



ChANGES YOU & YOUR BODY

What's up?
Check it out . . .

A Message from the Staff of

CHOICE

Dear Readers,

We hope that this booklet, *Changes: You and Your Body*, will answer many questions you have right now and help you to ask other questions of the trusted adults in your life. CHOICE is an agency that provides accurate information, counseling, and education. We want to empower you to make the best possible decisions to ensure your good health, happiness, and safety as you grow into adulthood. CHOICE has been providing these services to the people of the Philadelphia area since 1971 – that's over 30 years!

Educators, counselors, doctors, and nurses worked with CHOICE to provide this booklet with accurate, up-to-date information. You might have more questions once you finish reading it. Please know that our CHOICE Hotline counselors are always ready to answer ANY question, help you think through difficult decisions, and direct you to medical clinics and other agencies to help you get the services that you need. También tenemos consejeras y consejeros que hablan español.

Our hotline services are always:

- **FREE** - there is never a charge; if you live outside of Philadelphia, you can still call our toll-free 1-800 number;
- **CONFIDENTIAL** - counselors always protect your privacy; you won't have to give us your name to get the information that you need; and
- **NON-JUDGMENTAL** - you can ask all of your questions safely; no one will judge you or tell you something is wrong or stupid.

All of us need help from others as we go through life – and we sincerely hope *Changes* will help YOU get the right help from the right people at the right time!

With best wishes for your good health and happiness,

THE CHOICE STAFF 2006

*Kate, Jackie, Jaime, Tiffany, Adrienne, Alanna, Alicia,
Laura, Amanda, Maria, Rosie, Colleen, Susan, Lynn*

Call us if you need us – we're here for you!

CHOICE Hotline

Toll-free.....1-800-84-TEENS
Philadelphia.....215-985-3300
TTY Hotline.....215-985-3309

PA State AIDS Factline
800-662-6080

Children's Health Line
215-985-3301

Blueprint for a Safer Philadelphia Hotline
888-570-BLUE

On the web
www.choiceteens.org
www.choice-phila.org
www.wheretofind.org

Administrative Office...215-985-3355

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I don't want to have sex yet, but my boyfriend is really pushing me. He says he'll break up with me if I don't give in. What should I do?

What
should
I do?

I'm sixteen and I haven't gotten my period yet. What's wrong with me?

DO BOYS
GET STIs
TOO?
MY FRIEND
SAYS THEY
DON'T.

What's wrong with me?

Sometimes I have crushes on other girls instead of guys. I can't talk to my friends about this, but I need to talk to someone. What can I do?

ONE OF MY
TESTICLES IS
MUCH BIGGER
THAN THE
OTHER.
IS THIS
NORMAL?

Is this normal?

I need birth control, but I don't know anything about it and I don't have any money. Where can I go for help?

If I take all my birth control pills at one time, will that keep me from getting pregnant for the whole month?

Where can I go
for help?

My boyfriend won't wear a condom, but he says I won't get pregnant if he pulls out before he comes. Is this true?

Is this
true?

My friend's mother
has AIDS. I'm
afraid to go to his
house. What if I
touch something
and get infected?

The SCHOOl
NURSE SAYS I
SHOULD keep
TRACK OF MY
PERIODS.
Why IS THAT
IMPORTANT?

Why is that important?

*I jerk off a lot and I feel guilty
when I do. Is masturbation normal?
Do other kids do it?*

I HAVE SEX WITH
MY BOYFRIEND,
BUT I NEVER HAVE
AN ORGASM.
I CAN'T GET
PREGNANT, RIGHT?

Do other kids do it?

We Can Help!
CHOICE

Information

Sometimes it is hard to talk about sex. If you have questions about intimacy, relationships, your body, or any of the information in this booklet, call the CHOICE Hotline.

We can answer your questions and we won't judge you or tell you what to do. Your call is private. We won't ask your name or tell anyone you called.

And, our help is FREE.

Private

Free

CHOICE Hotline
(215) 985-3300
(800)84-TEENS
Se Habla Español

Free • Confidential • Monday-Saturday

TTY (215) 985-3309
www.choiceteens.org

YOUR BODY

Puberty
Anatomy
Menstruation



Excited?

Anxious?

Embarrassed?

NORMAL!

PUBERTY

Anxious?

Excited?

Puberty is the time when your body is changing from a child's body to an adult's body. During puberty, your body goes through changes to make it possible for you to take part in creating a baby. **Hormones** (chemicals produced in your brain, ovaries, and testes) are responsible for all of these developments.

Puberty can be an exciting, but also a difficult time. Although the changes take place over several years, sometimes it may feel as if you are different from one day to the next. You may feel less developed or farther along than some of your friends, because each person's body changes at his or her own rate. But don't worry, your own way of developing is right for you.

All of these changes affect how you feel and relate to other people. At times, you may feel excited, anxious, or even embarrassed. All these feelings are normal during puberty. Sometimes it helps to talk to an older person you trust—someone who has been through it and can give you support along the way.

Embarrassed?

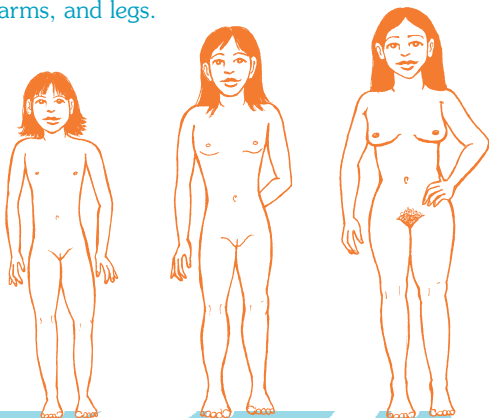
NORMAL!

PUBERTY

GIRLS

For girls, puberty starts some time between the ages of eight and fourteen. Here is a list of the changes you will experience:

- Your whole body grows. You may get taller and gain weight, and your body shape will start to change. Your body will become more curvy, with hips and a waist.
- Your breasts may grow. You may want to start wearing a bra. There is no standard rate that a girl's breasts should grow, and as you can see looking at adult women, breasts end up all different sizes and shapes. As long as you are healthy, the way your breasts are growing is normal and right for your body.
- You start to grow hair in new places — on your pubic area, underarms, and legs.
- Your body produces hormones which may cause your skin to become oilier. This may cause acne (pimples).
- Your **genitals** (sex organs) are growing and developing on the inside and outside of your body. These include your **labia, clitoris, vagina, ovaries** and **uterus**.
- You get your period. This means that your ovaries are releasing eggs, so you can now become pregnant if you engage in unprotected sex.
- Because of your changing hormones, your feelings may change too. You may begin to have sexual or romantic feelings.

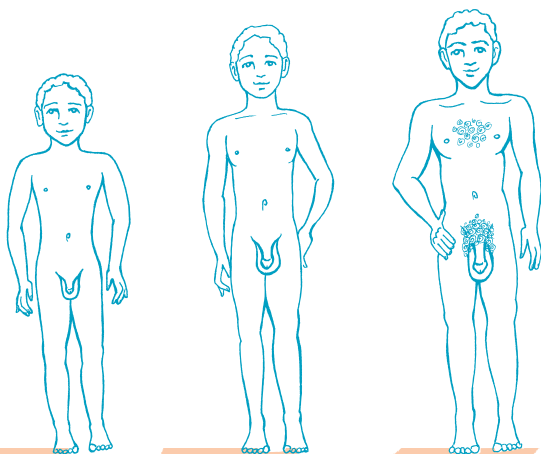


PUBERTY

BOYS

For boys, puberty starts anywhere from age nine to fifteen. Here are some of the changes you will experience:

- Your whole body grows and changes shape. Boys' muscles grow larger during puberty; therefore, your chest and shoulders may appear broader.
- You start to grow hair in new places — on your face, chest, underarms, and on your pubic area. As you get into your late teens, you may want to begin shaving.
- Your voice gets deeper. While it's changing, it may crack or squeak.
- Your body produces hormones, which may cause your skin to become oilier. This may cause acne (pimples).
- Your **genitals** (sex organs) develop. Your **penis** gets larger, and your **testicles** grow and start to hang lower.
- Your testicles start to produce **sperm**, which means you can father a baby.
- You will probably have more frequent **erections** (hard-on) and you may start to get **wet dreams**. It is common for boys to have sexual feelings and thoughts during puberty.



ANATOMY

GIRLS - on the outside

The whole female genital area is called the **vulva**. Many girls don't know what the vulva looks like because it's hard to see. One way to see your vulva is to look in a mirror held between your legs. Remember, there is nothing wrong with looking at or touching your own body! It's a good way to learn about yourself.

The **mons pubis** is the soft, raised area over the pubic bone where the pubic hair grows.

The **labia** are the protective lips of the vagina. There are outer lips (**labia majora**) and inner lips (**labia minora**).

The **clitoris** is the small bump in the front of the vulva. It has many nerves which are very sensitive to touch. Its purpose is for sexual arousal, and stimulation of the clitoris is usually necessary for orgasm.

The **hymen** (not shown) is a thin piece of skin that partially covers the vaginal opening. Some girls are born without a hymen.

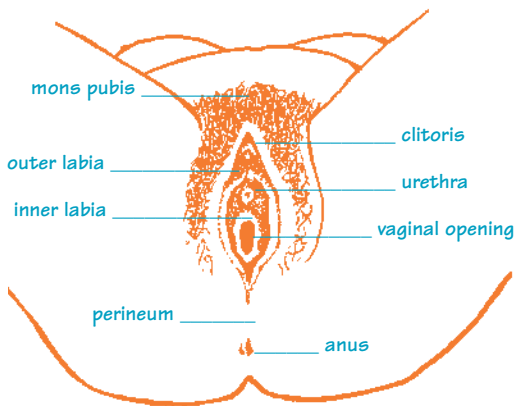
The **perineum** is the space between the vagina and anus.

Hymen, facts and fiction...

Throughout history the hymen has often been a symbol of purity. Many people believe the hymen fully covers the opening of the vagina and is only broken when a girl has sexual intercourse. People used to look for blood after intercourse to prove that a woman was a **virgin** (someone who never had sex). All of these ideas are incorrect.

Girls have hymens that differ in shape, size, and thickness. Some girls are even born without a hymen. While many people speak of a girl's hymen being "broken," the hymen is actually stretched rather than broken. Having vaginal sex is not the only way to stretch the hymen. Tampons and certain physical or athletic activities may also stretch a girl's hymen.

When a girl first starts to have sexual intercourse, she may experience some pain and bleeding as a result of the hymen being stretched. This is normal and should only happen the first couple of times she has intercourse.



ANATOMY

GIRLS - on the inside

The **ovaries** are the glands where the eggs (ova) are stored.

Eggs are the cells that join with sperm from the male to form an embryo, which can grow into a baby.

The **fallopian tubes** carry an egg from the ovary to the uterus.

The **uterus** (womb) is the place where a pregnant woman carries the **fetus** (growing baby). For women who are not pregnant, the uterus is where the menstrual fluids build up before a period. When a woman's period starts every month, these fluids are released.

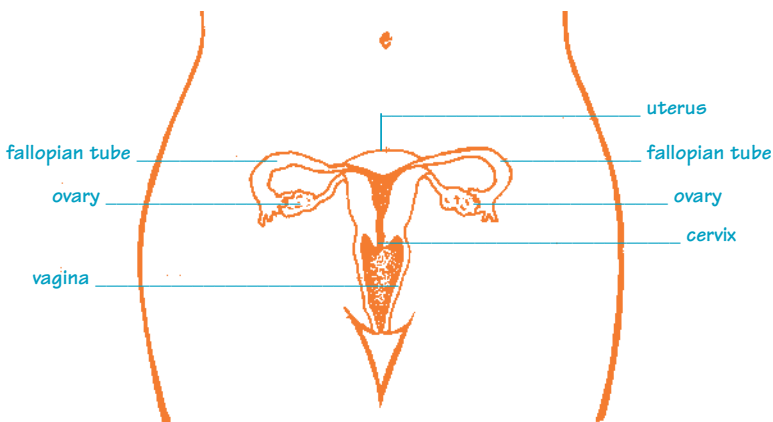
The **cervix** is the lower part of the uterus that extends into the vagina. The opening to the uterus is in the cervix. You can not see the cervix from the outside of the body.

The **vagina** is the passage from the uterus to the outside of the body. It is about 3 to 5 inches long.

Girls' bodies have three openings in the genital area: from front to back — the **urethra**, the **vagina** and the **anus**.

The urethra is the tube through which urine (pee) is carried from your bladder to the outside of the body. The vagina is the passage through which a girl's period flows. It is also the opening through which a baby is born and the place where the penis is put during vaginal sex.

The anus is the opening through which feces (waste) pass out of the body. Sometimes it is also used for sex.



ANATOMY

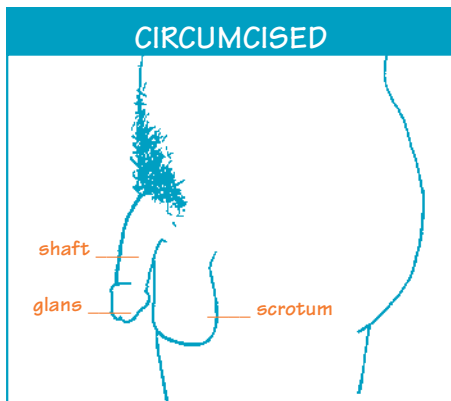
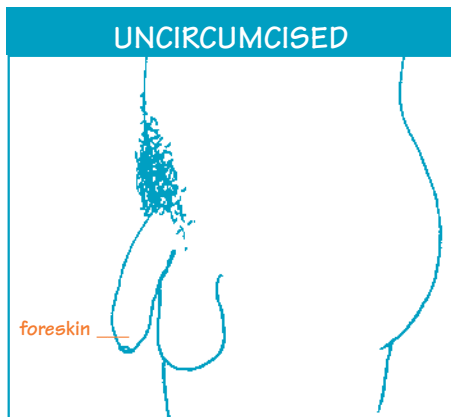
BOYS - On the outside

The **penis** is the organ men use for urinating and sexual activity. The rounded tip, or head, of the penis is called the glans. The long part is called the shaft.

The **foreskin** is a piece of skin that covers the glans. Sometimes the foreskin is removed soon after birth by a procedure called **circumcision**.

Circumcision is usually done out of tradition or religious reasons. Uncircumcised boys and men should pull back the foreskin and wash the glans to avoid infections. Please note! As a boy matures, the foreskin becomes less tight. Young men should wash this area gently, never forcing or pulling the foreskin too hard.

The **scrotum** is the sack of skin that holds the testicles.



ANATOMY

BOYS - On the inside

The **testicles** (balls) are the glands that make sperm.

Sperm are tiny cells ejaculated (released) from the penis in semen.

The **vas deferens** are the tubes that carry the sperm from the testicles to the prostate gland.

The **prostate gland** and the **seminal vesicle** make the **semen** (the liquid in which sperm travel).

