

What's right
for **me**?

Keep It Simple:

Linking Teens to
Sexual Health Care
Facilitator's Guide



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Healthy Teen Network & CAI

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“Keep It Simple”: Linking Teens to Sexual Healthcare
CAI & Healthy Teen Network

“Keep It Simple”: Linking Teens to Sexual Health Care

Facilitator’s Guide

Forward

This lesson and facilitator’s guide was developed for organizations that care about and work with adolescents, ages 15-19, to support them in making healthy decisions about their lives and their futures, and in reducing teen pregnancy.

Adolescents often lack information about their rights to access birth control and STI/HIV testing, the types of health services — including reproductive health services — available to them, and the location of these services. The lesson addresses this gap by providing teens with the necessary knowledge and information to help them make informed choices about their sexual health. This information includes linking sexually active adolescents to trusted community-based providers of contraceptive and reproductive health care.

The lesson addresses four key areas related to contraceptive and reproductive health: 1) adolescents’ right to receive care; 2) the types of services available to them; 3) how services are provided; 4) and where they can go for contraceptive and reproductive health care in their community. The lesson can be delivered in 45 minutes in any setting, and it can be implemented before or after the delivery of an evidence-based intervention. It is also flexible enough to be used as a stand-alone lesson.

The lesson employs a combination of facilitated discussion and motion graphic technology (i.e. a short animated film). The motion graphic delivers core content describing birth control methods available to teens, including information about how care is delivered. It is available in both English and Spanish. The facilitated portions of the lesson, including a minor’s rights to care, and a list of community-based health care providers, should be tailored by the user to the individual community in which the information is being delivered.

The motion graphic can be used as a stand-alone product, posted on websites and disseminated via social media, to facilitate greater access, improve awareness of birth control methods available to teens, and promote linkage to care.

Of special note, youth need to not only know that sexual and reproductive health care is available to them; they need a reason to seek it. Frequently, youth who have goals and aspirations for the future and a greater connectedness to their community are more likely to actively avoid pregnancy, STIs, and HIV.¹ This lesson is most appropriately delivered in coordination with other activities that will support teens in exploring their goals in order to increase their motivation to care for their sexual health.

¹ Kirby, D. (2007). *Emerging answers 2007: Research findings on programs to reduce teen pregnancy and sexually transmitted diseases*. Washington, DC: National Campaign to Prevent Teen and Unplanned Pregnancy.

This product was developed FOR teens, WITH teens. CAI and Healthy Teen Network partnered with The DC Teen Advisory Group, a diverse group of approximately 15 teens ages 14-18, who serve as informal advisors to The National Campaign to Prevent Teen and Unplanned Pregnancy, to develop the conceptual framework and design for the motion graphic.

Thank you!



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🔑 Objectives

At the conclusion of this lesson, participant will indicate...

1. Increased knowledge about contraceptive methods available to teens;
2. Increased knowledge about their rights to receive contraceptive and reproductive health care; and
3. Increased knowledge about where to go for birth control and STI testing.

🕒 Time

45 minutes

✂ Materials

- Flipchart paper/ chalkboard/ whiteboard
- Markers/ chalk
- “Know Your Rights! Sexual Health Care Services Fact Sheet”
- “Comparing Effectiveness of Family Planning Methods” Fact Sheet
- “Teen-Friendly Health Centers Referral List”
- Computer and projector/ DVD player and TV
- A DVD copy of “Keep It Simple”/“No te compliques” or link to view it online
 - In English: <https://vimeo.com/65566324>
 - In Spanish: <http://vimeo.com/65566325>
- 3x5” blank index cards
- “Keep It Simple Evaluation Sheet”

✂ Prepare in Advance

NOTE: It may not be necessary to create these materials from scratch, as some organizations may have similar documents already created. Be sure to check before you go through all the effort.

Know Your Rights! Minors' Rights Fact Sheet

Preparation Time: 1-2 hours

Create a handout that clearly outlines minors' rights in your state for distribution during the session. To do this you will need the *Minors' Rights Worksheet* found in the appendix. You may choose to use the *Know Your Rights? Sexual Health Care Services Fact Sheet* also found in the appendix or access the Guttmacher Institute's website to view "An Overview of Minors' Consent Law"

(http://www.guttmacher.org/statecenter/spibs/spib_OMCL.pdf).

Step 1: Complete the Worksheet

Using the *Minors' Rights Worksheet* provided in the appendix, and the information from the Guttmacher Institute website, locate and record key information about minors' rights to sexual and reproductive health care in your state, including:

- Age minors can obtain contraceptives without parental consent
- Age minors can consent to STI testing and treatment without parental consent
- Age minors can consent to HIV testing without parental consent

You may also want to be prepared to address questions about access to abortion services. To locate information specific to your state go to: <http://www.guttmacher.org/statecenter/spibs/index.html>

NOTE: In most communities throughout the nation, there are health centers that receive funds from the Office of Population Affairs to provide contraceptive and reproductive health care to adolescents in a confidential manner, regardless of relevant state law and ability to pay. These are known as Title X (ten) Clinics. Ensure that the information you provide on the fact sheet includes this information.

Step 2: Create a teen-friendly handout

Once you have all of the key information, work with youth in your community or others to create the *Know Your Rights! Sexual Health Care Services Fact Sheet*. You will be distributing the *Know Your Rights? Sexual Health Care Services Fact Sheet* as part of the session.

Refer to the appendix for ideas of how others have presented this information in a teen-friendly way, or use the provided Template: *Know Your Rights! Sexual Health Care Services Fact Sheet*.

Teen-Friendly Health Centers Referral List

Preparation Time: 2-5 hours

Create a *Teen-Friendly Health Centers Referral List* that clearly displays all the teen-friendly health centers in your area, what services they provide, and how to access their services. This will be distributed during the session. To do this, you should use the *Teen-friendly Health Center Worksheet* and *A Teen-Friendly Reproductive Health Visit*.

Step 1: Complete the Teen-friendly Health Center Worksheet

Using the *Teen-Friendly Health Center Worksheet* provided in the appendices, conduct a thorough assessment of which health centers in your area are teen-friendly, and determine how teens can access their services.

For a health center to be teen-friendly, it must:

- Have easily accessible hours – convenient appointment times that are available the same day or next day
- Provide the opportunity for comprehensive sexual and reproductive health care at every type of visit, including contraception and HIV/STI testing
- Have all contraceptive types available the day of the appointment, including Long-Acting Reversible Contraceptives (LARCs), and the ability for the teen to start using the method the same day as their visit (known as “Quick Start”)
- Provide Emergency Contraception to females and males
- Provide contraception without requiring a physical exam
- Maintain client confidentiality, both in terms of parent notification and payment options that may inadvertently alert parents
- Provide services at no cost or low cost
- Have an environment and staff that are welcoming to teens, are able to provide developmentally and gender appropriate care, and that protect their privacy
- Have staff that are culturally competent and make diverse teens feel comfortable and respected

NOTE: Teens can easily be turned off from accessing health care if they have a negative experience and have a difficult time getting their needs met. In order to help ensure that teens have a positive experience and an easier time getting their needs met, make sure to only refer teens to “teen-friendly” health centers.

