two-year degree, or a four-year degree, you will make significantly more money than someone with a high school diploma or less. If you have already dropped out of high school, talk to your local community college about their GED programs. It is never too late, and there are advisors at the colleges that will guide you through every step—from applying for financial-aid to pay for school, choosing a program to study, and signing up for classes! Education is power—it will give you choices in life!

Why Should I go to College?

How about finding a job that you love, and that makes you feel proud? Earning more money? Buying a car, a home, or moving to a different city? There are so many reasons!

4-year universities, community colleges, and vocational/trade schools are all great choices. In fact, some of the vocational, and 2-year programs available at Danville Area Community College include, but not limited to:

- Accounting
- Administrative Professional
- Agribusiness/Agriculture
- Engineering Science
- Automotive Collision Repair/Technology
- Criminal Justice (law Enforcement/Parole Officer)
- Health Information Technology/ Medical Coding
- Nursing (RN or LPN), and much more!



How Can I Afford to go to College? Where do I Even Start?

There are many options available! Student loans, grants, scholarships –talk to your high school guidance counselor or local college advisors to learn more, and check out the website listed below!

<http://studentaid.ed.gov/>

Contact information for local and surrounding community colleges:

Danville Area Community College
Call 217-443-DACC or visit www.dacc.edu for more information or to schedule a campus visit.

Parkland Community College
Call 217-351-2482 or visit www.parkland.edu for more information; Call 217-351-2219 to schedule an advising appointment

Midwest Technical Institute
Call 1-800-814-5124 or visit www.midwesttech.edu

Lake Land College
Call 217-234-LAKE or visit www.lakeland.cc.il.us



Top 10 Websites for Teenagers & Parents for Sex Education

- <https://www.healthychildren.org/>

Developed by the American Academy of Pediatrics, and geared more towards parent-provides them with information to give teens, although might require a higher literacy level than some would have. Provides articles on the following topics with teens: Adolescent Sexuality: Talk the Talk Before They Walk the Walk; Birth Control for Sexually Active Teens; Choosing Adoption; Date Rape; Dating Violence:

Tips for Parents; Deciding to Wait; Educating Your Teen About Birth Control; Emergency Contraception; Expect Respect: Healthy Relationships; Four Stages of Coming Out; Gay, Lesbian, and Bisexual Teens: Facts for Teens and Their Parents and much more! Great website to check into!

- <https://kidshealth.org/en/teens/your-body/>

Includes information on the body, mind, sexual health, drugs & alcohol, staying safe, and more. GREAT information and easy to use. Also has hot topics section and quizzes. An excellent site for teens.

- <http://girlshealth.gov>

Website that focuses on girls' health, including body, fitness, nutrition, drugs/alcohol/smoking, feelings, relationships, bullying, safety, the future, and more. Also has links for teachers/educators, and parents/caregivers. Great website for everyone!

- <https://www.cdc.gov/teenpregnancy/>

From CDC Website-information for healthcare providers and teen pregnancy prevention; has links to videos and other resources for healthcare providers. One of the links from this website is <https://www.cdc.gov/teenpregnancy/teens/> , which provides ways to make your clinic more "teen friendly."

- <https://powertodecide.org>

Website for the National Campaign to Prevent Teen and Unplanned Pregnancy-has valuable information for providers, including statistics and links to other sites for patients, parents and providers.



- <https://stayteen.org>

Information on prevention of teen pregnancy, easy to use, another great resource for teens! Includes facts, games, locations of health centers, videos, and more.

- <https://www.bedsider.org>

Bedsider.org (Bedsider) is an online birth control support network for women 18-29 operated by The National Campaign to Prevent Teen and Unplanned Pregnancy, a private non-profit organization. Bedsider is not funded by pharmaceutical companies or the government. Goal is to help women find the method of birth control that's right for them and learn how to use it consistently and effectively. This site has been developed with the assistance of many experts including Medical Advisory committee of the National Campaign to Prevent and Unplanned Pregnancy. This site also provides a Facebook, twitter, Tumblr, google+, YouTube, Pinterest, and Instagram page. The owners of the site appear to be as accessible as possible to all teens.

- <https://sexetc.org>

Website "By teens, for teens"- that is what it states at the top of the web page. GREAT information and easy to use. Includes information on birth control, HIV/AIDS & STDs, Pregnancy, the Body, LGBTQ issues, abuse and violence, relationships, and sex. Defines sexual terms, and provides sex education videos. Also has question and answer section where teens can ask questions, and an action center that will help teens find resources near them. An excellent site for teens; however, it has material that some parents may feel is inappropriate. Age of teen should be considered, and parents should give permission to use this site.



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