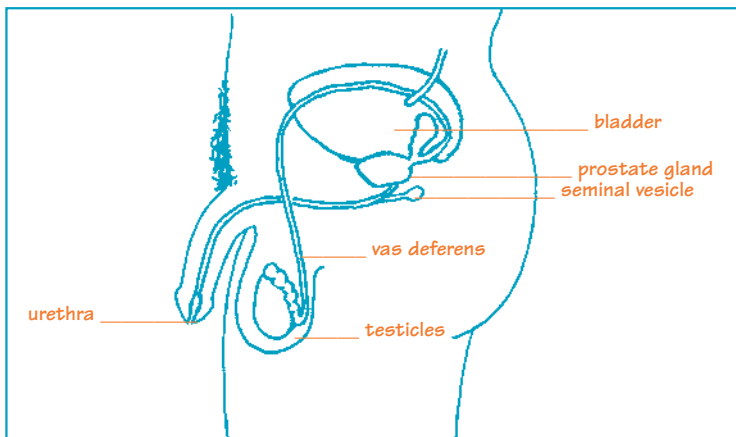
There is an opening on the head of the penis from the **urethra**, a tube inside the penis through which both urine and semen pass out of the body. A valve in the urethra closes when a man urinates or ejaculates so semen and urine never come out at the same time.

The **bladder** is the organ in both males and females where urine is stored.

FACT...

UNCIRCUMCISED MALES CAN HELP AVOID INFECTIONS BY PULLING BACK THE FORESKIN WHEN WASHING

Please note! As a boy matures, the foreskin becomes less tight. Young men should wash this area gently, never forcing or pulling the foreskin too hard.



WORRIED

ABOUT THE WAY YOU LOOK?

During puberty, some people worry about the way they look. Boys may worry because they don't have to shave yet, or about the size and shape of their penises. Girls may worry about when they will get their periods, or about the size of their breasts. Both may worry about pimples, or being shorter or taller than others.

It is important to remember that people's bodies are different. There is no right way to look. There is no right time for these changes to happen. People come in all shapes and sizes.

What about penis size?

Many boys worry about the size of their penises. That's because some people think those with bigger penises are sexier. The truth is, the size of a penis does not matter.

When penises are hard, most are about the same size. The difference is more obvious when penises are soft, or **flaccid**.

What about breast size?

Some girls worry about the size of their breasts. This is because some people think that large breasts are sexier, but others disagree.

The truth is, breast size has little to do with sexuality. Also, breast sensitivity has nothing to do with size.



FACT...

*There is no
right way to look!*

menSTRUATION

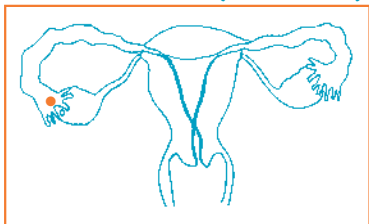
(PERIOD)

Today my friend started to bleed into her underwear. What is happening to her?

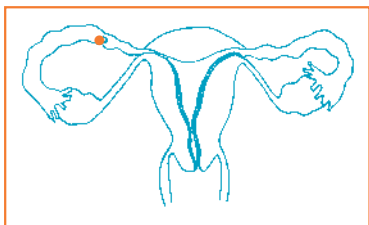
Don't worry, most likely your friend is just fine. She has started a normal process for women — menstruation. **Menstruation** is a sign that a girl is becoming a woman and is able to become pregnant. Girls have thousands of tiny eggs in their ovaries from the time they are born. During puberty, a girl begins to **ovulate**. This means that once a month, an egg leaves one of the ovaries and travels down the fallopian tube to the uterus. If the egg is fertilized by a sperm, it becomes an embryo which can develop into a baby. Before the menstrual period, the uterus is getting ready to nourish a baby by developing a spongy lining made up of blood and tissue. If the egg is not fertilized, the extra lining of the uterus is not needed and it flows out of the vagina. This bleeding is called **a period**, and the whole cycle is called **menstruation**.

When will I start to menstruate?

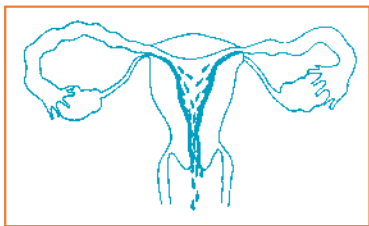
A girl's first period comes some time during puberty, usually between the ages of nine and sixteen. Women menstruate until they are about 45 to 55 years old. When a woman permanently stops getting her period, she has reached menopause.



Egg leaves ovary.



Egg in the fallopian tube.



Lining of uterus being shed.

menSTRUATION

(PERIOD)

I started my period this year and it's very irregular. Should I be worried?

When a girl starts to menstruate, her period may not come on a regular schedule. Periods may come three weeks apart or even months apart. After a year or two, it usually becomes more regular. Other things that can cause periods to be irregular include stress, weight loss, exercise, infections and medications, including some types of birth control.

I heard that I should keep track of my periods. Why?

Once your period becomes regular, keeping a record of your periods helps you to know if your period is late. A late period may be a sign of pregnancy or a medical problem. Also, if you can tell your doctor about the timing of your periods, it will help the doctor give you better care.

How should I keep track of my periods?

The first day of your period is Day 1. Bleeding usually lasts three to seven days. The length of your cycle is the number of days between the first day of one period and the first day of the next period. The average cycle is 28 days, but cycles can range from 21 days to 36 days.

You can keep track of your cycle by marking the first and last days of your period on a calendar. Count the number of days between the start of one period and the start of the next. Once you have done this for a few months, you should start to see a pattern and you can estimate when your period is going to start and end.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Period starts	10	11	12	13 Period ends
14	15	16	17	18	19	20
21 Ovulation likely	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
4	5 Period starts	6	7	8	9	10
11	12	13	14	15	16 Period ends	17 Ovulation likely
18	19	20	21	22	23	24
25	26	27	28	29	30	

meNSTRUATION

(PERIOD)

What about cramps?

Some women have cramps during their periods. For most, they are mild and can be helped by exercise, a hot bath, a heating pad or pain-relief medication. If you have a lot of pain, very long or heavy periods, or very irregular periods, it's a good idea to go to the doctor for a checkup.

What do girls use during their periods?

Most girls use **pads** (**sanitary napkins**), tampons, or a combination of the two to absorb the menstrual flow. Pads come in variety of sizes and shapes. Thicker pads should be used on days when the flow is heavy and thinner pads are for a lighter flow. Pads have an adhesive backing that sticks to your underwear so the pad won't move around.

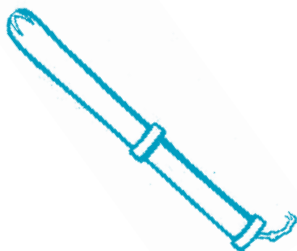
Tampons also absorb the fluid from your period. They are placed inside the vagina. Tampons can be used whether or not a girl has had sex. Tampons cannot get lost inside a girl's body. You can learn how to insert a tampon from the directions in the box or from another woman.

Most tampons come with a cardboard or plastic applicator to make them easier to insert. Only the tampon remains inside the body. Other tampons come without an applicator and can be inserted with your finger. Tampons have a string at one end that stays outside the body. To remove the tampon, gently pull on the string. The string is securely attached and won't come off.

SANITARY NAPKIN



TAMPONS



menSTRUATION

(PERIOD)

How often should pads and tampons be changed?

They should be changed often enough so that there is no unpleasant odor and the girl's clothes do not become stained. However, never leave a tampon in for longer than eight hours. Changing pads and tampons often can help prevent infections.

Warning: Toxic Shock Syndrome

Toxic Shock Syndrome (TSS) is a rare infection that can happen during a women's period. It is usually associated with super-absorbent tampons that are left in for a long time. Symptoms include a sudden fever of 101 degrees or more, diarrhea, vomiting, muscle aches and a skin rash. If you have any of these symptoms during your period, call your doctor right away.

To help prevent toxic shock syndrome, you should:

- Wash your hands before putting in a tampon.
- Not use super-absorbent or deodorant tampons.
- Change a tampon at least every 8 hours.
- Not use tampons all the time; switch to a pad for part of the day.

- If you are sexually active AND you use a diaphragm or cervical cap for birth control, during your period, be sure to use another method; you should NOT use a diaphragm or cervical cap while you are menstruating as doing so may cause toxic shock syndrome.

Is douching healthy?

You may worry about odors and "staying fresh" when you are having your period. As long as you are healthy, bathe or shower regularly, and change your pads or tampons frequently, there is no reason for concern. Douches are liquid products advertised as a way for girls and women to control vaginal odors. However, douching changes the natural secretions created by the vagina. When these secretions are changed, women are actually more likely to get vaginal infections. Therefore, doctors and nurses do not recommend douching.

FACT...

DOUCHING after sexual intercourse WILL NOT prevent pregnancy.

YOUR HEALTH

When puberty arrives, your body will be going through many changes. It's especially important during this time of your life to get a medical check-up at least once a year that includes an examination of your sexual organs. Boys would go to a pediatrician or family doctor for this type of exam. For girls, it may be time to have your first gynecological ("gyn") appointment, which may or may not include an examination of the female reproductive organs. Gynecologists are doctors who specialize in the care of women. There are also nurse practitioners who are able to give a "gyn" exam. For both boys and girls, seeing a doctor on a regular basis during your adolescent years is a good thing you can do for yourself!

YOUR HEALTH

FOR GIRLS

What is a gynecological exam?

During a gynecological exam (also called a “gyn” exam), the doctor or nurse practitioner or physician’s assistant (“PA”) will check the health of a woman’s reproductive organs. The exam includes what is called “a pelvic” or “internal” exam of the vagina, cervix, the external parts of the vagina (vulva), and a breast exam. The pelvic exam may include a “Pap test.” A Pap test is when some cells are taken from a woman’s cervix to check for cancer. It is usually painless and a VERY important part of staying healthy! Your health care provider will discuss with you when is the right time for you to have a Pap test.

How old should a girl be when she has her first gyn exam?

It is best to have your first visit with a gynecologist *before* you start having sex. If you are sexually active, no matter how old you are, you should be seeing a gynecologist regularly. By age 17 or 18, even if you are not yet sexually active, it would be time to make a gynecological appointment. At your check up you can ask the doctor or nurse practitioner any questions you may have about puberty, your body, sex, menstruation, birth control, and how to avoid sexually transmitted infections.

When you go to your first check-up, let the nurse or doctor know that it is your first gyn exam. She or he should explain what they are doing at each step of the exam and do their best to put you at ease and make you feel comfortable. Most doctors allow you to bring a support person into the exam. You can ask about this when you make your appointment or at the front desk when you sign in. If you would like to see what is happening during the exam, ask the clinician (nurse or doctor) if you can watch in a mirror.

When else does a girl need to have a gyn exam?

- If she is having any problems with her periods.
- When she needs birth control.
- If she thinks she might be pregnant.
- If she is worried about having a sexually transmitted infection or vaginal infection.

What happens during a gyn exam? ***When you arrive at the medical office or clinic:***

- You will sign in and probably be asked for your health insurance information and be given a medical history form to fill out.
- You will be asked to write down personal information about your health, the

YOUR HEALTH

FOR GIRLS

health of your parents or siblings (family medical history), your name, age, address, emergency contact information, whether or not you use drugs or alcohol, and whether or not you are already sexually active.

- It is VERY important to answer these medical questions honestly and correctly so that the nurse or doctor taking care of you can help you make the best possible choices about your health care.
- In Pennsylvania, the law **REQUIRES** that all of your private information be kept private.
- In other states, these laws may differ. Even if you are able to give your own consent for care, in some states, the doctor may still share *information* with a minor's parents or guardian. To protect your own privacy if this is important to your well being, be sure to ask the receptionist what policies the medical office or clinic follows regarding sharing a teenager's medical information *before* making an appointment.

When you get to the examination room:

- You will be asked to undress and put on a gown, leaving it open in the front so that the breast exam can be done more easily.
- There should be a female nurse or assistant in the room with you at ALL times.

The Breast Exam

- Usually, the breast exam will be done first. The doctor will check each breast for lumps or any unusual skin changes as these can be signs of breast cancer.
- Women and girls should also do a monthly self-exam of their breasts. Your doctor or nurse should explain how to do this during your visit.
- For more information on how to examine your breasts properly, see page 20.

Have a GYN
checkup at
least once
a year.

YOUR HEALTH

FOR GIRLS

The Pelvic Exam

- After the breast exam, the doctor will have you slide down to the bottom of the examining table; you might feel as if you are going to slide off, but you won't!
- She/he will ask you to place one foot in each "stirrup" (a holder at the end of the table for your feet); they may ask you to slide down even further after your two feet are in the stirrups. The first time you do this it feels rather strange – but don't be alarmed! A woman needs to be in this position in order for the doctor to exam her genitals (vagina and outer parts of the vagina) and reproductive organs properly.
- Remember, a nurse should be in the room at all times to assist you and you are also permitted to have a friend or family member with you, too.
- The doctor will then use a speculum, a special instrument that holds open the vagina so that she/he can see your vagina and cervix.
- While the doctor is examining the inside walls of your vagina and cervix, she/he will also do a Pap test by taking a swab of cells from the cervix that are then placed in a small tube or on a slide. The Pap test is sent off to a lab for a microscopic examination of the cells. Sometimes, if you think you might have a vaginal infection, another sample of cells will be taken and the doctor will look at them immediately. Usually, a similar test is done for sexually transmitted infections, like gonorrhea or chlamydia. If you have such an infection, you need to be treated with medicine right away.
- During the last part of the pelvic exam the doctor or nurse practitioner will examine your uterus, ovaries, and fallopian tubes. She/he will do this by placing one or two fingers in your vagina, pressing down on your lower pelvic area and stomach with her/his other hand. This part of the exam should only take a minute or two and while it is awkward, it should not be painful.

YOUR HEALTH

FOR GIRLS

Will the gyn exam hurt?

- NO – a gyn exam should NOT hurt. Sometimes, especially for your first exam, you might be a bit more nervous, which can make your muscles tense and that simply makes the exam feel more uncomfortable. It can be very, very helpful to try to relax as much as possible. That is just one reason why having a trusted friend or family member with you can make the experience easier for you.
- While the exam should NOT hurt, if at any time during the exam you feel pain, tell the doctor right away. It could be a sign of a problem somewhere, or, she/he can take a minute to help you relax and then continue with the exam.

Can a doctor tell whether or not I have already had sex?

No, the doctor cannot tell just by examining you whether or not you have had sex yet. However, if you are sexually active, it is important to let the doctor know so that she/he can take good care of you and your body. Once you start having sex, you could be exposed to sexually transmitted infections and the doctor would want to check for that. Also, you would want to discuss with your doctor what types of birth control (contraception) are best for you if you are trying to avoid getting pregnant. Be sure to let the doctor know if you want the conversation to be kept completely private (confidential). While no one else is ever allowed to know your medical information, if you do not want your parent(s) or guardian(s) to know, be sure to tell the doctor directly.