Once you have determined that a health center is teen friendly, determine how teens access their services, including:

- When are they open?
- How do you make an appointment?
- How do you get there?
- Which health centers have Title X services, and therefore can provide comprehensive confidential services to teens, regardless of state laws?

Finding out all of this information about health centers can be challenging. Some areas may already have this resource list available; for others it may require making phone calls and visits to health centers to ensure that you can be comfortable recommending those health centers to the youth, and to help them prepare for their visits.

This may take some effort, but it is important because the goal of this lesson is to increase the rates at which sexually active teens are linked to a trusted source of health care. This includes health centers that will provide them with medically accurate information and evidence-based care (including contraception) that will support them in avoiding an unintended pregnancy.

Step 2: Create a Teen-Friendly Handout

Once you have all of the key information, work with youth in your community or others to create the *Teen-Friendly Health Centers Referral List* that is easy to understand and appealing to youth. You will be distributing this handout as part of the session.

Refer to the appendix for ideas of how others have presented this information in a teen-friendly way, or you may use the *Template: Teen-Friendly Health Centers Referral List*.

Lesson-At-A-Glance

Section	Brief Description	Time Required	Materials Required
Introduction and Large Group Discussion	Facilitator will explain the objective of the session and generate discussion regarding the current knowledge base of sexual health services available to teens.	5 Minutes	None
Opening Facilitated Discussion: Minors' Rights	Provide adolescent participants with state-specific information regarding their rights to confidential sexual and reproductive health services and contraception.	5 Minutes	"Know Your Rights! Sexual Health Care Services Fact Sheet"
Motion Graphic: Standardized Core Curriculum and Processing	Address commonly held myths about birth control and the clinic visit, and discuss basic concepts about selecting and accessing contraceptive and clinical services. Process key takeaway points.	15 Minutes	DVD or Motion Graphic Link for "Keep It Simple" "Comparing Effectiveness of Family Planning Methods" Fact Sheet
Facilitated Discussion: Where to Go	Provide adolescent participants with tailored information about teen-friendly health centers within their communities, and guidance for accessing services.	15 Minutes	"Teen-Friendly Health Centers Referral Sheet" Note cards
Closing and Evaluation	Participants will be given contact information for general information and complete an evaluation	5 Minutes	<i>"Keep It Simple Evaluation Sheet"</i>

INTRODUCTION (5 Minutes)

Step 1: Welcome the Participants to the Session

Explain to participants the purpose of the session:

“Today we’ll be talking about where people can easily go to get information and services to take care of their sexual health, including where to go for birth control and STI testing and treatment—and how they can get these services.”

Step 2: Discuss Current Knowledge of Sexual Health Services

Ask participants the following questions and write the responses on a piece of flipchart paper:

“If a person is sexually active, or thinking about being sexually active, why might he or she want to go to a health center or doctor’s office?”

- Possible responses: To get birth control, HIV/STI testing, pelvic exam, pregnancy testing

Explain and reinforce:

“Having access to these kinds of services (refer to services shared by participants) can make it easier for you to focus on achieving your goals, and sometimes it can be confusing knowing what services are available. So let’s start by looking at what your rights to sexual health care are in your community.”

MINORS’ RIGHTS (5 Minutes)

Step 1: Introduce the Idea of a Right to Sexual Health Care

Explain that teens have rights when it comes to sexual health care that they may not know about, and the group will discuss them:

“Many teens do not know that they have the right to access sexual health care services, such as birth control and STI testing, at doctors’ offices or health centers in their communities, and accessing these services can help you focus more on having fun and the things that are important to you.”

Step 2: Discuss the “Know Your Rights! Sexual Health Care Services Fact Sheet”

Distribute the prepared “*Know Your Rights! Sexual Health Care Services Fact Sheet*” to participants and review each section of the handout. Emphasize aspects of the sheet to your state laws and regulations, specifically:

- How old do teens need to be in order to access contraception without parental consent?
- How old do teens need to be in order to access STI and HIV testing and treatment without parental consent?

Step 3: Discuss the Title X Family Planning Program

Explain that, even if someone is too young or otherwise has restricted access to confidential services based on the laws in their state, he or she can always access confidential services at low- or no-cost through a program called Title X (ten). Say:

“Later we’ll talk about the health centers in our area that have Title X services, where you will always be able to access confidential services at low or no cost to you.”

Ask if there are any questions.

Note: As a Step 4, you may choose at this time to provide on minors’ rights to abortion services.

KEEP IT SIMPLE (15 Minutes)

Step 1: Introduce the Types of Services Available

Say to participants:

“There is a lot to know about accessing sexual health care and it can be confusing, but it is easier than ever to get the information and care you need in order to keep it simple and allow you to focus on friends, family, work, and school without being concerned about pregnancy or STIs.”

Step 2: Introduce the Film, “Keep It Simple”

Explain to the group:

“Keep It Simple”: Linking Teens to Sexual Healthcare
CAI & Healthy Teen Network

“We’re about to watch a short film, “Keep It Simple,” which was developed by teens for teens to explain some of the most important information about how to stay in control of their health and life. After the film, we’ll talk about what we saw.”

Step 3: Watch and Debrief the Film

Watch *“Keep It Simple”* as a group and use the following questions to debrief the film. You do not need to ask all of the questions, but make sure the participants cover all of the responses listed below:

“What did you hear that was new or surprising?”

- Probe for the following responses: getting sexual health care is easy; information about specific birth control methods; LARC methods are the most effective and you do not need to think about them; getting STI testing is easy.

“What birth control methods and services could they get at the doctor’s office or the health center?”

- Probe for the following responses: birth control methods—IUD, implant, birth control pills, ring, shot, patch, emergency contraceptives (EC); services—STI/HIV testing, counseling on which contraceptives to take.

“How easy did it seem to get the services at the health center?”

- Probe for the following responses: easy and did not need an exam; did not need to get undressed; did not need parent’s permission.

“If you don’t want to get pregnant now, what can you do that doesn’t require going to a doctor’s office?”

- Probe for the following responses: abstinence, condoms, emergency contraception (EC)

Step 4: Distribute the “Comparing Effectiveness of Family Planning Methods” Fact Sheet

Distribute the *“Comparing Effectiveness of Family Planning Methods”* fact sheet to participants and explain:

“This handout lists all the birth control methods in order from most effective at the top, to least effective at the bottom. You can use this handout to pick out the method that will be best for you.”

