

# Take Control of Your Health!

Every young person has a choice to have sex or not. The safest choice to prevent teen pregnancy and disease is abstinence. If you are sexually active or thinking about having sex, here are some things to keep in mind:

**Find Support**—Talk to an adult you trust like your parents, guardians, coaches, guidance counselors and religious leaders. Don't be afraid to ask for help.

**Do Your Homework**—Find out your options and schedule a visit to the local health center. Visit [NotRightNowSC.org](http://NotRightNowSC.org) to find a clinic close to you.

**Be Informed**—Do some research about different birth control methods, especially low-maintenance birth control options like the IUD or contraceptive implant. Compare birth control using the Contraception Comparison Tool at [NotRightNowSC.org](http://NotRightNowSC.org).

## Step 1: Schedule a Visit to the Health Center

- When you call the health center, make sure to:
  - ask about **teen-only services and hours**.
  - ask if condoms and birth control are provided on site at the clinic.
  - ask if there will be a charge for your visit. There are low-cost or free health centers located near you.
  - write down your appointment date and time
- Tell the health center staff what you services or resources you need, for instance:
  - sexually transmitted disease (STD) or pregnancy testing.
  - **birth control or condoms**.
  - time to talk with the doctor, nurse or nurse practitioner.



## Step 2: Prepare for Your Visit and Go

- Remember to take:
  - your driver's license or school ID.
  - health insurance card (if you have one and want your insurance billed) or other payment, if needed.
  - **a list of questions**.
  - a backpack or purse to carry materials from the health center.
- Be ready for the health center staff to:
  - check your height, weight, blood pressure, etc.
  - ask questions about your medical history--answer honestly!
  - ask you to undress, depending on the type of visit.
  - conduct a gynecological (GYN) exam if you are sexually active. A GYN visit includes urine testing and a breast and pelvic exam. You do not need a GYN exam to receive birth control.



**It is ok to ask questions! Ask about anything, like...**

- \*abstinence
- \*relationships
- \*birth control
- \*decision-making
- \*general health & more

## Step 3: Follow Up After the Visit

Congrats on taking action and responsibility for your health! Be sure to leave with:

- **Pamphlets/handouts: Read them!** Call your health center with any questions.
- **Prescription(s): Fill them as soon as possible.** If you don't know where to go, ask the health center before you leave.
- **Birth Control: Use condoms AND another form of birth control** at the same time to prevent pregnancy and HIV/STDs.
- **Hotline/numbers and the date of your next appointment:** Put this in your cell phone or planner ASAP!

## Let's Get Straight to the Point!

- ▶ Abstinence is the **ONLY** way to protect yourself 100% from pregnancy, STDs and HIV.
- ▶ Talk to your parents or a caring adult for support before your visit to a health center.
- ▶ It is normal to be nervous! Prepare questions to ask in advance.
- ▶ After your visit, stick to the plan. Go to your next appointment, read the materials you were given and tell your friends about your experience.



### Have questions?

Visit [NotRightNowSC.org](http://NotRightNowSC.org) to:

- find the closest **free/low cost health center** to you.
- compare different types of **birth control** including low-maintenance birth control
- learn more about **healthy relationships**.



## Meeting Your Needs

A guide to health centers for young people