YOUR HEALTH

FOR GIRLS

Breast Self Exams (BSE)

I'm just a teenager – why do I need to do a self breast exam?

- Breast cancer is a very serious health risk for women, even young women (it is also possible for a man to get breast cancer, but this is very rare).
- Even though it is unlikely for a teenager to get breast cancer, now is the best time to start practicing these exams and learning what is “normal” for your own breasts, since each woman has differences in this part of her body.

When is the best time for a woman to do her own breast exam?

- The BEST time for a woman to examine her breasts is right AFTER a menstrual period, when breasts are less likely to be swollen or sensitive.

How should I do this exam?

- While you are in the shower, raise one arm and put it behind your head.
- With the opposite hand, starting at the nipple, gently press down on the breast with the flat part of your fingers, in small circular motions.
- Use your RIGHT hand to examine your left breast, and your LEFT hand to examine your right breast.

- Remember to cover the entire breast all the way up into your arm pit (because muscles that support the breast also need to be checked).
- After the shower examination, stand in front of a mirror with both arms at your side.
- Look at your breast for any changes – bumps, lumps, dimples, change in skin color, or shape. Raise both hands and clasp them behind your head – and then look again to see if you see any unusual changes in your breasts.
- Gently squeeze each nipple to see if there is any discharge from them.
- Repeat the above steps while lying down on your back.
- If you find any lumps, skin changes, or discharge from your nipples, you should make an appointment to see your doctor right away.

The best time for
a Breast Self Exam
is right after
your period.

YOUR HEALTH

FOR BOYS

When should a guy have a medical check up?

- Before he has sex for the first time.
- At least once a year.
- If he has a question about puberty, his body, or his health.
- If he has discharge from the penis or burning when he urinates.
- If he has a sore or bump on his penis or testicles.
- If he thinks he might have contracted a sexually transmitted infection.

What happens during an exam for males?

When you arrive at the medical office or clinic:

- You will sign in and probably be asked for your health insurance information and be given a medical history form to fill out.
- You will be asked to write down all sorts of personal information about your health, the health of your parents or siblings (family medical history), your name, age, address, emergency contact information, whether or not you use drugs or alcohol, and whether or not you are already sexually active.

- It is VERY important to answer these medical questions honestly and correctly so that the nurse or doctor taking care of you can help you make the best possible choices about your health care.
- The law **REQUIRES** that all of your private information be kept private.

When you get to the examination room:

- You may be asked to undress and put on a paper gown.

What will happen during the medical exam?

- The doctor will listen to your heart, lungs, chest, back, possibly examine your abdomen (stomach) eyes, ears.
- The doctor will also check your genitals to make sure that everything is normal.
- He or she will check your testicles for lumps and gently push under your scrotum to feel your prostate gland to be sure it is not enlarged.
- It is recommended that men do this exam themselves once a month as well.
- The doctor will then ask you to cough while touching your scrotum. This tests for a **hernia** (a weak spot in the muscle of the belly that can be dangerous to your internal organs).

YOUR Health

FOR BOYS

I am just a teenager – why do I need to examine my testicles and scrotum once a month?

Even though testicular and prostate cancer are very rare among young men, it is never too soon to get to know your own body and be sure these areas are healthy on a regular basis, even though you might be young.

When is the best time for guys to do a Genital Self Exam?

- The best time to do this exam is after a warm shower or bath when the scrotum is soft and the testicles hang away from the body as much as possible.
- While standing in front of the mirror, hold the penis out of the way and examine each testicle separately.
- Hold each testicle between the thumb and fingers of both hands and roll it gently between the fingers.
- Look or feel for any hard lumps or changes in the size or shape of the testes.
- If you find any lumps, unusual changes, or skin irritation, make an appointment to see your doctor right away.



FACT...

YOUR PENIS GROWS DURING PUBERTY ALONG WITH THE REST OF YOUR BODY.

FACT...

Discharge is not normal for guys. Urine and semen are the only things that should come out of the penis. If any other liquid comes out, it could be a sign of infection.

Where

CAN TEENS GET THESE CHECKUPS?

Family Planning clinics, neighborhood clinics, health department clinics, and private doctors all provide exams to teenagers. At most family planning clinics, checkups are FREE for teens age 17 and younger. You do NOT NEED YOUR PARENT or GUARDIAN'S permission to go to a public health or family planning clinic. It is always a good idea to talk to your parents first about your sexual health needs, but if this is not possible for you and your family, these medical providers can still take care of you. Your parents will NOT be informed of your visit.

You do not have to be over the age of 18 or already sexually active to get information about puberty, birth control, pregnancy, or sexually transmitted infections. If you want to have an exam or if you have questions about ANY of these concerns, call the CHOICE Hotline and we can answer your questions and find a medical provider near you!

CHOICE Hotline
(215) 985-3300
(800) 84-TEENS
Se Habla Español

Free • Confidential • Monday-Saturday

TTY (215) 985-3309
www.choiceteens.org

Can I Ask QUESTIONS? YES.

PATIENT'S BILL OF RIGHTS

You and your doctor (or other health care provider) need to work together to insure you get the best health care possible. This means there needs to be mutual respect, good communication, and cooperation. As a patient, you have a number of rights and also responsibilities.

You have the right to be treated with respect, regardless of your age or appearance.

You have the right to ask questions and to have those questions answered in a way you can understand. This includes anything you would like to know about an examination procedure, your medical condition, and any medicine that is prescribed for you.

You have the right to privacy during the exam and when you are talking with the doctor.

You have the right to confidentiality. This means that the information you give to the doctor about yourself, written or oral, is not to be given to anyone without your permission.

You have the right to have a friend, family member or loved one come with you while you discuss your medical care with a doctor.

You have the right to know about the cost of all medical services you receive and the payment options.

In addition the these rights you also have the following responsibilities:

You are responsible for providing the doctor with honest and complete information about your medical history. This includes information about sexual history, drug and alcohol use, family history, and any symptoms you have had recently.

You are responsible for following the treatment plan recommended by your doctor.

You are responsible for keeping your scheduled appointments and notifying the doctor or clinic if you can't keep an appointment.

SEXUALITY

The background of the page is a blue and white checkerboard pattern. There are several orange swirls scattered around the edges. A large, thick, orange abstract shape, resembling a stylized 'S' or a ribbon, curves across the middle of the page. In the center of this shape is an orange rectangular box containing text.

During puberty, along with all the changes in your body, you will also have a whole new range of feelings—your sexual feelings. Your sexuality includes all the physical sensations, emotions, and attractions that make up your sexual identity.

TALKING WITH YOUR PARENTS

You want me to ask my mom WHAT??

OK, so sometimes talking about sex and sexuality with your parents (guardians or other important adults) isn't the easiest thing to do, but it can have its benefits. Believe it or not, your parents can be a great source of help. Not only can they offer you advice and support, but talking with them about such difficult topics can also strengthen your relationship with them.

Here are some tips to help you talk to your parents:

- Remember, they may be just as nervous or uncomfortable as you are.
- Prepare. Think about your questions and/or what you want to say beforehand.
- Look for a good time to get their attention and talk, for example, when they have free time and are relaxed.
- Give them a break. Sex can be hard to talk about. They may have pretty strong feelings about certain topics and they may be upset by some of the things you will tell them.
- If you find you or your parents are getting too upset, try to end the conversation calmly and talk some more another time.
- Keep in mind: even though they're grownups, they may not have the answers to all of your questions. See if you can find the answers together.

Nervous?

FACT...

Sex CAN
Be HARD TO TALK
ABOUT even when you
ARE A GROWNUP.

Uncomfortable?

FACT...

Parents can be a great
source of help and
information. They can offer
advice and support.

Be calm and
prepared...
cut them
some slack.

SEXUAL FEELINGS

When you begin to have sexual feelings, you may feel attraction or desire for a special person; you may begin to feel arousal in your body, and you may wish to be touched by someone or to touch yourself for sexual pleasure.

All these new feelings can be exciting but they can also be confusing, embarrassing, or even frightening. Learning about your sexual feelings, your preferences, and how you like to express them is an important part of finding out who you are. Some people are comfortable expressing their sexuality publicly, others are very private, and many are somewhere in-between. Discovering who you are attracted to is a part of sexuality; you will be discovering for yourself what makes someone sexually attractive to you.

You may have heard some labels, like straight, gay, lesbian, and bisexual. These words describe whether a person is attracted to people of the opposite sex, people of the same sex, or both. **Straight (heterosexual)** refers to people who feel romantic and/or sexual attraction mainly towards people of the opposite sex. **Gay and lesbian (homosexual)** refer to being attracted mainly to people of the same sex. Lesbian refers to women, and gay refers to men

although it is also sometimes used for women. **Bisexual (bi)** describes people who feel romantic and/or sexual attraction to people of either sex. Some people have sexual thoughts and feelings about people of the same sex. Gradually you will figure out your sexual identity and whether you identify yourself as straight, lesbian, gay, or bisexual. Attraction and sexual feelings can be complex and may take a while to sort out.

If I don't understand my feelings or I'm not sure how to deal with them, what can I do?

Talking to other people can be helpful. Sometimes you will want to talk with your friends and other times it may help to talk with an older person (a parent, a counselor, a pastor, and/or an older friend or sibling) who has experience and can support you. Try to choose someone you trust, someone who will give you accurate information and not judge you. If you feel there is no one you know who would be supportive, there are organizations that can offer non-judgmental and confidential counseling. You can call the CHOICE Hotline for referrals: **1-800-84-TEENS**.

FACT...

Transgender is a term that describes people who feel, act, or dress in ways usually associated with another gender. Transgender people can be heterosexual, bisexual, or whatever.

MAKING DECISIONS ABOUT SEX

So you like someone, now what?

When you are attracted to someone who likes you, you have choices to make. Do you want to get involved and have a romantic relationship, or do you want to stay friends? There are some positives either way. Being single can give you a chance to learn about yourself. You can feel strong and independent when you know that your happiness does not have to come from another person. However, being in a relationship can be a wonderful experience and a special way to get close to someone. If you decide to enter a relationship, you have the right to determine what type you want and how long you want it to continue.

Once you have decided to be in a relationship, you still have some decisions to make. Which activities will be right for you and which do you want to avoid or postpone? Some teens decide they want to kiss or hold hands but not go any further. Some are comfortable going as far as caressing (touching). Still others may decide to be sexually active in different ways.

It's very hard to make a clear-headed decision about sex once you are in the middle of things and sexual feelings are really intense. It's a good idea to think about what you want and talk with your partner before you become sexually active. Even if you are already sexually involved, you still have the right to say no at any point and for any reason.

How do I decide whether to have sex or not?

Here are some questions you can ask yourself to help you make a decision about sex:

- What types of sexual activity are comfortable for me?
- Why do I want to have sex?
- How will having sex affect the way I feel about myself?
- How is my decision affected by what others might think about me if I decide to have sex?
- How does my partner feel about having sex?
- How do I want to be treated in a sexual relationship?
- How will sex change this relationship?

FACT...

HOMOPHOBIA IS
DISCRIMINATION OR PREJUDICE
AGAINST SOMEONE WHO IS GAY,
LESBIAN, OR BISEXUAL.

SEXUAL EXPRESSION

Abstinence is choosing not to have sexual intercourse. However, couples who choose abstinence may still engage in acts of sexual expression they find acceptable, such as kissing and touching. People decide to be abstinent for many reasons, including religion, personal values, and fears about pregnancy or disease. Some people choose to be abstinent until they are married, until they are older, or until they find the right relationship. Not having oral, vaginal, or anal sex is an effective way to avoid pregnancy and keep from getting most sexually transmitted infections. You have the right to choose abstinence for yourself, and no one should judge you for that decision.

Think before you act!

You can get intense pleasure, both physical and emotional, from having sexual activity if both people really care about each other and feel OK about what they are doing. But, intimate contact can also be emotionally or physically hurtful when two people don't understand each other's feelings or one person doesn't want to have sex. Also, in some cases, sexual activity has been so exaggerated in books, on television and in movies that some people forget that it is only one part of your sexuality. Sexuality includes your emotions, things that you do that are not sexual (hugging and kissing), and things that you do that have nothing to do with sex (holding hands, going on dates, future goals). There is a lot to figure out, both about yourself and about your partner, before you make choices about sexual activities that will be right for you.

Sexual activity can also have risks. There is a risk of getting sexually transmitted infections (STIs), including HIV/AIDS, with any kind of sexual activity that involves intimate contact. This includes mutual masturbation, oral, vaginal, and anal sex. Also, if a man and woman have vaginal sex without using birth control (protection), there is a high risk of pregnancy. If you choose to be sexually active, it is important to decide what kinds of sexual activity you want to have, discuss this with your partner, and educate yourself about how to stay safe while doing them.

FACT...

THERE IS A HIGH
RISK OF PREGNANCY
IF YOU HAVE VAGINAL
SEX WITHOUT USING
BIRTH CONTROL
(PROTECTION)

SEXUAL EXPRESSION

Sexual expression can include all of the different ways that people communicate sexual arousal and pleasure. You can have sexual experiences alone or with someone else. There are many ways that two people can express their sexual or loving feelings for each other, and there can be many stages in a sexual relationship before people go all the way (have sex). Holding hands, kissing, and sharing a personal secret can all be ways you show affection.

Different kinds of sexual activity

Vaginal sex is usually what people mean when they say sexual intercourse. During vaginal sex, the man puts his penis into a woman's vagina and moves in and out. Vaginal intercourse carries the risks of pregnancy and all sexually transmitted diseases.

Oral sex (**cunnilingus**, performed on a woman and **fellatio**, performed on a man) is when one person stimulates another person's genitals using his or her mouth and/or tongue. Although a girl cannot become pregnant through oral sex, it is possible to contract sexually transmitted disease in this way.

During **anal sex**, a man puts his penis into the other person's anus (butthole) and moves in and out. Although a girl cannot become pregnant through anal sex, it is possible to contract sexually transmitted disease in this way.

Masturbation means touching or rubbing your genitals for sexual pleasure. Masturbation is a completely safe sexual activity. Because you are touching yourself, there is no risk of pregnancy or getting a sexually transmitted disease including HIV. Masturbation can help you get to know your body and what feels good to you sexually without the pressure, anxiety, or embarrassment that you might feel if you were with someone else. Some people masturbate even when they are in relationships with other people.

When two people touch each other's genitals, this is called **mutual masturbation**. Mutual masturbation is a relatively safe substitute for sexual intercourse, though it is still possible for partners to transmit infection, for example, herpes or warts. Fingering (touching a woman's genitals) and hand-jobs (masturbating a man) are types of mutual masturbation.

AROUSAL AND ORGASM

Orgasm (coming) is a feeling of extreme physical pleasure and release. Both men and women can have orgasms.

You may not have an orgasm every time you have sex. Sometimes sex can feel good even if you don't reach orgasm. Sometimes only one person has an orgasm; sometimes neither. When both people do, they may or may not have the orgasm at the same time. There are no rules for how to enjoy sex. It is important, though, to talk with your partner and find out what feels good for both of you.