Tell participants about the importance of using condoms along with birth control, to prevent STIs and as an additional protection against pregnancy:

“I want to take one moment to talk about condoms. Even though condoms are not the most effective method to prevent pregnancy, they are the most effective way to prevent STIs and HIV when having sex. For that reason, it’s important to use a condom along with your birth control. This way you can continue to have fun, without having to worry about pregnancy or STIs.”

NOTE: The purpose of this section is to reinforce the information given in film, only. Do not spend time discussing the different methods of birth control. If questions arise, explain that the doctors and nurses at the health centers will be able to answer all their questions. The appendix also includes a second fact sheet entitled “Your Birth Control Choices”. This fact sheet has more details about each birth control option and may be more appropriate for some audiences.

Transition the topic from types of health services and birth control methods available to where adolescents can go to get them:

“Now we know the kind of health care that is available and what our rights to care are—let’s take some time to talk about where you can go to get sexual health care services that are convenient for you and will provide you with the services that you or a friend may need.”

WHERE TO GO (15 Minutes)

Step 1: Brainstorm: What Have You Heard about Health Centers?

Ask the participants:

“What are some things you’ve heard about health centers in this community and people’s experiences at them?”

Teens’ responses will vary. Some may be positive and some may be negative. Positive experiences may include getting the help/medication necessary, having questions answered, or friendly staff. Negative responses may include bad experiences that people have had, or confusion about where to go or what to do. Do not resist this. The important thing to do will

be to make a distinction between those experiences and the ones the teens can expect at the health centers you have hand-picked for them as being teen-friendly.

Reinforce the following:

“I want to make sure you have access to the best care possible and to health centers and doctors who know how to address the unique needs of adolescents. This is why I’ve done a lot of research and come up with a list of the health centers in our area that are most teen-friendly.”

Step 2: Review the “Teen-Friendly Health Centers Referral Sheet”

Distribute the prepared “Teen-Friendly Referral Sheet” to participants and make the following statement:

“There are great doctors and other health care providers in our community that can help you stay healthy and be in control of your life and your future. We are going to take a moment to talk about which services you can get and where in our community you can get them.”

Briefly explain what it means to be a teen-friendly provider, and what the participants can expect when they go to any of these providers:

- Confidential services, judgment-free, no exam needed unless there’s a concern, low or no-cost, convenient, friendly, open to all teens regardless of what their sexual preferences and behaviors are, culturally competent staff, and the birth control methods you want are available.

Review the locations of youth-friendly providers and the services that they offer including:

- How to get to the health centers
- Hours
- How to make an appointment

Step 3: Activity: Getting to a Health Center

Explain that the group is going to practice using this referral list. Display a piece of newsprint, or whiteboard/chalkboard, with the following prompts:

“Keep It Simple”: Linking Teens to Sexual Healthcare
CAI & Healthy Teen Network

- Find a health center that is:
 - Conveniently located
 - Open after school hours
- What services does it offer?
- How would you get there?
- Who is one person you can talk to about making an appointment?

Hand out a 3 x 5-inch note card to each participant and explain that the participants will work with a partner to write the answers to the questions on the card. Divide the participants into pairs and give them 5 minutes to do the activity.

Ask one pair to volunteer to share with the group which health center they chose, and ask other participants to locate that health center on their referral sheet and follow along.

The pair should then share the following with the group:

- What services does that health center offer
- How they might get there
- Who they might talk to about making an appointment

Tell participants:

“We want to make it simple for you to get the services you need so that you can take care of yourself, so use this guide to find a health center that is convenient for you.”

CLOSING AND EVALUATION (5 Minutes)

Step 1: Make Concluding Statements

If time is available, ask the participants to each say one thing that they are taking away from this session.

Conclude the lessons by saying:

“I hope this session has helped to sort out how to get the services you need to avoid pregnancy and STIs. It is important to take care of your health, and to do it early because taking care of your health is taking charge of your life!”

Let participants know that if they have more questions or want more information, they can visit one of the “general information” sources on the “*Know Your Rights!*” handout.

- www.sexetc.org
- www.scarleteen.com
- www.goaskalice.columbia.edu
- www.itsyoursexlife.com

Step 2: Distribute and Collect the “Evaluation Sheet”

Distribute the “Evaluation Sheet” to the participants and allot time for them to complete it.

Appendix:

- Instructions to Embed “Keep It Simple” and “No te compliques” on Your Website
- Minors’ Rights Worksheet
- Template: Know Your Rights! Sexual Health Care Services Fact Sheet
- Teen-Friendly Health Center worksheet
- Template: “Teen-Friendly Health Centers Referral List”
- Sample Teen-Friendly Health Centers Referral Guides
- Promoting “Teen-Friendly” Clinical Services
- A Teen-Friendly Reproductive Health Visit
- *Your Birth Control Choices Fact Sheet*
- *Comparing Effectiveness of Family Planning Methods Fact Sheet*
- *Keep It Simple Evaluation Sheet*

Instructions to Embed “Keep It Simple” and “No te compliques” on Your website

In English:

To view: <https://vimeo.com/65566324>

To embed in a website use this code:

```
<iframe src="http://player.vimeo.com/video/65566324" width="500" height="281"  
frameborder="0" webkitAllowFullScreen mozallowfullscreen allowFullScreen></iframe>
```

In Spanish:

To view: <http://vimeo.com/65566325>

To embed in a website use this code:

```
<iframe src="http://player.vimeo.com/video/65566325" width="500" height="281"  
frameborder="0" webkitAllowFullScreen mozallowfullscreen allowFullScreen></iframe>
```

Minors' Rights Worksheet
For Facilitator Research and Reference Only

Use this worksheet to organize important information regarding minors' rights to high-quality sexual health care services in your state. All the information can be found on the Guttmacher Institute's website: http://www.guttmacher.org/statecenter/spibs/spib_OMCL.pdf

(Your State)

Contraceptive Services:

Go on Page 2 of the Guttmacher Institute's website and click on the "Contraceptive Services" heading.

Minors have access to contraceptive services without parental consent if they are:

- 17 years old and younger
- At risk of a health hazard if not provided with contraceptive services
- Married
- Pregnant or have every been pregnant
- Other circumstance(s): _____
- There is no relevant policy or case law

If there are any symbols, look at the bottom of the table and take notes on their meanings.

Notes: _____

STI Services:

Go on Page 2 of the Guttmacher Institute's website and click on the "STI Services" heading.

Minors are allowed to consent to testing and treatment for sexually transmitted infections (STIs) if they are:

- 17 years old and younger
- Between 12 and 17 years old
- Between 14 and 17 years old
- Between 16 and 17 years old or are mature minors

Minors are allowed to consent to testing and treatment of HIV if they are:

- 17 years old and younger
- Between 13 and 17 years old
- There is no relevant policy or case law

Physicians are allowed, but not required, to inform a minor's parents that s/he is seeking or receiving STI services if the minor is:

- 17 years old and younger
- There is no relevant policy or case law

If there are any symbols, look at the bottom of the table and take notes on their meanings.