What happens in my body when I get aroused?

In order for a man or woman to enjoy having sex, it's important that both are sexually excited. The body goes through several phases of sexual pleasure; arousal, orgasm, and relaxation. Sometimes people experience all three phases and sometimes they don't.

During arousal, most people will experience heavier breathing, increased heartbeats, and slightly raised blood pressure. In women, the vagina becomes wet, slightly larger and longer inside. In men, the testicles pull in closer to his body and his penis

becomes erect. The muscles are also known to tighten, especially around the pelvic area and buttocks for women and men.

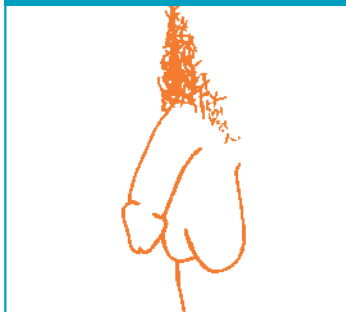
People can become aroused by taking time to be intimate before they have sex. This is called foreplay. Foreplay can be kissing, hugging, talking, touching, massaging, or any physical or emotional stimulation. Some people have foreplay only and stop before they have sex. People can also become aroused when they're not thinking or doing anything sexual at all.

What happens when a man has an orgasm (comes)?

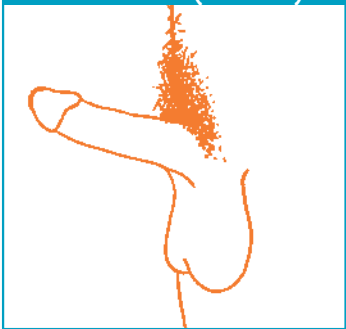
When a man has an erection (gets hard), blood rushes into the blood vessels and spongy tissue in his penis, causing it to get bigger and stiffen. Erections often result from sexual stimulation or thought, but not always. They are a reflex of the body and cannot always be controlled. When the penis is not erect anymore, it becomes softer and returns to its un-aroused state. Erections can go away by themselves or after a man ejaculates (comes).

AROUSAL AND ORGASM

UN-AROUSSED



AROUSSED (ERECT)



During ejaculation, the muscles in the penis contract and relax, pushing out semen (cum). Sometimes a small amount of fluid comes out before ejaculation. This fluid is called pre-ejaculate (pre-cum). Both ejaculatory fluids contain sperm and can transmit sexually transmitted infection and HIV and cause a pregnancy.

Wet Dreams, what are they?

Wet dreams are dreams with sexual arousal. Usually the dreams will cause a male to get an erection and ejaculate in his sleep. A female's dream can also end in orgasm but is not usually called a wet dream. They are normal for both males and females and usually happen for the first time between the ages of 11 to 16.

What happens when a woman has an orgasm (comes)?

The clitoris and outer third of the vagina are the most sexually sensitive parts of the woman's body. When a woman is sexually aroused, her vagina produces fluid for lubrication (getting wet,) her vagina expands internally, her clitoris swells or hardens and becomes more sensitive, and her nipples can swell and get hard. She may feel like there is tension building in her body until it releases in orgasm. Women have muscle contractions when they come that radiate outward from the vagina.

TALKING

WITH YOUR PARTNER ABOUT SEX

Talking openly about sex can be difficult for some people. Sexuality is a natural and healthy part of living, but sometimes people do not feel comfortable discussing it. However, talking honestly with your partner may be a good way to strengthen your relationship so you can enjoy your time together.

Deciding what's important to you.

Before you begin talking about sex with your partner, it may help to think about your own feelings on the subject. You can ask yourself:

- How much do I know about sex?
- What helps me feel comfortable being intimate (close) with someone?
- How will I say no if I don't want to do something?
- How will I protect myself from sexually transmitted infections?
- How will I protect myself from pregnancy?

You may not have all the answers at first and you may need some time to figure things out. Talking to your friends, family members, trusted adult, or a professional like a doctor or counselor might help.

Talking to your partner

Actually talking to your partner could be the hard part and take several attempts. That's OK; you don't have to cover everything at once. You can start off slowly, perhaps talking about your feelings for one another and your relationship. When you feel comfortable, you can begin to talk about more intimate things like becoming sexually active, what you feel ready to do, and what you do not. ***Remember, protecting against STIs and pregnancy are the responsibilities of both partners.***

What if my partner and I don't agree?

You and your partner may feel differently about having sex, but still want to stay together. People come from different families and cultures and sometimes their beliefs come into conflict. If you disagree with one another, you can work together to find a solution that makes you both happy. Respecting one another's beliefs, feelings, and limits is an important part of having a mature relationship.

SEXUAL

PRESSURE AND UNWANTED SEX

Dealing with sexual pressure

What do you do when a person you like, or maybe love, wants to have sex and you don't? This can be really hard and it happens to both girls and guys.

First of all, you do not owe anyone sex. It doesn't matter what they bought you, how long you have been dating, or if you have had sex with that person before. Someone may try to convince you to do something that makes you feel uncomfortable but someone who really cares about you won't put unfair pressure on you or force you to do it.

Talk with your partner about how you feel. Let him or her know what you want in your relationship and what you don't (sometimes it helps to practice beforehand with a friend or in the mirror). This may be hard to talk about, but it can feel worse to do things you don't want to do. Talking things over can help you find out whether the relationship is really right for you.

When a relationship isn't working and abusive relationships

What should you do when you realize that a relationship isn't working well for you? You may not want to end a relationship right away if you love your partner and hope that things will change. If you are too unhappy in the relationship, you may need to leave.

Sometimes people need to get out of a relationship because there is physical or emotional abuse. Abusive behavior can include yelling, insults, physical violence like hitting or shoving, sexual violence, threatening to harm oneself or others, and hurting pets or property. No one should feel afraid of the person they are dating. It is not good to continue a relationship if your partner is mean, extremely controlling, or threatening you.

Getting out of an abusive relationship can be difficult and frightening. It is important to trust your instincts. You may need to figure out how to handle the situation and protect yourself from your partner. You may want to talk with a trusted adult, such as a school counselor. You can call the CHOICE Hotline for referrals to people who can help.

Some forms of abuse are very serious and are crimes. If something like this happens to you, remember it's not your fault.

Sexual Harassment can be any unwanted sexual comments or touching that occurs at work or in school. An employee may be pressured to perform a sexual act in exchange for keeping a job or earning a promotion; a teacher may threaten to fail a student who refuses sex.

SEXUAL PRESSURE AND UNWANTED SEX

Sexual assault is unwanted sexual touching. Sexual assault can happen to anyone, no matter their age, relationship, or gender.

Rape is when someone forces another person to have sex, whether it's vaginal, anal, and/or oral sex. Sometimes a person may be coerced into sex through the threat of physical violence or while under the influence of drugs or alcohol. Both boys and girls can be raped.

Date (Acquaintance) rape is unwanted sex between two people who know each other or are acquaintances.

In Pennsylvania, statutory rape is sexual intercourse between a person who is at least 13 years of age, but younger than 16, and a person who is 4 or more years older. Even if the younger person agrees to have sex, it is still a crime. If someone is 12 years of age or younger, sex is always a crime. Different states have different laws.

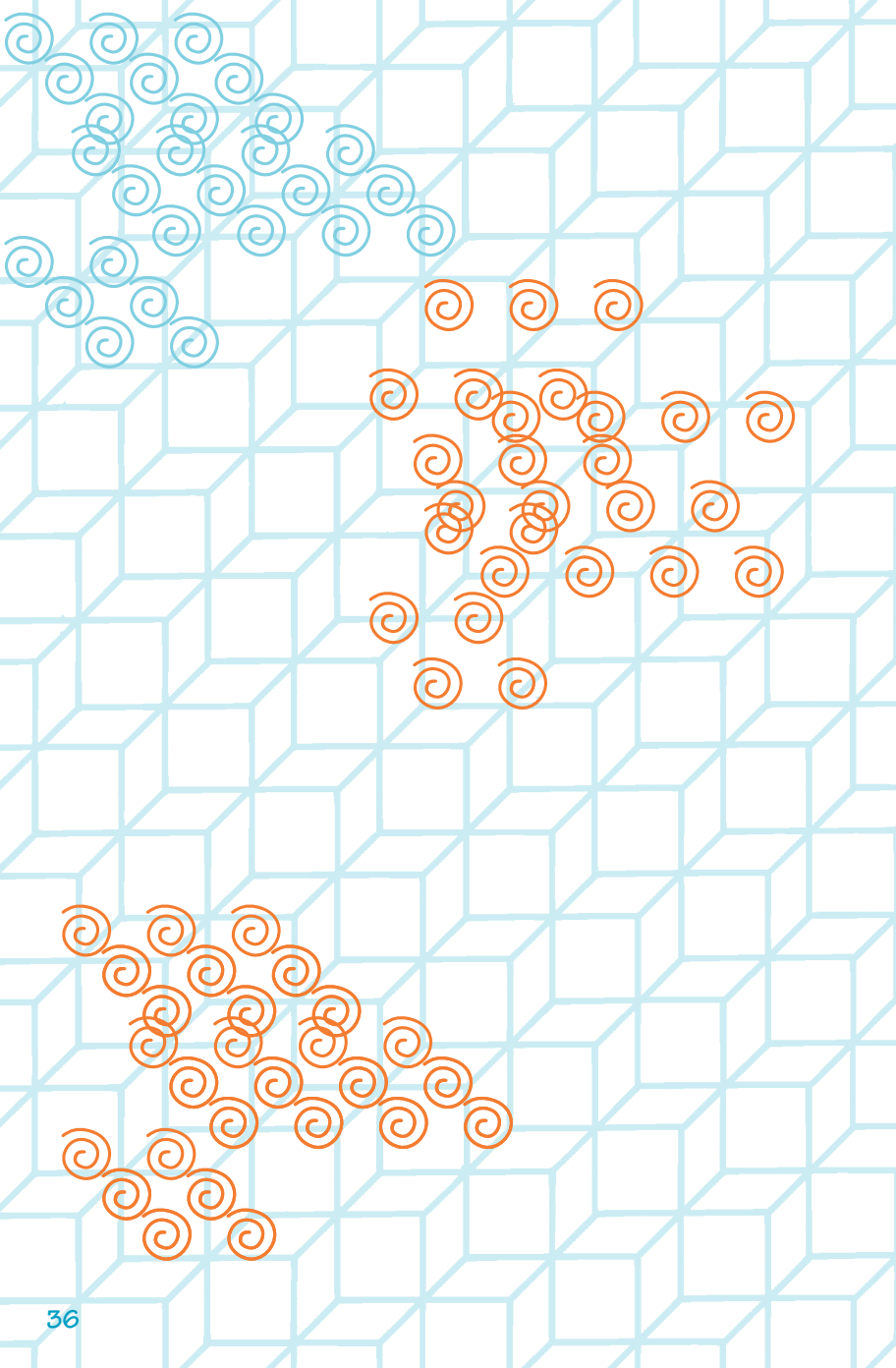
Incest is sex between family members. Incest can happen at any age, but often children are victims of incest, and the abuser may be any person in the family - parent, grandparent, sibling, uncle, aunt, cousin, or stepparent. Children can also be sexually abused by adults outside their family, either by familiar people or strangers.

What do I do if I or someone I know has experienced any of these things?

Sexual harassment should be reported to someone in authority, either a supervisor or principal. If you have been raped or if you know that a child is being sexually abused, you need to tell someone. You can talk to a trusted adult or call the CHOICE Hotline for help. Sexual assault, rape, date rape, statutory rape, incest, and sexual abuse of a child are crimes and should be reported to the police. This is important both to get help for the victim and to stop the abuser from hurting other people.

FACT...

No one should feel
AFRAID OF The PER-
SON he OR she IS
DATING



BIRTH CONTROL

WHAT IS BIRTH CONTROL?

Birth control is anything that prevents pregnancy. There are many different types of birth control. Some methods are more effective than others; some are more convenient or less expensive. There are also many myths about how to avoid pregnancy. (Yes, you can get pregnant the first time you have sex!) Using a method of birth control with your partner is very important if you are trying to avoid pregnancy.

In Pennsylvania, you have the right to get and use birth control, even if you are 17 or younger. You do not need your parent's permission to obtain birth control.

How Does

PREGNANCY OCCUR?

How does a woman get pregnant?

Once each month, a woman ovulates (releases an egg from her ovary into the fallopian tube). The egg lives for about 24 hours in the tube as it moves toward the uterus. If the egg meets a sperm in the fallopian tube and is fertilized, it forms an embryo, which can develop into a baby. The embryo then travels to the uterus and implants in the wall of the uterus so it can be nourished and start to grow.

Are there certain times during the menstrual cycle when a woman is most likely to get pregnant?

A woman can only get pregnant (is fertile) while the egg is in the fallopian tube, about 24-36 hours after ovulation. Ovulation usually occurs 14-16 days before the start of menstruation (her period), so this is the time when a woman is most likely to get pregnant. However, ovulation can occur at any time during the cycle, even during menstruation, so no time is totally safe for avoiding pregnancy. Women who wish to avoid pregnancy should use birth control every time they have sexual intercourse.

How long can sperm stay alive in a woman's body?

Sperm can live for 3-7 days in the female body. This means a woman is able to get pregnant if she has sexual intercourse 3-7 days before she ovulates.

How old does a girl have to be to get pregnant?

A girl can get pregnant as soon as her period starts. She can also get pregnant shortly before her first period since ovulation occurs a few weeks before the bleeding starts.

FACT...

*Sperm can live
3-7 days
in the female body.*

FACT...

*A woman
who has
intercourse without
using contraception
has a 90% chance of
becoming pregnant
in a year.*

About Getting PREGNANT

CAN A GIRL GET PREGNANT THE FIRST TIME SHE HAS SEX?

YES

CAN A GIRL GET PREGNANT IF SHE HAS SEX DURING HER PERIOD?

YES

CAN A GIRL GET PREGNANT IF SHE HAS NEVER HAD A PERIOD?

YES

IF A WOMAN DOESN'T HAVE AN ORGASM, CAN SHE GET PREGNANT?

YES

IF YOU HAVE SEX STANDING UP, SITTING DOWN, UPSIDE DOWN,
ETC., CAN YOU GET PREGNANT?

YES

CAN A GIRL GET PREGNANT WHILE SHE'S HIGH OR DRUNK?

YES

IF A GIRL TAKES ALL OF HER BIRTH CONTROL PILLS AT ONE
TIME, CAN THAT PREVENT PREGNANCY FOR THE WHOLE
MONTH?

NO

IF A GUY WITHDRAWS (PULLS OUT) BEFORE HE EJACULATES
(COMES), WILL THAT PREVENT PREGNANCY?

NO

IS USING TWO CONDOMS AT ONCE BETTER THAN USING JUST ONE?

NO

WILL WASHING YOURSELF OR TAKING A BATH AFTER SEX
PREVENT PREGNANCY?

NO

WILL DOUCHING WITH ANY TYPE OF LIQUID (VINEGAR, WATER,
SODA, ETC.) REDUCE THE CHANCE OF GETTING PREGNANT?

NO

WILL DRINKING SODA OR ANY LIQUID WITH YELLOW DYE #5
REDUCE A MAN'S SPERM COUNT AND REDUCE THE CHANCES
OF PREGNANCY?

NO

.....**KNOW THE FACTS!**

BIRTH CONTROL METHODS

Which birth control methods are available to me?

Here are some of the most common birth control methods used by teens. For more detailed information, we have included a chart of all birth control methods in the back of this book (page **70**).

Male condoms fit over the erect penis to catch sperm when a man ejaculates. Most condoms are made of latex or polyurethane (plastic). These condoms are 85-90% effective at preventing pregnancy when used correctly and also help prevent HIV and some STIs. They are very safe to use and easy to buy. Male condoms must be put on when the penis is erect, before having sex, and should be removed after sex. Each condom should be used only once and then thrown away. Some condoms are made from lambskin and do NOT protect against HIV and STIs. See page **44** for instructions about how to use a male condom.

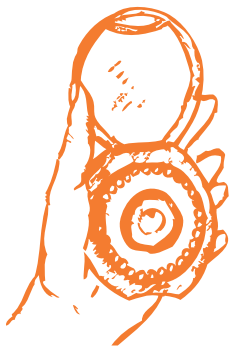


Female condoms are made of polyurethane (plastic) and fit inside the vagina to catch sperm when a man ejaculates. They are 79-95% effective at preventing pregnancy when used correctly and also help prevent HIV and some STIs. The female condom is very safe to use and easy to buy. It must be inserted into the vagina before having sex and removed after sex. Just like the male condom, each female condom should be used only once and then thrown away. See page **45** for instructions about how to use a female condom.

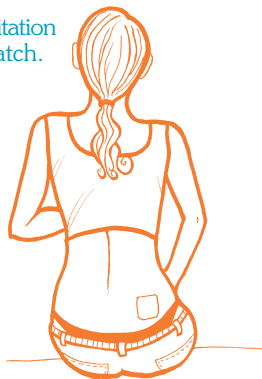


BIRTH CONTROL METHODS

Birth control pills are small pills containing hormones. A woman swallows one pill at the same time each day. They must be prescribed by a doctor, are 95-99% effective at preventing pregnancy, and do not prevent HIV or STIs. The pill may make a woman's period more regular. A woman can be on the pill and her partner will not know. Some people may experience side effects such as mood swings, spotting, and/or nausea.



The **birth control patch (Ortho Evra)** is a small patch containing hormones that a woman wears on the skin on her hip, upper arm, or upper buttock, and replaces each week. It is prescribed by a doctor, is 99% effective at preventing pregnancy, and does not prevent HIV or STIs. "The Patch" only needs to be changed once a week and stays on during showers and while swimming. Some people may experience side effects similar to birth control pills or skin irritation around the patch. Skin irritation can often be avoided by putting the patch on a different part of the body each week.

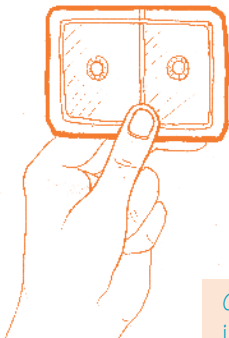


Depo provera is an injection (shot) of hormones given to a woman once every 3 months. It is prescribed by a doctor, is 99% effective at preventing pregnancy, and does not prevent HIV or STIs. "Depo" lasts for 3 months. Like the pill, a woman can be on depo provera and her partner will not know. Some people may experience side effects such as mood swings, weight changes, changes in their menstrual cycle (period) and/or hair loss.



BIRTH CONTROL METHODS

Emergency Contraception Pills (“the Morning After Pill” or ECP) are pills that a woman swallows. They contain the same hormones as birth control pills, but in higher amounts. These pills are prescribed by a health care professional and are about 89% effective in preventing pregnancy when used right away (within 72 hours) after unprotected sex. A woman’s partner will not know if she uses them. ECPs do not prevent HIV or STIs. Some people may experience side effects such as nausea, vomiting, and/or changes in their menstrual cycle after taking Emergency Contraception Pills. Call the CHOICE hotline right away if you or a friend need emergency contraception.



Withdrawal (pulling out) is when the penis is removed from the vagina before ejaculation. The man then ejaculates outside of and away from the vagina. The effectiveness of this depends on the man’s ability to withdraw *before* he ejaculates. Withdrawal has a high failure rate because men release pre-cum that contains sperm and can cause a pregnancy or transmit HIV or an STI, before they ejaculate.

FACT...

If you're sensitive to latex, try polyurethane condoms.

Other birth control methods include: Nuvaring, Norplant, spermicides, diaphragm, cervical cap, IUD, Natural Family Planning, and sterilization. More information about each of these birth control methods can be found in the index on page 70.

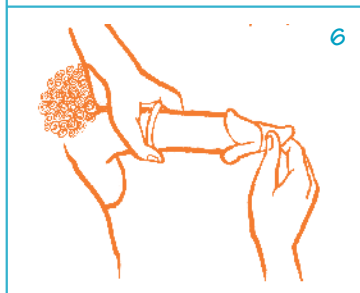
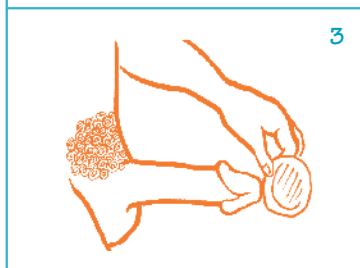


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HOW TO USE A MALE CONDOM

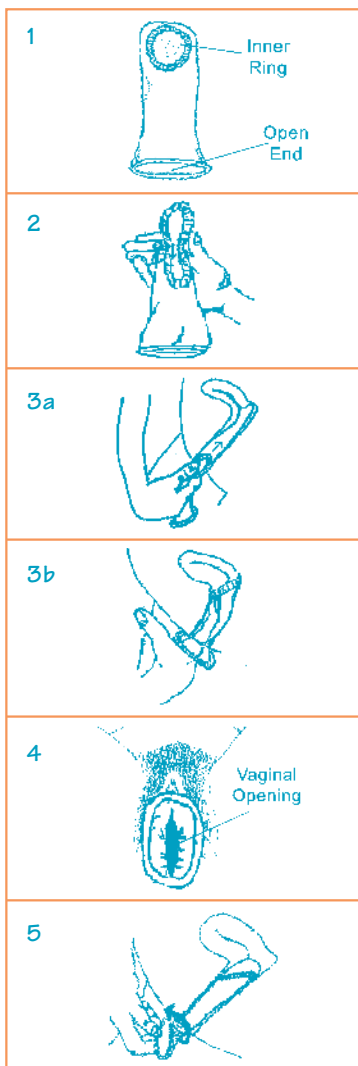


1. Check the expiration date on the package.
2. Gently open the packet and slide out the condom. Do not use your teeth or scissors!
3. Pinch the tip of the condom between two fingers and hold it while you roll it down to the base of the penis.
4. Make sure that the condom rolls down completely. If the condom is inside-out it will not roll down easily. If you have put a condom on inside-out, remove it and get a new one because there may be sperm from the pre-cum on the condom.
5. For extra lubrication use a water-based lubricant. Do NOT use an oil-based lube (like lotion, petroleum jelly or baby oil) because it could cause the condom to break.
6. After ejaculation, hold the condom at the base of the penis and slowly slide the condom off of the penis. Remove the condom and throw it in the trash.

Some condoms are made from lambskin and do NOT protect against HIV and STIs.

HOW TO USE A FEMALE CONDOM

1. Check the expiration date on the condom and open the package carefully.
2. Squeeze the inner ring with your thumb and middle finger.
3. (a) Insert the inner ring into the vagina. (b) Use your index finger to push the condom into the vagina as far as possible.
4. The entire ring of the open end should hang outside of the vagina. Make sure the condom is not twisted. Be careful that the outer ring doesn't slip into the vagina during sex.
5. After intercourse, twist the outer ring to keep the semen inside the condom. Pull the condom out of the vagina. Throw the condom in the trash.



BIRTH CONTROL METHODS

How can I decide what type of birth control to use?

There are many factors to consider when you are making a decision about birth control. You may need to try more than one method before finding the one that is best for you. Here are a few questions that may help you make this decision:

- Which method would be the easiest for me to remember and use?
- Do I want to prevent HIV and Sexually Transmitted Infections (STIs) as well as pregnancy?
- Do I want anyone to know I am using a birth control method?
- Which method would be most comfortable for me?
- Right before sex, can I stop to use my birth control method?
- What side effects may I experience?
- How effective is the birth control method at preventing pregnancy?
- Will I need to go to a doctor or can I buy it in a store?
- How much does the birth control method cost? (Birth control can often be free or low-cost. Call the CHOICE Hotline for more information.)
- Which method would my partner prefer?

Where can I get birth control?

Many methods of birth control can only be obtained from a doctor or clinic. Some methods, such as condoms and spermicides can be bought at a pharmacy or grocery store. If you have questions about choosing a birth control method and/or don't have a doctor, call the CHOICE Hotline. We can refer you to a family planning clinic where you can discuss your birth control options with doctors and counselors. If you feel comfortable talking with your parent(s) about birth control, you can also ask if they can recommend a doctor or clinic.

You do not need to be sexually active to get birth control information or services from a family planning clinic. In Pennsylvania, teens do not need anyone's permission to get or use birth control. If you are concerned about privacy when you go to a clinic, when you make your appointment, ask the receptionist if your visit will be confidential.

FACT...

Condoms prevent many STIs as well as pregnancy.

BIRTH CONTROL METHODS

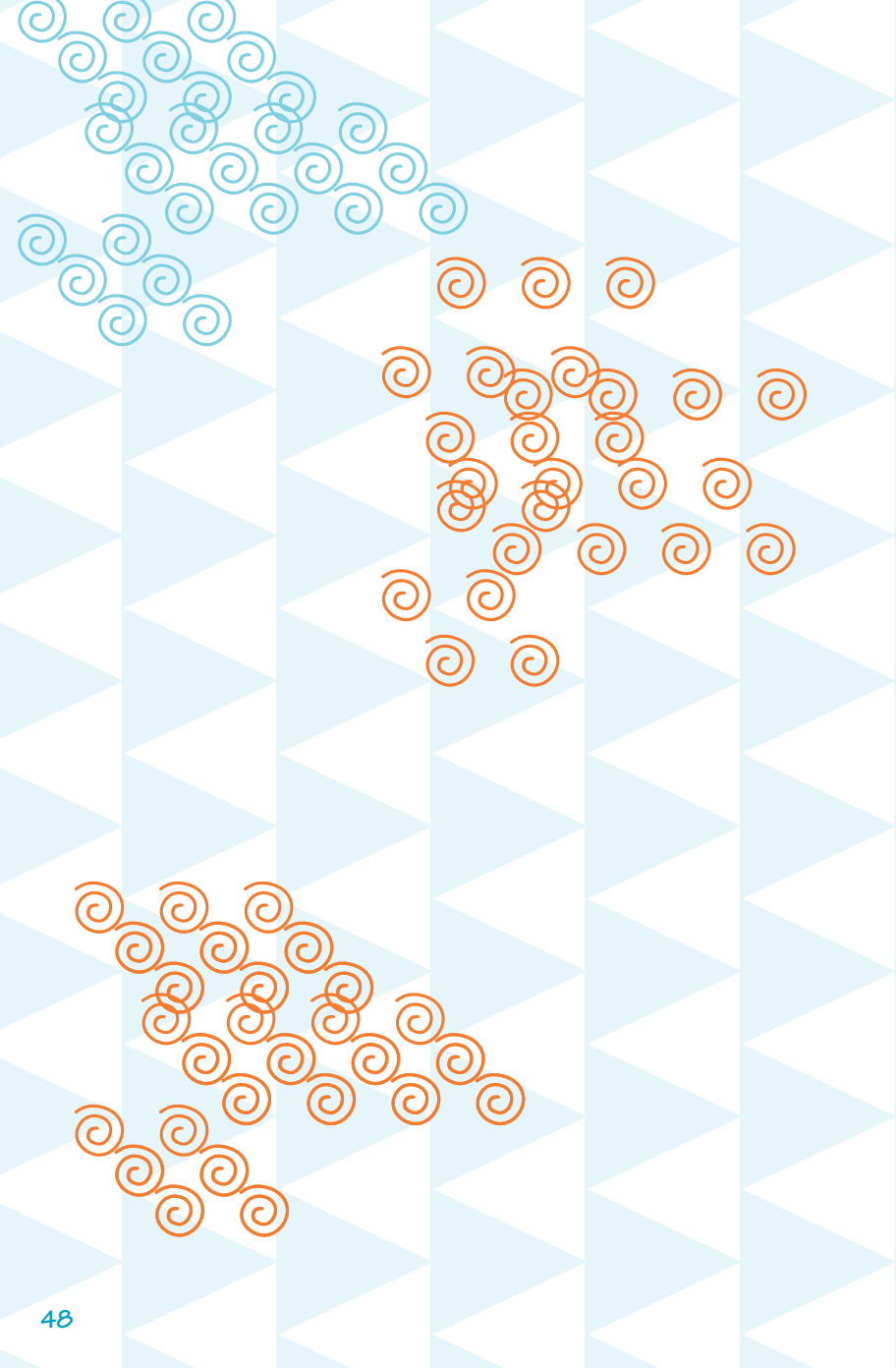
Will I have to pay for my birth control?

If you see a private doctor, you may have to pay a fee for a physical exam in addition to the cost of birth control. The cost of birth control depends on the method that you choose. In Pennsylvania, most clinics provide free services for teens 17 or younger. In New Jersey, publicly funded clinics (the city or county health department clinics and some others) usually have a sliding fee scale for family planning or birth control services. This means that you pay according to your income. It is best to ask about the cost of a visit *before* you schedule an appointment with a doctor's office or medical clinic.

If you use insurance (either private insurance or Medical Assistance), your parents may see a bill that explains the services you received. If you are concerned about this, you can call CHOICE to find a clinic that provides free and confidential services for teens 17 or younger.

FACT...

*9 out of 10
women use some form
of birth control.*





PReGNANCY

PReGNANCY

PReGNANCY

PReGNANCY

PREGNANCY TESTS

I might be pregnant. How can I find out?

There are a number of symptoms that can occur in early pregnancy. These include:

- Missed or late period
- An abnormal period (lighter or shorter than usual or just spotting)
- Sensitive or swelling breasts
- Nausea or vomiting (morning sickness)
- Changed appetite (increased or decreased appetite, cravings for particular types of food)
- Frequent urination
- Lightheadedness
- Tiredness

If you have had sexual intercourse, are experiencing some of these symptoms, and suspect you might be pregnant, it's a good idea to have a pregnancy test.

How do pregnancy tests work?