Notes: _____

Abortion Services (complete in order to address questions about access to abortion services):

Go on Page 2 of the Guttmacher Institute's website and click on the "Abortion Services" heading.

- Minors 17 years of age and younger are allowed to consent to abortion services
- One parent must consent to a minor's abortion
- Both parents must consent to a minor's abortion
- Parents must be notified of a minor's abortion (usually 24-48 hours prior to the procedure)
- Minors' can obtain approval from a court if parental consent or notification is not an option
- The state allows exceptions to the parental consent and/or notification law in cases of a medical emergency
- The state allows exceptions to the parental consent and/or notification law in cases of a assault, neglect, or incest.

If there are any symbols, look at the bottom of the table and take notes on their meanings.

Notes: _____

Template: “Know Your Rights! Sexual Health Care Services Fact Sheet”

For the reusable Prezi template (print as a PDF): <http://prezi.com/yvrk448bmkv/healthcare-in-my-community/>

Birth Control & Pregnancy

_____ year olds can get birth control without parent permission.

If I'm pregnant or my partner is, prenatal and adoption services are available for _____.

To get an abortion a person has to _____.

EC is available without a prescription for people _____ or over.

_____ year olds can get tested for STIs/HIV without parent permission. The test results are completely confidential unless _____.

In the state of _____ teens have the right to high-quality sexual healthcare. There are some important things you need to know so that you can get what you need when you need it!

HIV-Human Immunodeficiency Virus (the virus that causes AIDS)
 STI-Sexually Transmitted Infection (the same as an STD)
 EC- Emergency Contraception (the same as the morning after pill)

Teens in my state can consent to sex if...
 They are _____ years old and their partner is _____ years old.

Curious About More?
 Visit:
www.scarleteen.org
www.sexetc.org

My Right to Healthcare

Health Teen Network
 CAI

Teen-Friendly Health Center Worksheet

Instructor Research and Reference Only

Use the worksheet below to identify teen-friendly health centers, and health care providers that can be responsive to and address the unique needs of teens.

Does the identified health center or health care provider have the following:
<input type="checkbox"/> Confidential services are available and do not require parental consent to receive birth control or be tested for STIs or HIV.
<input type="checkbox"/> Cost is not a barrier. Services are provided at no-cost or low-cost.
<input type="checkbox"/> Environment and staff are welcoming to teens, and provide culturally competent, developmentally, and gender appropriate care, and that protects their privacy.
<input type="checkbox"/> Appointments for adolescents available same day, next day, walk-in, during after school hours, or during the weekend
<input type="checkbox"/> Sexual health assessment taken or updated, and time alone with the provider, at every visit
<input type="checkbox"/> A wide range of FDA approved contraceptive methods are available on-site or by prescription: IUDs, (Mirena, Skyla, Paraguard) hormonal implants (Implanon/Nexplanon), Depo shots (DMPA Depo-Provera), hormonal contraceptive pills, patch, and ring
<input type="checkbox"/> Long Acting Reversible Contraceptive (LARC) methods, including hormonal and non-hormonal IUDs and hormonal implants (Implanon/Nexplanon), available to adolescents on-site
<input type="checkbox"/> Quick Start, or same day, initiation of all birth control methods available to adolescents
<input type="checkbox"/> Hormonal contraception prescribed to female adolescents without requiring a pap smear, pelvic exam, breast exam, or STD testing
<input type="checkbox"/> Emergency contraception (EC) available for female adolescents following unprotected intercourse within the previous 5 days, female adolescents for future use (advance provision, and male adolescents for future use (advance provision)
<input type="checkbox"/> No pap (cervical cancer screening) required until age 21
<input type="checkbox"/> Chlamydia, gonorrhea, and HIV testing and treatments available for all adolescents using non-invasive testing procedures (example: urine sample for chlamydia and gonorrhea, and rapid testing for HIV)
<input type="checkbox"/> Linkages and referrals provided to other support services, including mental health, education, employment, and social services

Teen-Friendly Health Center Referral Worksheet

For Facilitator Research and Reference Only

Use the template below to organize important information that you will use to help create the description of the health center and the services provided in the referral sheet that you will be creating and distributing to teens as part of this module

Name of Health Center:
Address:
Phone #:
What Are the Days and Hours of Operation:
How Do You Schedule an Appointment: <input type="checkbox"/> Phone <input type="checkbox"/> Online <input type="checkbox"/> Walk-In
How do you get there: <input type="checkbox"/> Bus _____ <input type="checkbox"/> Subway/Train _____ <input type="checkbox"/> Car _____ <input type="checkbox"/> Walking Distance _____
What Contraceptive Services Are Available: <input type="checkbox"/> IUDs <input type="checkbox"/> Hormonal Implants (Implanon/ Nexplanon) <input type="checkbox"/> Depo-Provera Shot <input type="checkbox"/> Birth Control Pills <input type="checkbox"/> Ortho Evra Patch <input type="checkbox"/> Nuvaring <input type="checkbox"/> Emergency Contraception <input type="checkbox"/> Condoms
What Other Services Are Available: <input type="checkbox"/> Pregnancy Testing & Services <input type="checkbox"/> STD Testing, Treatment, & Vaccines <input type="checkbox"/> HIV Testing <input type="checkbox"/> Women's Health Care <input type="checkbox"/> Men's Health Care <input type="checkbox"/> LGBTQ <input type="checkbox"/> Emergency Contraception
Is the Health Center a Title X Provider: <input type="checkbox"/> Yes <input type="checkbox"/> No
Do they offer low- or no-cost services to teens: <input type="checkbox"/> Yes <input type="checkbox"/> No
Teen-Friendly Staff Member Contact Information: <input type="checkbox"/> Name: <input type="checkbox"/> Phone #:

Sample Teen-Friendly Health Centers Referral Guide

From Bronx Teens Connection; Bronx, NY. This pocket guide contains 12 pages of resources.



Teens in NYC...

... have the right to sexual health services without getting permission from parents, girlfriends/boyfriends or anyone else.

Use this guide to find a health care provider that you like. If you are not happy, ask to see another provider or try another clinic in the list. Keep looking until you find a good match. You deserve it!

All of the following clinics offer **confidential and free** or **very low-cost sexual health services for teens**. These services may include:

- Condoms
- Birth control
- Emergency contraception (morning-after pill)
- STD testing and treatment
- HIV testing
- Pregnancy testing

Look for these symbols:

- ☆ = All of the above services are available and free
- A = Abortion available
- C = Counseling available
- ▲ = LGBTQI-specific services available (Remember, though, that LGBTQI teens can get services at all of the clinics listed!)