There are many hormones (chemicals that are in our bodies naturally) in a woman's body. One hormone, HCG (Human Chorionic Gonadotropin), is present in a woman's body only when she is pregnant. A pregnancy test can tell if a woman has any HCG in her urine or in her blood. There are some tests you can do at home and some that require a visit to a doctor or clinic.

At most family planning clinics, pregnancy testing is free or low-cost and always confidential.

The most common type of pregnancy test is the urine test. You can purchase a urine pregnancy test at a pharmacy for about \$10 or have a test done by a doctor or at a clinic. You can take a pregnancy test as early as one to fourteen days after you miss a period. If you do a home pregnancy test and it looks negative, repeat the test a week or two later if you're still waiting for your period. If your result is positive or if you have any pregnancy symptoms (including not getting your period), it's best to visit a doctor or clinic to be sure.

Occasionally, a blood pregnancy test may be needed (for example, to diagnose ectopic pregnancy or miscarriage).

An **ectopic pregnancy** happens when an egg is fertilized and does not implant in the uterus. This kind of pregnancy is difficult to diagnose and can be very dangerous. Symptoms of an ectopic pregnancy include the early pregnancy symptoms listed above, sudden pain in your lower belly, and/or shoulder pain. If a woman is experiencing these symptoms and there is any chance she may be pregnant, she should go to the emergency room *right away*.

PReGNANCY TESTS

A **miscarriage** is when a woman loses a pregnancy. Signs of a miscarriage are heavy bleeding from the vagina and cramps that are not from a regular period. If a woman is experiencing these symptoms and there is any chance she may be pregnant, she should go to the emergency room.

A **pelvic exam** is also used to confirm pregnancy. During the exam, the nurse or doctor will check if the cervix has softened or if the uterus feels softer and larger. Pelvic exams are used to help determine how far along the pregnancy is.

If you think you might be pregnant and need help finding a doctor or clinic for a pregnancy test or exam call the CHOICE Hotline.

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PREGNANCY

OPTIONS

I just found out I'm pregnant, and I don't know what to do.

Deciding what to do about an unplanned pregnancy can be very difficult. You may not know what all of your choices are, and you may have many conflicting feelings. It may help to talk with your partner, your parent(s), or another trusted adult. There are also professional pregnancy counselors, sometimes called "options counselors," who can provide you with accurate information about and help you to explore alternatives.

Once you are pregnant, your options are (1) to continue with the pregnancy or (2) end the pregnancy by having an abortion. If you continue with the pregnancy, after the birth, you may choose to keep the baby with you or place the baby for adoption or foster care. The following sections give a brief summary of each of these choices. For more information about anything having to do with pregnancy options, please call the CHOICE Hotline. A counselor can answer your questions and refer you to other services you may need.

CONTINUING THE PREGNANCY AND PARENTING:

Continuing the pregnancy gives you new responsibilities whether you decide on parenting or adoption. For one thing, you will need special health care

while you're pregnant, known as **prenatal care**. This involves regular visits with an obstetrician/gynecologist (a doctor who specializes in women's health and delivering babies) or a **nurse-midwife** (a nurse with special training in prenatal care and childbirth).

Prenatal care helps a pregnant woman and her baby stay healthy. During prenatal visits, a woman's blood and urine are tested, along with her blood pressure and weight. She is also examined to make sure she is well and the baby is developing normally.

You can take good care of yourself and your baby by eating well during the pregnancy. One way to make sure you are getting the nutrients you need is to cut down on fat and sweets and eat a wide variety of food; grain products (bread, cereals, pasta, etc.); vegetables; fruits; dairy (milk, yogurt, cheese, etc.); and other protein foods (meat, fish, beans, eggs, peanut butter, nuts, and soy products.)

The use of cigarettes, drugs, or alcohol is VERY harmful to the baby's development and to your own health as well. There is no safe amount of ANY of these things when you are pregnant. If you need help dealing with these behaviors, talk to your doctor or clinic counselor.

PReGNANCY

OPTIONS

If I'm pregnant can I still go to school?

Yes. A student cannot be excluded from classes, graduation or any other school activities just for being pregnant or for being a parent. Some schools have special programs designed to help pregnant and parenting students complete their high school educations. Some of them also have day-care facilities.

How can I get help with living expenses or the costs of medical care?

If you are unable to afford the costs of general living expenses and/or medical care, you might be able to sign up for public assistance programs (food stamps, medical assistance, welfare) while you are pregnant. If you are 17 or younger, the law says you can only sign up through your parent(s), unless you are emancipated. **Emancipation** is a legal term meaning that a teen is financially independent from his or her parent(s) or legal guardian and receives no financial support from them. If you are living with a parent or legal guardian, you will not be considered emancipated, even if you have a job and are paying rent. Emancipation only matters in terms of financial assistance programs. Once you are pregnant, you do not need to be emancipated or independent to make decisions about prenatal care or your baby's medical care. Call the CHOICE Hotline:

800-848-3367, for more information about prenatal care and insurance.

BECOMING A PARENT

Having a child to care for will bring big changes in your life! Taking care of a child can be a wonderful experience, but you should realize that it also involves a lot of hard work, responsibilities, and new expenses. You will no longer have the freedom to go places without either bringing your child or arranging for safe childcare.

Do I feel ready to become a parent?

Deciding to become a teen parent is a personal and complex decision. You may want to talk about this with other people in your life - your parent(s), partner and/or a close friend. There are questions you can ask yourself that can help you make the best possible decision that's right for you.

- Do I feel ready to be a parent?
- How will I support the baby and myself? Will my partner be able to contribute?
- Are there other people who will help me take care of the baby?
- How will raising my child affect my plans for the future?
- Will I be able to continue school? Work?
- How do I feel about parenting a child while I am a teenager?
- Will I have the support I need from loved ones (family, partner, friends)?

PREGNANCY OPTIONS

ADOPTION

Adoption is a legal arrangement that places a child permanently with people other than the birth parents. A family member, such as a grandparent or aunt, or someone outside your family, can adopt your child. If you don't know someone who is willing to adopt and raise the child, there are agencies that can help place the child and arrange the adoption.

An adoption can be either "open" or "closed." With a **closed adoption**, the birth parents make arrangements through an agency and know little or nothing about the family with whom their baby is placed. There is usually no contact between the birth parents and the child once the adoption is final. This may mean the child will not know who his or her birth parents are and may not have access to his/her birth parents' medical history.

Open adoption includes some degree of contact between the birth parents and adoptive parents, and can be arranged in many ways, depending on the preference of those involved. With open adoption, the birth parents may be able to help choose the adoptive family and keep in touch through letters or visits. However, under Pennsylvania law, either party can end the contact at any time.

FOSTER CARE

Through **foster care**, a child is temporarily cared for by another person (a foster parent) while the mother and/or father get ready to raise the child. A child can only stay in a foster home for a limited time. Federal law requires that child welfare workers either have a plan to reunite the family or start searching for an adoptive home after a year and a half. It is often more difficult to get a child out of foster care than it is to place a child into the system. Usually, the birth parent must prove to the courts that he or she is able to care for the child before regaining custody. This might mean finishing school, finding a place to live, and/or getting a job.

ABORTION

Abortion is a medical procedure that ends a pregnancy. Abortion is legal in the United States until the 24th week of pregnancy (or later if the woman's life is in danger). Most of the abortions performed in the U.S. are done during the first trimester (first 12 weeks). After the first trimester, both the cost and risks associated with the procedure increase.

PReGNANCY

OPTIONS

What are the laws for abortion in Pennsylvania?

Each state has its own set of laws for abortion procedures. In the state of Pennsylvania, a woman must attend a **mandatory counseling session** before the procedure can be done. During the counseling session, a doctor will provide information regarding the abortion procedure and the woman's options for the pregnancy. After the counseling session, the woman will be asked to sign a form verifying that she understood the information. This is called giving **informed consent**. Pennsylvania law also requires that a woman **wait at least 24 hours** after giving informed consent to have an abortion. No one, not even your parent, can force you to have an abortion.

A teen who wants an abortion in the State of Pennsylvania must have the signature of a parent or legal guardian if she is 17 or under. This requirement is called the "**parental consent**" law.

There is another way for a teen to get an abortion. If she doesn't live with her parent(s) or legal guardian OR if she feels she cannot talk with them, she can request a judicial bypass. A **judicial bypass** is when the teen meets with a judge who may give permission for her to have an abortion with-

out informing her parents. The pregnant teen meets with the judge in his or her office (sometimes called the "judge's chambers"). The judge will determine whether the teen is mature enough to make the decision to have an abortion without her parent or guardian. If the judge thinks she is mature enough OR that having the abortion is in the best interest of the girl, the teen will be given a written waiver to bring to an abortion clinic. The judicial bypass process is free, confidential (no one else will know about the meeting), and should not take more than three days to complete. To better understand what a teenager needs to do to get a judicial process if she wants an abortion, please call the CHOICE Hotline. CHOICE can provide information about services in Pennsylvania and New Jersey.

If you live outside Pennsylvania or New Jersey, please call the National Abortion Hotline-1-800-772-9100 to find out about the particular abortion regulations in your state.

FACT...

The judicial bypass process is free and confidential.

PReGNANCY

OPTIONS

Are abortions safe?

Abortions done by an experienced doctor in a medical facility are safe. Having an abortion in the first twelve weeks of pregnancy exposes a woman to fewer medical risks than does a full term pregnancy and delivery. As with any routine medical procedure, there are risks associated with surgery and anesthesia. The clinic will ask you for your medical history before the procedure to make sure that it's safe for you.

After the abortion, it is important to go to your follow-up visit at the clinic or your regular doctor to make sure that your uterus has returned to its normal size and other bodily functions are working properly. Do not try to give yourself an abortion!! Taking non-prescription medications or sticking objects into your vagina could make you seriously ill and cause permanent damage to your body. If you need help finding a safe place to go for an abortion, you can call the CHOICE Hotline.

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SEXUALLY TRANSMITTED INFECTIONS (STIs)



Sexually Transmitted INFeCTIONS

What is an STI?

STI stands for Sexually Transmitted Infection. You may also have heard them called STDs, or Sexually Transmitted Diseases.

How do you get an STI?

STIs are spread by oral, vaginal, and anal sex. Some STIs can also be spread by close contact with the infected skin of someone who has an STI (for example, grinding without clothes on or sleeping naked with someone). The only way to know if you have an STI is to get tested.

Protect yourself . . .
and your partner!

OVERVIEW

OF STIs

How do I know if I have an STI?

Some symptoms of STIs include:

- Unusual drip, discharge, or smell from the genitals
- Sores, bumps, or blisters near the genitals
- Pain in your pelvic area or groin
- Burning or pain when you urinate or poop
- Burning or itching around your genitals
- Swelling or redness around your genitals
- Bleeding from the vagina when it is not your normal menstrual time
- Bleeding after sex
- Pain during sex

MOST OF THE TIME PEOPLE HAVE NO SYMPTOMS AT ALL!!!

BUT...the only way to know for sure is to get tested!

If you are having ANY of the symptoms listed above, you should go to a doctor and get checked right away. However, since many STIs have no symptoms or symptoms do not appear for a long time, it is very important to get checked for STIs once a year if you are sexually active.

You can ask your doctor to test you for STIs. Most tests for STIs use either urine, blood, or fluids taken from your vagina or penis. If you do not know where to go for an STI exam, call the CHOICE Hotline at: 215-985-3300 or 1-800-848-3367.

How do I get rid of an STI? Are they curable?

Some STIs are cured with antibiotics that have to be given to you by your doctor. Other STIs are not curable, but symptoms can be treated to make you feel better. If you are being treated for an STI it is important to:

- Take all the medicine you are given.
- Never take someone else's medicine or give someone yours – this is dangerous!
- Go back to the clinic or doctor's office to be re-tested if you are asked to do so.
- Tell your partner or anyone else that may be at risk so they can be tested too. If your sexual partner is not treated at the same time as you are – you will keep infecting each other over and over again!
- Be sure to use protection (condoms, dental dams, and other types – see “How to Protect Yourself” on page 65) while you are taking the medicine until the infection is completely cleared up. Your doctor will tell you how long the medicine will take to work.

OVERVIEW

OF STIs

Types of STIs and the Health Problems They Can Cause

Chlamydia:

Chlamydia is one of the most common STIs among young people. Chlamydia is curable and treated with an antibiotic. If chlamydia is not cured, it can cause serious problems to your reproductive organs, including permanent infertility and PID. You can protect yourself from chlamydia by using condoms.

Gonorrhea:

Gonorrhea is another common STI among young people and often occurs with chlamydia. Gonorrhea is curable and treated with an antibiotic. Like chlamydia, untreated gonorrhea may lead to serious problems to your reproductive organs, including permanent infertility and PID. You can protect yourself from gonorrhea by using condoms.

Syphilis:

Syphilis is an infection that appears in three stages and can be cured in its earliest stage with an antibiotic. If left untreated, it can lead to serious complications such as brain damage and blindness. You can protect yourself from syphilis by using condoms.

Herpes:

Herpes causes sores that can be found in the genitals, vagina, penis, anus, and mouth. It can be transmitted through contact with the skin of an infected person. Herpes cannot be cured but outbreaks (sores) can be treated with medicine, lowering the risk of transmission. Condoms can be helpful in protecting yourself from herpes, but it can be transmitted through areas of the skin not covered by condoms.

Genital Warts and HPV:

HPV stands for the Human Papilloma Virus that causes genital warts. There are many types of HPV, some cause genital warts, some are linked to cervical cancer in women, while others show no symptoms. Smoking can increase the risk of health problems from HPV. Pap smears (of the cervix) can help identify HPV in women. Getting a pap smear every year is very important for women who are sexually active. Condoms can be helpful in protecting yourself from HPV, but the virus can be transmitted through areas of the skin not covered by condoms.

OVERVIEW

OF STIs

Trichomoniasis (Trich):

Trich is considered an STI because it is most commonly transmitted through sex, but it can also be transmitted through sharing wet towels, wash cloths, or bathing suits with an infected person. Trich is curable and treated with an antibiotic. You can protect yourself from trich by using condoms.

Pubic Lice (Crabs):

Pubic lice (like head lice) are very contagious and transmitted through close personal contact. The main symptom is intense itching in the pubic area. Pubic lice will not go away unless treated with a medicated shampoo that must be given by a doctor or nurse. Because lice live in pubic hair, condoms do not protect against this infection.

Scabies:

Scabies is a lot like pubic lice; it is very contagious and transmitted through close personal contact. Also, the main symptom is intense itching in the infected area. Scabies is curable and must be treated with prescribed lotion. Condoms do not protect against scabies.

Hepatitis:

There are many types of hepatitis; however, types A, B, and C are the most common. All types of hepatitis affect the liver and may cause flu-like symptoms and jaundice (your urine becomes darker than normal and eyes and skin turn yellow). Hepatitis B is the most contagious and can be transmitted through blood, saliva, vaginal fluid, semen, and breast milk. It is considered an STI.

Hepatitis C is mostly transmitted through blood and rarely transmitted through sexual contact. Hepatitis B and C can be transmitted by sharing infected needles for IV drugs, piercing, tattooing, and by sharing razors and manicure tools. Hepatitis A can be transmitted through infected fecal matter (poop) getting into the mouth. For example, this can happen through oral-anal sex. There are vaccines to protect you against hepatitis A and B. You can protect yourself from hepatitis by using condoms and dental dams.

A Serious Risk of STIs for Females: PID (Pelvic Inflammatory Disease):

PID is caused by untreated STIs (usually chlamydia and gonorrhea) and can cause serious problems including **ectopic pregnancy** (when a fertilized egg does not implant in the uterus) and permanent **infertility** (never being able to become pregnant). Symptoms of PID include lower stomach pain or tenderness, fever, and nausea. PID is treated with antibiotics. The best way to prevent PID is to get tested and be treated right away if you ever get an STI!

HIV/AIDS

HIV (Human Immunodeficiency Virus):

HIV is a virus that breaks down your body's immune system (which fights off infection and disease) and causes **AIDS (Acquired Immune Deficiency Syndrome)**. HIV lives in blood, semen (including pre-cum), vaginal fluids, and breast milk. To be at risk, one of these fluids from someone who is HIV+ (infected with HIV) must get into your own bloodstream.

HIV can be transmitted by sex (oral, anal, or vaginal), shared needles (for drugs, tattoos, piercing, or anything else), and from mother to child (during pregnancy, delivery, or breast feeding).

HIV IS NOT transmitted through mosquito bites, pets, casual contact (such as hugging or holding hands), kissing, or toilet seats. You can protect yourself from HIV by using condoms and other latex (rubber) barriers.

Why should I get an HIV test?

Many people can be HIV+ but have no symptoms. The only way to know for sure is to be tested. The HIV infection – if left untreated – can develop into AIDS which is usually fatal.

The HIV test looks for antibodies (chemicals) that your body produces to fight the HIV infection. These antibodies take anywhere from a few weeks to 6 months to develop in your body. This time period is called the “window period.” Most cases of HIV will show up in a test 25 days after contact with an infected person, but remember: your test will be most accurate 6 months after contact with an infected person.



Be tested . . .
be sure.

HIV/AIDS

How do I get an HIV test?

There are many free test sites in the Philadelphia area. You can choose between a blood test and an Orasure test. A blood test involves having your blood drawn and tested in a lab. An Orasure test is a painless swab of cells from inside your cheek that is also sent to a lab. To get your test result, you must always return in person because clinics need to provide counseling regardless of

the results. Most HIV test results are available in 7 to 14 days.

A **rapid HIV test** gives results back in about an hour. The counseling, testing, and results are done at the same location and the same window period applies.

For questions about confidentiality of HIV testing, call CHOICE at 215-985-3300 to find out which one is available and right for you.



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Other INFECTIONS

Yeast Infection:

The vagina naturally has yeast and bacteria that keep it healthy. A yeast infection occurs when there is an overgrowth of the yeast. Yeast infections occur more commonly in women than in men, but both men and women can have this infection. Yeast infections can be caused by many different things, including stress, taking antibiotics, or hormonal changes. Symptoms of a yeast infection for women include abnormal discharge, itching, and irritation of the vagina and vulva. Some women may experience pain during sex or may notice an odor. Men's symptoms may include inflammation on the tip of the penis, discomfort or no symptoms at all.

Yeast infections can be treated with creams, suppositories (medicine that is put into the vagina), or oral medication (pills). Although some medications are available over the counter, a doctor's visit is recommended to rule out other infections.

Bacterial Vaginosis (BV):

Bacterial Vaginosis is caused by an overgrowth of normal bacteria in the vagina. Symptoms include abnormal discharge, odor, itching, pain during sex, or no symptoms at all. Bacterial Vaginosis is treated with an antibiotic given to you by your doctor. Frequently, this infection can happen again even after finishing treatment.

Urinary Tract Infection (UTI):

A UTI is caused by bacteria in the urethra and can occur in both women and men. Symptoms include painful urination, frequent urge to urinate, blood in the urine, fever, pain during sex, and backaches. If left untreated a UTI can lead to serious health problems. UTIs are diagnosed by your doctor through a urine test and treated with an antibiotic.

FACT...

A woman and her female partner can transmit STIs to one another; sexual intercourse is not the only way to get an STI!

PROTECT YOURSELF

You can protect yourself against sexually transmitted infections by abstaining from sex or by using protection to practice safer sex. Practicing safer sex is making sure you do not get your partner's semen, vaginal fluids, blood, or breast milk in your body. You can protect yourself and your partner by correctly using barriers like condoms, dental dams, and latex gloves.

Male Condoms

Male condoms are one form of protection made out of latex or polyurethane that can be used during oral, anal, or vaginal sex. (See Birth Control section to learn how to use a male condom).

Female Condoms

Female condoms are polyurethane barriers made to fit into the vagina and provide protection during sex. (See Birth Control section to learn how to use a female condom).

Using Condoms

- If you are allergic to latex, try polyurethane male condoms or use a female condom.
- Use lube to reduce friction that can cause a condom to break.
- DO NOT use lambskin condoms.

They do NOT protect against STIs because they have pores (tiny holes).

- Condoms are for one time use only. Always use a new condom each time you are having sex!
- You can get condoms at drugstores, clinics, or your doctor's office.

IMPORTANT FOR ALL TYPES OF BARRIER PROTECTION!

Lubrication (lube)

Many people choose to use some form of lubrication (lube) to reduce the rubbing that can cause irritation and sores when partners use barrier protection. It is IMPORTANT that you use ONLY water-based lube -- that means, lube that does not have ANY type of oil in it because oils will DESTROY latex and rubber products!

NEVER use petroleum jelly (Vaseline), lotions, dairy products, cooking oils, baby oil, suntan oil or any cream, lotion, or liquid that has oil in it. If you are not sure, check the label BEFORE you use it. If it has oil of any kind in it, do NOT use it! If the rubber or latex in your barrier is destroyed, you will NOT be protected against STIs!

PR@TeCT YOURSELF

Dental Dams

Dental dams are squares of latex that are used as barriers during oral sex. They are held across the vagina or anus and protect from STIs. Plastic wrap can be used as a dental dam too!

Latex Gloves

Latex gloves are used for sex involving fingers. They can be used for protection when touching your partner's genitals, especially if you have cuts on your hands.

Other things you can do to protect yourself from STIs:

- Talk to your partner about past sexual experiences to make an informed decision about your sex life.
- Look at your partner.
Although a person can have an STI without having symptoms, if you do see something irregular like a sore or rash, ask your partner about it.
- Get tested with your partner.
- Get regular check-ups.
- If you or your partner ever gets an infection, be sure to protect yourself during treatment so you do not pass the infection back and forth between each other!

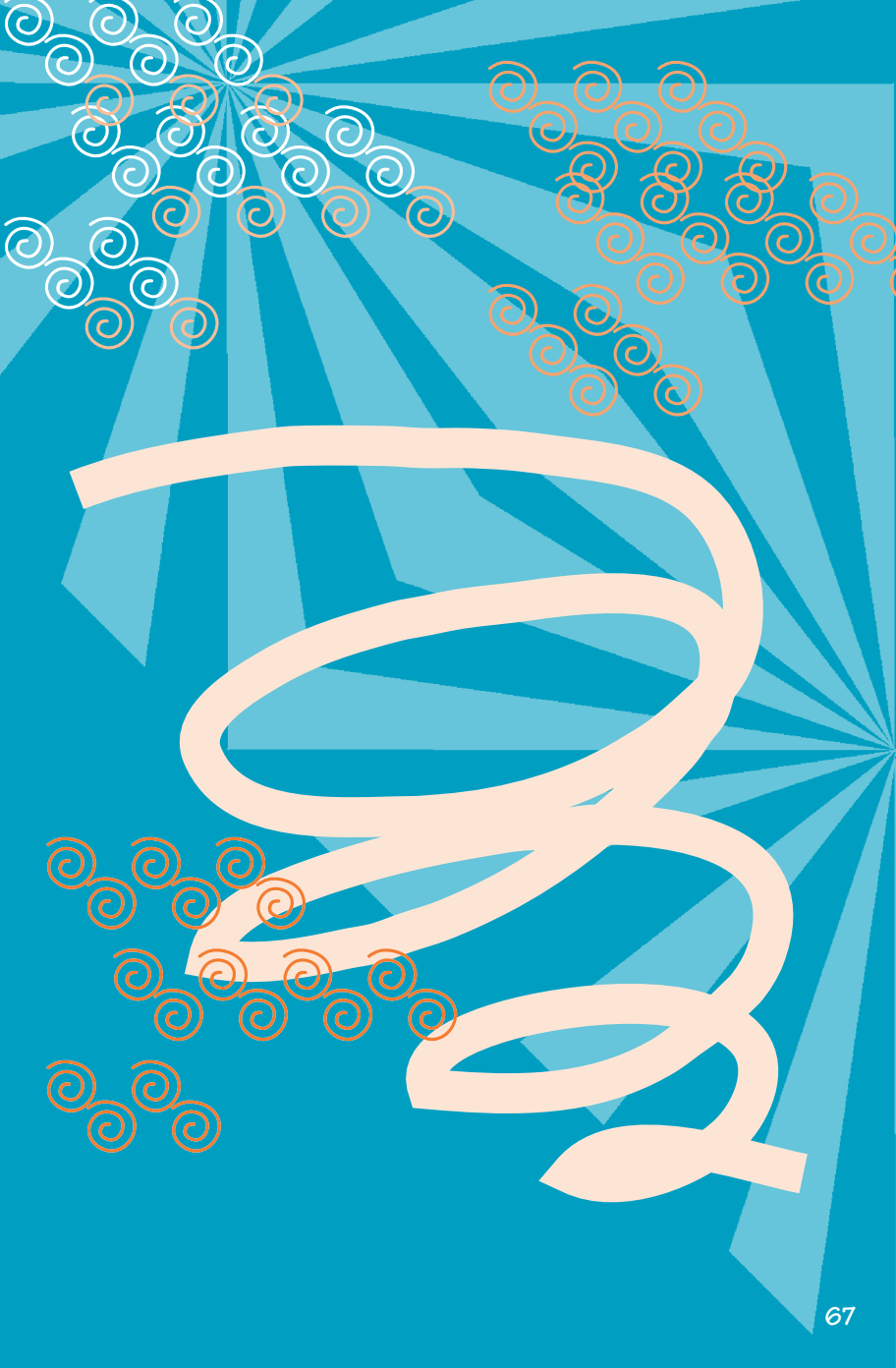
Get check-ups.

Unwanted Sex

Forced sex is wrong and also illegal. The same goes for sexual contact between a grownup and a child. If anyone tries to force any kind of sexual behavior on you, you have the right to say no! It's your body!



Talk with
your partner.



HOTLINEs/ EMERGENCY RESOURCES & WEBSITES

Some of these services are located in Philadelphia or can connect you with Philadelphia resources.

BIRTH CONTROL AND REPRODUCTIVE HEALTH:

CHOICE Hotline

215-985-3300 in Philadelphia
800-848-3367 Outside Philadelphia
215-985-3309 en Español
215-985-3301 TTY

Provides confidential reproductive health counseling, education, and referrals for birth control, STIs, pregnancy options, maternity care, adoption, emergency services.

CHOICE Children's Health Line

215-985-3301

Provides information and access to applying for children's health insurance and insurance for prenatal care for pregnant women.

www.choice-phila.org
www.choiceteens.org
www.wheretofind.org

Emergency Contraception Hotline

888-NOT-2-LATE
www.not-2-late.edu

National Planned Parenthood

800-230-PLAN
www.teenwire.com
www.plannedparenthood.org

National Abortion Federation

800-772-9100
www.prochoice.org

STIs and HIV/AIDS:

CHOICE Hotline

215-985-3300 in Philadelphia
800-848-3367 Outside Philadelphia
www.choice-phila.org
www.choiceteens.org
www.wheretofind.org

Pennsylvania State AIDS Factline

800-662-6080

Provides confidential counseling, education, and referrals about HIV/AIDS, including testing, transmission, medical care, and more.

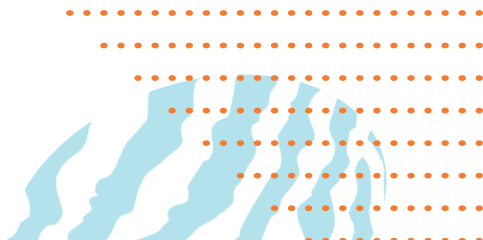
www.choice-phila.org

CDC National STD Hotline

800-994-9662
www.cdc.gov

Advocates for Youth

www.youthhiv.org



H@TLINES/ EMERGENCY RESOURCES & WEBSITES

DRUG AND ALCOHOL:

CHOICE Hotline

215-985-3300 in Philadelphia
800-848-3367 Outside Philadelphia
www.choice-phila.org
www.choiceteens.org

Al-non/Alateen

800-356-9996

Alcohol & Drug Helpline

800-821-4357

ABUSE AND CRISIS:

CHOICE Hotline

215-985-3300 in Philadelphia
800-848-3367 Outside Philadelphia
www.choice-phila.org
www.choiceteens.org

National Domestic Violence Hotline

800-799-7233

Philadelphia Domestic Violence Hotline

866-SAFE-04

Rape, Abuse, and Incest National Network (RAINN)

800-656-HOPE
www.rainn.org

National Center for Missing & Exploited Children

800-843-5678

National Child Abuse Hotline

800-422-4453

Runaway 9-Line

800-999-9999

National Runaway Switchboard

800-621-4000

Suicide and Crisis Intervention

215-686-4420

Youth Crisis Line

888-448-4663

YOUTH VIOLENCE PREVENTION:

Blueprint for a Safer Philadelphia Hotline

888-570-BLUE

GAY AND LESBIAN CONCERNS:

CHOICE Hotline

215-985-3300 in Philadelphia
800-848-3367 Outside Philadelphia
www.choice-phila.org
www.choiceteens.org

GLBT National Youth Talk Line

800-246-7743
www.glbtnationalhelpcenter.org

Coalition for Positive Sexuality

www.positive.org

Advocates for Youth

www.youthresource.com

BIRTH CONTROL METHODS

Hormonal methods:

These methods prevent pregnancy by delivering hormones to the woman's body to stop her ovaries from releasing eggs or prevent the sperm from fertilizing the egg. They must be prescribed by a doctor and are usually used all of the time, not just when having sex. When you begin using hormonal birth control methods, it is important to use a back up method, such as a condom, for the first 30 days to prevent pregnancy. They do NOT protect against HIV or STIs!