"I was afraid my girl would get pregnant so we both went to see a doctor — she got free birth control and I got free condoms. If you don't want to get pregnant or get an STD, that's the way to do it."

Andrew, age 17

WHERE TO GO BRONX

- ★ **Adolescent REP Program at Children's Hospital at Montefiore Medical Center**
111 East 210 St. BRONX 10467
Btwn: East Gun Hill Rd. & East 208 St.
Phone: 718-882-0023
Subway: C - Moshulu Pkwy.; D - 205 St.
Bus: Bx 1,2,10,28
- ★ **Community Healthcare Network – Bronx Health Center**
975 Westchester Ave. BRONX 10459
Btwn: Tiffany & Kelly Sts.
Phone: 718-320-4466
Subway: C - Intervale; E - Hunts Point Ave.
Bus: Bx 4,5,6,11,17,27
- ★ **Institute For Family Health – Mt. Hope Family Practice**
130 West Tremont Ave. BRONX 10453
A Cross St.: Harrison Ave.
Phone: 718-583-9000
Subway: C - 176 St.
Bus: Bx 3,18,36
- ★ **Institute For Family Health – Urban Horizon Family Health Center**
A 50-98 East 168 St. BRONX 10452
B Cross St.: Gerard Ave.
Phone: 718-293-3900
Subway: C, D - 167 St.
Bus: Bx 1,2

WHERE TO GO BRONX

- ★ **Institute For Family Health – Walton Family Health Center**
A 1894 Walton Ave. BRONX 10453
Btwn: East 177 St. & Mt. Hope Pl.
Phone: 718-583-3060
Subway: C - 176 St.; D - Tremont Ave.
Bus: Bx 1,2,32,36,40,42
- ★ **MIC Women's Health Services – Tremont**
C 4215 Third Ave. BRONX 10457
Btwn: East Tremont Ave. & East 178 St.
Phone: 718-294-5891
Bus: Bx 15,40,42,55
- ★ **Morris Heights Health Center – Women's Health And Birthing Pavilion**
(Females only)
C 70 West Burnside Ave. BRONX 10453
Cross St.: Harrison Ave.
Phone: 718-716-2229
Subway: C - Burnside Ave.
Bus: Bx 3,32,40,42
- ★ **Morrisania Diagnostic And Treatment Center**
C 1225 Gerard Ave. BRONX 10452
Btwn: East 167 & 168 Sts.
Phone: 718-960-2616
Subway: C, D - 167 St.
Bus: Bx 1,2,35

WHERE TO GO BRONX

- ★ **Morrisania STD Clinic – NYC Department of Health and Mental Hygiene**
1309 Fulton Ave. BRONX 10456
Btwn: East 169 & 170 Sts.
Phone: 311
Bus: Bx 15,21,35,41,55
- ★ **Planned Parenthood NYC – Bronx Center**
A 349 East 149 St., 2nd Floor BRONX 10451
Cross St.: Courtlandt Ave.
Phone: 212-965-7000
Subway: C, D - 3 Ave.; E - 149 St. / Grand Concourse
Bus: Bx 1,2,15,19,32,41
- ★ **Segundo Ruiz Belvis Diagnostic and Treatment Center**
A 545 East 142 St. BRONX 10454
Btwn: Brook & St. Ann's Aves.
Phone: 718-579-4000
Subway: C - Brook Ave.
Bus: Bx 17
- ★ **South Bronx Health Center For Children And Families**
C 871 Prospect Ave. BRONX 10459
A Cross St.: East 161 St.
Phone: 718-991-0605
Subway: C, E - Prospect Ave.
Bus: Bx 4
- ★ **The Children's Aid Society – Bronx Clinic**
1515 Southern Blvd. BRONX 10460
Btwn: East 172 & Jennings Sts.
Phone: 718-860-8595
Subway: C, D - Freeman St.; E - Whitlock Ave.
Bus: Bx 19,36

Jamaica STD Clinic – NYC Department of Health and Mental Hygiene
90-37 Parsons Blvd. QUEENS 11432
Btwn: Jamaica & 90 Aves.
Phone: 311
Subway: C, D - Jamaica Ctr.
Bus: Q 6,11,20,25,30,31,34,41,54,65,83,112,113

★ **MIC Women's Health Services – Astoria**
(Females only)
C 12-26 31 Ave. QUEENS 11106
Btwn: 12 & 14 Sts.
Phone: 718-626-6735
Bus: Q 18,60,100,104

★ **MIC Women's Health Services – Jamaica**
(Females only)
A 90-04 161 St., 5th Floor QUEENS 11432
Cross St.: 90 Ave.
Phone: 718-523-2123
Subway: C, D - Jamaica Ctr.; E - Parsons Blvd.
Bus: Q 8,9,24,25,30,31,34,41,54,56,65,111,112

WHERE TO GO STATEN ISLAND

- ★ **Richmond STD Clinic – NYC Department of Health and Mental Hygiene**
51 Stuyvesant Place STATEN ISLAND 10301
Btwn: Richmond Terrace & Hamilton Ave.
Phone: 311
Bus: S 40,42,44,52
- ★ **Teen R.A.R. – Staten Island University Hospital at the Medical Arts Pavilion**
C 242 Mason Ave., Suite 1 STATEN ISLAND 10305
Btwn: Alter & Delaware Aves.
Phone: 718-226-6262
Subway: SIR - Dongan Hills
Bus: S 52,78,79
- ★ **Teen R.A.R. – Staten Island University Hospital at the Bay Street Health Center**
C 57 Bay St. STATEN ISLAND 10301
Btwn: Slosson Terrace & SI Ferry
Phone: 718-226-6262
Subway: SIR - Tompkinsville; SI Ferry
Bus: S 42,44,46,51,52,61,74,76,84

"I'm not having sex yet, but I know where to go when I'm ready."

Jessica, age 16

This guide is a joint collaboration between the NYC Department of Health and Mental Hygiene and the National Institute for Reproductive Health's TORCH Program. A big shout out to the TORCH teens for their efforts in this guide. Thanks also to the Bronx DPHO Youth Advisory Board for their help with the design.

TORCH.org.nyc.gov

More Info

Call 311 for copies of this guide and for information on:

- Safe, effective methods to prevent pregnancy and STDs (nyc.gov/teenhealth, nyccondom.org, arhp.org/MethodMatch/ and emergency contraception (not-2-late.com))
- Free and low-cost health insurance (Safe Space 718-785-9050 ext.10)
- Sexual assault (rape) or domestic violence (800-621-HOPE or 800-621-4673)
- Worries, depression, thinking about hurting yourself, alcohol and drugs, etc. (800-LifeNet or 800-543-3638; Español: 877-AYUDESE or 877-298-3373; 普通话, 普通话 and 普通话: 877-990-8585)
- Other resources (youthline 800-246-4646, myspace.com/nyc/teen_mindspace, teenwire.org)

If you go to a public high school, get free condoms from your health resource room. If your school has a school-based health center, condoms and sexual health services may be available there - so check it out.