Name	Description	Effectiveness at preventing pregnancy	Advantages	Disadvantages
Birth Control Pills	Small pills containing hormones swallowed at the same time every day.	95-99%	May make periods more regular. Does not interrupt sex. Does not require partner cooperation.	Side effects may include mood swings, spotting or nausea. Must be taken at the same time each day.
Depo Provera	Injection of hormones given every 3 months.	99%	Injection lasts for 3 months. Does not interrupt sex. Does not require partner cooperation.	Side effects may include mood swings, weight changes, spotting, excessive bleeding and hair loss. Once shot is given, it cannot be discontinued or removed.
Birth Control Patch (Ortho Evra)	Small patch containing hormones which is worn on the skin and replaced each week.	99%	Only needs to be changed once a week. Does not interrupt sex.	Side effects are similar to BC pills. May cause skin irritation. Weight restrictions may apply.
Emergency Contraception Pills ("The Morning After Pill")	Pills containing hormones which are swallowed within 72 hours (3 days) of sex.	75%	No long term side effects. Prevents pregnancy after sex. Does not require partner cooperation.	Side effects may include nausea, vomiting and temporary changes in the menstrual cycle.
NuvaRing	Flexible donut-shaped ring containing hormones which is inserted into the vagina and left in for 3 weeks.	98%-99%	May make periods lighter or more regular. Does not interrupt sex.	Side effects are similar to BC pills. May increase vaginal infection or discharge.

BIRTH CONTROL METHODS

Barrier methods:

These methods are used when having sex. They have few side effects and some may help protect against HIV and other STIs if used during vaginal, anal and oral sex.

Name	Description	Effectiveness at preventing pregnancy	Advantages	Disadvantages
Male Condoms	Made of latex or polyurethane (plastic). Fits over the erect penis and catches sperm when a man ejaculates.	85-90%	Helps to prevent HIV and some STIs. Very safe to use and easy to buy.	Some people may be allergic to latex or spermicides sometimes used on condoms. You must stop having sex to put the condom on. Requires partner's cooperation.
Female Condoms	Made of polyurethane (plastic). Fits inside a woman's vagina to catch sperm when a man ejaculates.	79-95%	Helps to prevent HIV and some STIs. May help protect against HPV and herpes because it covers a larger area. Very safe to use and easy to buy. May be inserted before sex.	Must be comfortable inserting the condom into your vagina. Requires partner's cooperation.
Cervical Cap*	Small rubber disk that fits over the woman's cervix and is used with spermicide. Must be fitted by a doctor.	85-98%	Provides protection for up to 48 hours. Does not interrupt sex.	Must be inserted at least 30 minutes before having sex. Must be left in place for 6-8 hours (but no more than 48 hours) after sex. Does not protect against HIV and STIs.
Diaphragm*	Small rubber disk that fits over the woman's cervix and is used with spermicide. Must be fitted by a doctor.	82-94%	Does not interrupt sex.	Must be inserted up to 6 hours before having sex. Must be left in place for 6-8 hours (but no more than 24 hours) after sex. Does not protect against HIV and STIs.

**Cervical caps and diaphragms should not be used during your period due to risks associated with Toxic Shock Syndrome (TSS).*

BIRTH CONTROL METHODS

Barrier methods (con't):

Name	Description	Effectiveness at preventing pregnancy	Advantages	Disadvantages
Spermicides (foam, suppositories, film, jelly, cream)	Product which is inserted into the vagina before sex to kill or disable sperm.	50% when used alone (72-97% when used with a condom)	Easy to buy and low cost. Does not require partner's cooperation.	Must be inserted 15-20 minutes before sex. Many people are allergic to spermicide. Does not protect against HIV or STIs.

Other methods:

These methods do **NOT** protect against HIV and other STIs.

Name	Description	Effectiveness at preventing pregnancy	Advantages	Disadvantages
IUD (Paraguard, Mirena and others)	Device inserted into the uterus by a doctor. There are two types, one of which contains hormones.	98-99%	Can be effective for up to 10 years. Does not interrupt sex. Does not require partner cooperation.	Does not protect against HIV and STIs. Increased risk of pelvic inflammatory disease. Side effects may include cramping, increased bleeding or spotting.
Natural Family Planning/ Fertility Awareness	Woman learns when her fertile times are and either uses a barrier method (like a condom) or does not have sex during fertile times.	80-99%	Low or no cost. No side effects. Increases woman's knowledge of her menstrual cycle.	Requires close attention to woman's menstrual cycle at all times. Requires partner cooperation. Does not protect against HIV and STIs.
Sterilization	Surgery that can be performed on women (tubal ligation, Essure) and men (vasectomy) that makes a person unable to release active eggs or sperm.	99%	Does not interrupt sex. Does not contain hormones.	Requires an operation. Tubal ligation and vasectomy are considered to be permanent. Does not protect against HIV and STIs.
Withdrawal	Penis is removed from the vagina before ejaculation. Ejaculation occurs outside and away from the vagina.	Effectiveness depends on the man's ability to know when he will ejaculate and withdraw before he does.	No cost. Does not contain hormones.	High failure rates. Requires partner cooperation. Does not protect against HIV and STIs.

Please contact **CHOICE** at **215-985-3300** or **1-800-848-3367** if you have questions about birth control.

GLOSSARY

Abortion: A procedure to end a pregnancy.

Abstinence: Refraining from, not doing.
As relates to drugs, not using drugs.
As relates to sex, not having sex.

Abuse: To use something wrongly or improperly, to misuse. The term abusive is used to describe certain unhealthy relationships.

Adoption: Placing a child permanently with another person or family.

Adoptive Family: A family that adopts a child.

AIDS: Acquired Immune Deficiency Syndrome.

Anal Sex: Sex that involves the anus.

Antibody: A substance that your body produces to help fight against a bacteria or a virus. Antibodies show up in your blood. An HIV test looks for the antibodies that are produced when we have been exposed to HIV.

Anus (butt, butthole): The opening in one's body through which feces (waste) passes.

Asymptomatic: Having no symptoms.

Bisexual: Someone who feels romantic and/or sexual attraction to people of either sex.

Breast Milk: Fluid that flows through a woman's breasts when she is nursing a baby.

Cervix: The part of the uterus that extends into the vagina; the opening to the uterus.

Chancere: Sore that is a symptom of syphilis, a sexually transmitted infection.

Circumcision: A medical procedure to remove the foreskin of the penis.

Chlamydia: A sexually transmitted bacterial infection.

Climax (orgasm, come, cum):
Pleasurable release of sexual excitement.

Clitoris (clit): Small, sensitive organ in the front of a woman's vagina.

Come (cum, climax, orgasm):
Slang term for orgasm or climax.

Conception (fertilization): The uniting of a man's sperm cell with a woman's egg cell.

Condom: A thin cover, made of latex, polyurethane, or lambskin, that fits over an erect penis. Used for birth control and to protect against some sexually transmitted infections.

Contraception: Another word for birth control.

Crabs: Another name for pubic lice. They are tiny insects that live on the body and can be transmitted sexually.

Cum: Another word for orgasm or ejaculation.

Date Rape (acquaintance rape):
Forced intercourse by one person with someone that he/she knows (a friend, a classmate, the person you are dating, a neighbor, etc).

Discharge: Fluid which comes out of a man's penis (usually a sign of infection) or a woman's vagina (some vaginal discharges are normal; others are signs of infection).

Douching: Liquid products advertised as a way for women to control vaginal odors. Doctors do not recommend douching.

Ectopic Pregnancy: when an egg is fertilized but remains in the fallopian tube instead of traveling down the tube into the uterus.

Egg (ova): The cell from a woman's body that can join with a man's sperm to create an embryo that can grow into a baby.

GLOSSARY

Ejaculation: During a man's orgasm, when the muscles in the man's penis force semen out of the opening of the penis.

Embryo: When a man's sperm cell unites with a woman's egg cell, an embryo is created. The embryo is the first stage of a pregnancy. As an embryo grows it becomes a fetus and a fetus can grow into a baby.

Erection: When a man's penis gets hard and points out from his body.

Fallopian Tube: The part of a woman's body that an egg travels through to get from the ovary to the uterus.

Fertilization (conception): The joining or uniting of a man's sperm cell with a woman's egg cell.

Fetus: The next stage of growth of an embryo (fertilized egg).

Flaccid: Describes a soft or non-erect penis.

Foam: A method of birth control that has a chemical in it that kills sperm (also known as spermicide).

Foreskin: Piece of skin on an uncircumcised man that covers the glans or tip of the penis.

Foster Care: Care provided for a child by an agency, family, or person other than the child's parent(s) for some period of time.

Gay: Someone who feels romantic and/or sexual attraction mainly toward people of the same sex. Usually refers to men. See also **homosexual**.

Genitals: Sexual organs of both men and women.

Genital Warts: A sexually transmitted viral infection caused by the Human Papilloma Virus (also called HPV).

Glans: The head or tip of a man's penis.

Gonorrhea: A sexually transmitted bacterial infection.

Gynecologist: A doctor who specializes in the care of women's reproductive and sexual health.

Hepatitis: Inflammation of the liver (There are several types of hepatitis).

Herpes: A sexually transmitted viral infection.

Heterosexual: Someone who feels romantic and/or sexual attraction mainly toward people of the other sex.

HIV: Human Immune Deficiency Virus, the virus that causes AIDS. HIV weakens the body's immune system, making it easier for life threatening infections or cancers to invade the body.

Homosexual: Someone who feels romantic and/or sexual attraction mainly toward people of the same sex.

Hormones: Chemicals normally produced by our bodies. Estrogen, testosterone, and progesterone are some examples.

Hymen: Thin piece of skin that partly covers the opening of the vagina.

Impotence: The inability of a man to get or keep an erection during sex.

Immune System: Defends our bodies against infections.

Incest: Sex between family members.

Intercourse: See sexual intercourse.

IV Drug Use (Injection Drug Use): Using drugs by injecting them into the body with a needle.

Labia: The lips of the vagina.

Lesbian: A woman who feels romantic and/or sexual attraction mainly towards women. See also **homosexual**.

Lice: Tiny insects that live in body hair.

GLOSSARY

Mammogram: A special type of x-ray designed to examine women's breasts.

Masturbation (jerking off, playing with yourself): Touching parts of one's body in a way that feels good sexually.

Menstruation (period): A woman's normal monthly bleeding.

Miscarriage: Loss of a pregnancy.

Monogamous: Being with only one sexual partner.

Mons Pubis: The soft, fatty part of a woman's genitals where her pubic hair grows.

Opportunistic Infections: Affect people whose immune systems are weak; these kinds of infections often occur in people with AIDS.

Oral Sex: Contact of mouth or tongue with partner's genitals for sexual pleasure.

Orgasm (climax, cum, come): Pleasurable release of sexual excitement.

Ovary: Glands in the woman where eggs are made and stored.

Ovulation: The time during the menstrual cycle when an ovary releases an egg.

Ova (egg): The cell from a woman's body that can join with a man's sperm to create an embryo that can grow into a baby.

Pad (sanitary napkin): Used by women during their menstrual cycles to soak up blood as it flows out of the body.

Pap Smear: A test for cancer of the cervix.

Pelvic Exam: An exam done by a gynecologist or nurse practitioner to make sure a woman's sexual organs are healthy or to check for pregnancy.

Penis (dick): A man's external reproductive sex organ.

Period: A woman's normal monthly bleeding.

Pregnancy: The time while a baby grows inside a woman's uterus.

Pregnancy Test: A test used to tell if a woman is pregnant.

Premenstrual Syndrome (PMS): A name for a group of symptoms that some women experience in the few days before their periods.

Prenatal Care: Special health care for a pregnant woman.

Prostate: A gland in a man's body that makes semen.

Puberty: The time when a child's body is changing into an adult's body.

Rape: Unwanted sexual intercourse.

Safer Sex: Involves AS LITTLE RISK AS POSSIBLE for disease transmission or injury.

Scabies: Tiny mites (insects) that live under the skin that can be transmitted sexually.

Scrotum: The sack behind a man's penis that holds the testicles.

Semen (cum): A man's fluid that contains sperm. It leaves the man's body during ejaculation.

Sex: Touching between people, usually in the genital area, for physical pleasure. Sometimes people use "sex" for "sexual intercourse."

Sexual Assault: Unwanted sexual contact, including forced sex.

Sexuality: All of the senses, feelings, behaviors, and attractions that make up a person's sexual identity.

Sexual Intercourse: This term is usually used to mean vaginal sex.

Sexually Transmitted Infections (STIs): Also known as STDs (sexually transmitted diseases); infections that are spread through sexual contact.

GLOSSARY

Sperm: The cell from a man's body that can join with a woman's egg cell to create a pregnancy.

Statutory Rape: Sexual intercourse between a minor and an adult.

Sterilization: A surgical procedure that prevents a man or a woman from being able to have children. It is a permanent form of birth control.

Straight: See heterosexual.

Suppositories: A type of spermicide placed in the vagina to kill sperm to prevent pregnancy.

Symptom: An indication of a disease or infection.

Syphilis: A bacterial sexually transmitted infection.

Tampon: A cotton plug which is placed inside a woman's vagina to absorb menstrual fluids.

Testicles (balls): Glands in a man's body that produce sperm.

Toxic Shock Syndrome (TSS): A rare infection that typically occurs in women during their periods. It is a very dangerous condition. Proper use of tampons and washing hands carefully before changing tampons helps prevent TSS from happening.

Transgender: A term that includes people who feel, act, or dress in ways usually associated with another gender. Transgendered people can be heterosexual, homosexual, bisexual or whatever.

Transmit: To spread something, like a virus or germ, from one person to another.

Trichomoniasis (trich): An infection from a microscopic organism that can be sexually transmitted.

Ultrasound: A procedure that uses sound waves. It can be used to create pictures of an embryo/fetus.

Unsafe Sex: Involves HIGH RISK of disease transmission or injury.

Urethra: The tube through which urine passes. In men, semen also travels through the urethra.

Uterus (womb): The place in a woman's body that sheds its bloody lining each month during menstruation. A fertilized egg must implant in the lining of the uterus in order to grow into a fetus and/or baby.

Vaccine: A preparation usually given by injection (shot) that is made up of weakened bacteria or viruses that immunizes people and prevents them from getting a specific disease. Flu shots and measles vaccines are two examples.

Vagina: The space between a woman's uterus and the outside of her body.

Vaginal Fluid: The fluid that is produced by a woman's vagina to lubricate it for sex.

Vaginal Sex: Sex that involves the penis going into the vagina.

Vaginitis: An infection in the vagina.

Vas Deferens: The tubes in a man's body that carry sperm from the testicles to the prostate gland.

Virgin: A person who has not had sex.

Vulva: A woman's whole genital area.

Wet Dream (nocturnal emissions): An ejaculation that occurs while an adolescent male is asleep.

Withdrawal (pulling out): When a man pulls his penis out of the woman's vagina before ejaculating.

THANK YOU

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support the work of this agency:

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Who is CHOICE?

Since 1971, CHOICE has been providing accurate reproductive and sexual health information to the greater Philadelphia community. Our mission is to overcome and eliminate barriers that impede access to quality health care and information for all individuals - regardless of economic status, gender, age, race, religion, culture, or sexual orientation. We fulfill this mission by operating a free and confidential hotline six days a week, providing educational sessions through schools, religious organizations, and other community based organizations, and through the distribution of educational materials such as

Changes: You and Your Body.



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