Thank you for taking care of yourself.

"Keep It Simple": Linking Teens to Sexual Healthcare CAI & Healthy Teen Network

25

Sample Teen-Friendly Health Centers Referral Guide

From the GCAPP *We Are Change* project, Augusta, GA.



There are many family planning centers in the Richmond County area that have confidential services for teens (males and females) for free or at low cost. You can get birth control without an initial physical exam at health centers. Additional teen services include:

- Emergency Contraceptive Pills (ECP)
- Birth Control Methods and Counseling
- Pregnancy Testing
- Testing and Treatment of Sexually Transmitted Infections (STIs)
- HIV Testing

For answers to your questions about the above services, please contact one of the teen-friendly health care centers listed on this card.

TEEN-FRIENDLY RICHMOND COUNTY HEALTH CARE CENTERS

KEY: ♂♀ = Sees male/female; ♪ = Free for teens; * = Speaks Spanish; ^ = Low cost for teens

St. Vincent DePaul - Women's Health
St. Vincent De Paul Clinic
432 8th Street, Augusta, GA 30901
706.722.3535 ♀♂ ♪ *

Georgia Regents Medical Center
1447 Harper Street, Augusta, GA 30912
706.721.1567 ♀ ^ *

Planned Parenthood Southeast - Augusta Clinic
1289 Broad Street, Augusta, GA 30901
706.724.5557 ♀♂ ♪ *

Richmond County Health Department - Laney Walker
950 Laney Walker Blvd., Augusta, GA 30901
706.840.1398 (call or text) ♀♂ ♪ *

Richmond County Health Department - South Augusta
2420 Windsor Spring Road, Augusta, GA 30906
706.790.0661 ♀♂ ♪

Scan this QR Code with a Smartphone to find clinics near you.



DON'T BE A STATISTIC! PROTECT YOURSELF!

- * Only 50% of teen mothers receive a high school diploma
- * Only 2% of teen mothers finish college
- * 81% of Richmond County teens say their friends are sexually active, meaning that the overwhelming majority of young people are at risk of becoming teen parents and/or contracting sexually transmitted diseases
- * Richmond County has one of the highest teen pregnancy rates in the state
- * Richmond County also has one of the highest STD rates in the state
- * Teens in Richmond County rank sexual violence/abuse, threat of HIV/STDs as their top two concerns
- * Parents in Richmond County rank the threat of HIV/AIDS/STDs, teen pregnancy, and dropping out of school as their top concerns for their children



VISION STATEMENT

We envision a future where Richmond County young people are supported by their families and community to remain free of early, unintended pregnancy and to graduate from high school on time. Goal: Reduce teen pregnancy in Richmond County by 10% by 2015.

Our organizations work together throughout the community to improve the lives of children and families by preventing teen pregnancy. In particular, we are working to ensure that teens have access to accurate information and clinical services so they can make healthy decisions and achieve their full potential.

To learn more about teen pregnancy prevention and the prevention of STDs and related health concerns, visit www.gcapp.org/change.

This publication was made possible by Grant/Cooperative Agreement Number 5U58DP002926-03 from the Centers for Disease Control and Prevention (CDC) through a partnership with the U.S. Department of Health and Human Services' (HHS) Office of the Assistant Secretary for Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or HHS.

Promoting “Teen Friendly” Clinical Services: Health Care Delivery System, Contraceptive and Reproductive Health Best Practices

Below is a list of of the best clinical practices when serving adolescent clients

Appointments for adolescents should be available:

- Same day, next day or walk-in
- During after school hours
- During the weekend

At every visit (e.g., urgent, preventive, school-health, sports physical, pregnancy testing, emergency contraception, STD testing, HIV testing etc.) **adolescents should be given:**

- Sexual health assessment taken/updated
- Access to hormonal contraception or IUD
- Time alone with the provider

Contraception should be available or prescribed onsite, and should include:

- Emergency contraception for females
- Emergency contraception for males
- IUDs
- Hormonal Implants (Implanon/Nexplanon)
- DMPA Depo-Provera (Depo shot)
- Hormonal Contraceptive Pills
- Patch
- Ring

Adolescents should be counseled on contraceptive methods from most effective to least effective. This means Long Acting Reversible Contraceptive (LARC) methods should be described first. LARCs include:

- IUD – hormonal and non hormonal
- Hormonal Implant (Implanon/Nexplanon)

IUD and hormonal contraception should be initiated using the Quick Start Method, which means the first dose of the hormonal contraceptive is administered or the IUD is inserted during the visit. **This should be done:**

- After an adolescent client has had a negative pregnancy test
- When an adolescent client is provided with Emergency Contraception (EC) where a pregnancy test is negative

Emergency Contraception should be offered for the following use:

- For adolescent females following unprotected intercourse within the previous 5 days
 - Dispensed on-site
 - Dispensed with Rx
- For female adolescents for future use (advance provision)
- For male adolescents for future use (advance provision)

Hormonal contraception should be prescribed to adolescent females without requiring exams or testing. This means:

- No required Pap Smear
- No required Pelvic Exam
- No required Breast Exam
- No required STD testing

Cervical Cancer Screening takes place in accordance with current guidelines, meaning they should only occur:

- Beginning at age 21
- If the need for one is specifically indicated

STD and HIV Testing and Treatment should be available for all adolescents as indicated, including

- Chlamydia
 - Screening provided to all adolescent females at least annually
 - Screening available for females using urine or vaginal swab
 - Screening available for males using urine specimen
 - Expedited patient delivered partner therapy (EPT) is available for treatment, meaning that patients can be prescribed treatment for their partners at the same visit without their partner having to come in for testing
- Gonorrhea
 - Screening is available for both adolescent females and males
- HIV
 - Rapid testing is available for adolescent females and males per CDC recommendations

Linkages and Referrals should be provided to other support services, including:

- Mental Health
- Education
- Employment
- Social Services

Barriers to services should be minimized, including:

- Low Cost Services:
 - Low cost or no cost contraceptive and reproductive health care services should be provided to adolescents
- Maintaining Confidentiality:
 - Parental or caregiver consent or notification should not be required for services
 - Options for payment that ensure against parental notification should be standard

Health Center Infrastructure should be developed to:

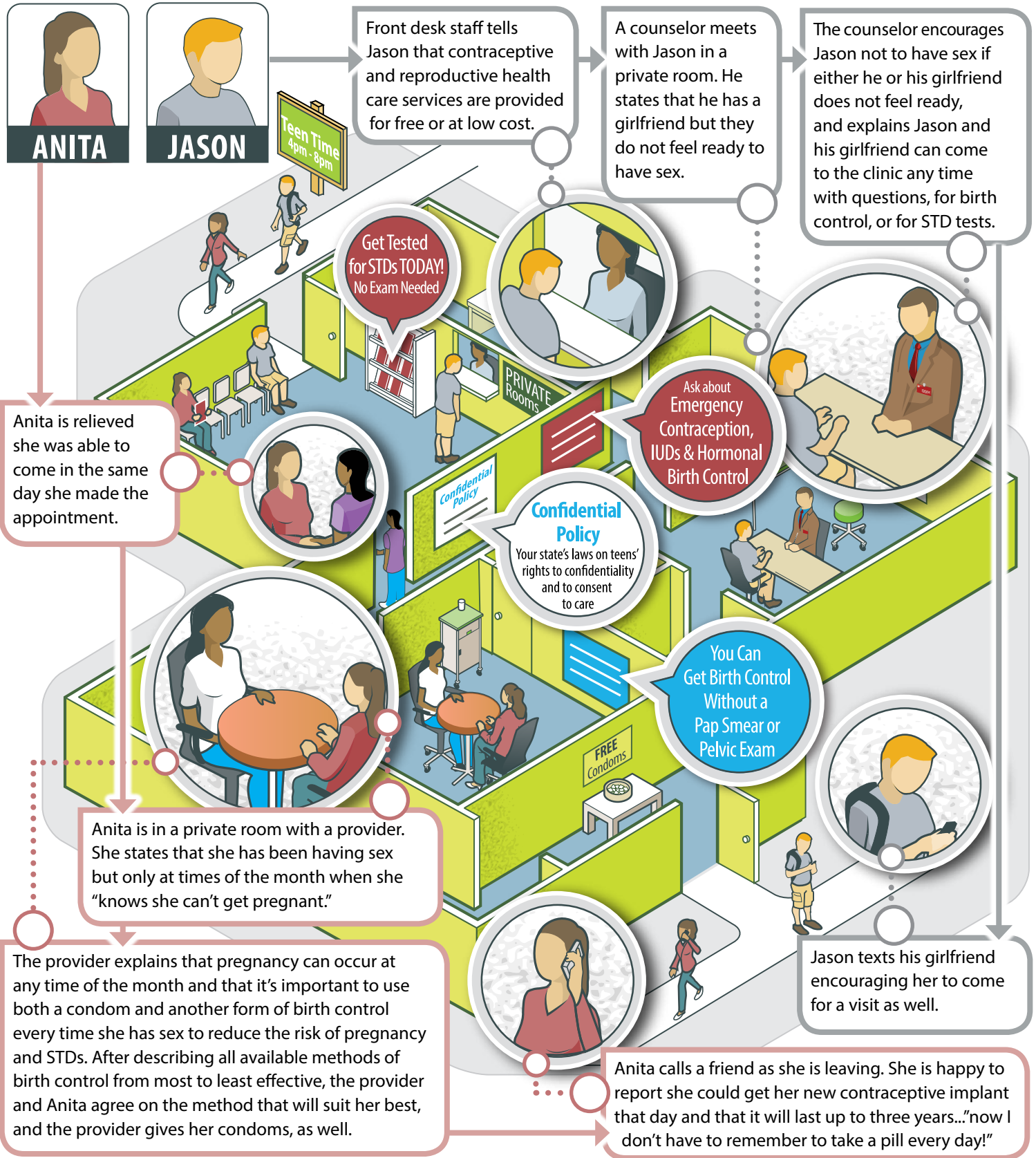
- Participate in the federal 340B drug discount purchasing program
- Utilize electronic medical records (please specify system(s) used, e.g., eClinical Works, Centricity, Epic, NextGen)
- Have systems in place to facilitate billing third party payers for contraceptive and reproductive health care services provided

The environment of the clinic should be welcoming to adolescents. This means:

- Counseling areas that provide both visual and auditory privacy
- Examination rooms that provide visual and auditory privacy
- Teen focused magazines or posters on the walls
- Display information (pamphlets, posters, flyers, fact sheets) on issues related to adolescent sexual and reproductive health (e.g., confidentiality, cost, what services are available to adolescents)
- Evidence-based or evidence-informed video or other interventions designed for adolescents (e.g. "Seventeen Days")

A Teen-Friendly Reproductive Health Visit

Two teen-friendly reproductive health visits: one for a sexually active female, and one for a male not yet having sex.

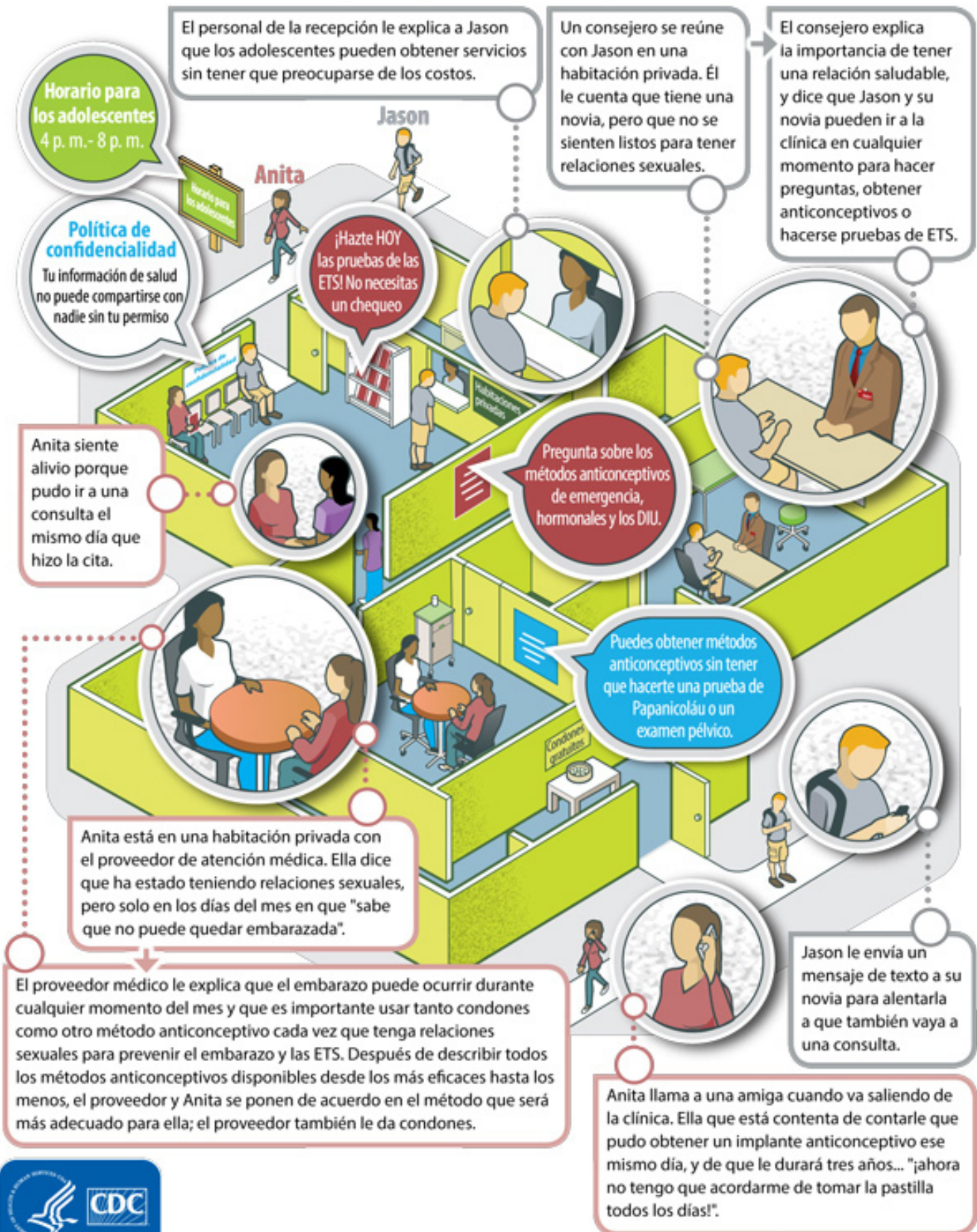


Learn more at www.cdc.gov/TeenPregnancy/TeenFriendlyHealthVisit.html








National Center for Chronic Disease Prevention and Health Promotion
Division of Reproductive Health









Una visita con servicios adaptados para la salud reproductiva de los adolescentes



Your Birth Control Choices

Method	How well does it work?	How to Use	Pros	Cons
Copper IUD (ParaGard™) 	99%	Must be placed in uterus by a health care provider Must be removed by a health care provider	May be left in place for up to 12 years Can be used while breastfeeding Ability to become pregnant returns quickly when IUD is removed	May cause more cramps and heavy periods IUDs can cause spotting between periods Rarely, uterus is injured during placement Does not protect against HIV or other STIs
Progestin IUD (Mirena™, Skyla™) 	99%	Must be placed in uterus by a health care provider Must be removed by a health care provider	Mirena™ may be left in place up to 7 years Skyla™ may be left in place up to 3 years May improve period cramps and bleeding Can be used while breastfeeding Ability to become pregnant returns quickly when IUD is removed	May cause lighter periods, spotting, or no period at all Rarely, uterus is injured during placement Does not protect against HIV or other STIs
The Implant (Nexplanon™) 	> 99%	A health care provider places it under the skin of the upper arm Must be removed by a health care provider	Long lasting (up to 3 years) No medicine to take daily Can be used while breastfeeding Ability to become pregnant returns quickly after it is removed	May cause irregular bleeding (spotting, no periods or heavy periods) After 1 year, many women have no period at all Does not protect against HIV or other STIs
The Shot Depo-Provera™ 	97-99%	Get shot every 3 months	Each shot works for 12 weeks Private Helps prevent cancer of the lining of the uterus (womb) No pill to take daily Can be used while breastfeeding	May cause spotting, no period, weight gain, depression, hair or skin changes, change in sex drive May cause delay in getting pregnant after you stop the shots Side effects may last up to 6 months after you stop the shots Does not protect against HIV or other STIs
The Pill 	92-99%	Must take the pill daily	Can make periods more regular and less painful Can improve PMS symptoms Can improve acne Lowers risk of ovarian cancer Ability to become pregnant returns quickly after stopping the pills	May cause nausea, weight gain, headaches, change in sex drive – but these can be relieved by changing to a new brand May cause spotting the first 1-2 months Does not protect against HIV or other STIs
Progestin-Only Pills 	92-99%	Must take the pill <u>at the same time</u> each day	Can be used while breastfeeding Ability to become pregnant returns quickly after stopping the pills	Often cause spotting, which may last for many months May cause depression, hair or skin changes, change in sex drive Does not protect against HIV or other STIs
The Patch Ortho Evra™ 	92-99%	Apply a new patch once a week for three weeks No patch in week 4	Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the patch	Can irritate skin under the patch May cause spotting the first 1-2 months Does not protect against HIV or other STIs

Method	How well does it work?	How to Use	Pros	Cons
The Ring Nuvaring™ 	92-99%	Insert a small ring into the vagina Change ring each month	Does not require a "fitting" by a health care provider Private Does not require spermicide Can make periods more regular and less painful No pill to take daily Ability to become pregnant returns quickly after stopping the ring	Can increase vaginal discharge May cause spotting the first 1-2 months of use Does not protect against HIV or other STIs
Male Condom 	85-98%	Use a new condom each time you have sex Use a polyurethane condom if allergic to latex	Can buy at many stores Can put on as part of sex play/foreplay Can help prevent early ejaculation Protects against HIV and many other sexually transmitted infections (STIs) Can be used while breastfeeding	Can decrease sensation Can cause loss of erection Can break or slip off
Female Condom 	79-95%	Use a new condom each time you have sex Use extra lubrication as needed	Can buy at many stores Can put in as part of sex play/foreplay Good for people with latex allergy Protects against HIV and other STIs Can be used while breastfeeding	May be noisy May be hard to insert May slip out of place during sex
Spermicide Cream, gel, sponge, foam, inserts, film 	71-85%	Insert more spermicide each time you have sex	Can buy at many stores Can be put in as part of sex play/foreplay Comes in many forms: cream, gel, sponge, foam, inserts, film Can be used while breastfeeding	May raise the risk of getting HIV May irritate vagina, penis Cream, gel, and foam can be messy
Diaphragm 	84-94%	Must be used each time you have sex Must be used with spermicide A health care provider will fit you and show you how to use it	Can last several years Costs very little to use May protect against some infections (NOT HIV) Can be used while breastfeeding	Using spermicide nonoxynol-9 may raise the risk of getting HIV Should not be used with vaginal bleeding or infection Raises risk of bladder infection
Emergency Contraception Plan B® One-Step, Next Choice™, ella® and others 	58-94%	Works best the sooner you take it after unprotected sex. Take pill(s) as soon as you can after unprotected sex. You can take EC up to 5 days after unprotected sex. If pack contains 2 pills, take both together	Can be used while breastfeeding Available at pharmacies, health centers or health care providers: Call ahead to see if they have it Women and men of any age can get some brands without a prescription	May cause stomach upset or nausea The next period may come early or late May cause spotting Does not protect against HIV or other STIs Women under age 17 need a prescription for some brands ella® is only available with a prescription May cost a lot

Comparing Effectiveness of Family Planning Methods

More effective

Less than 1 pregnancy per 100 women in 1 year



How to make your method more effective

Implants, IUD, female sterilization: After procedure, little or nothing to do or remember

Vasectomy: Use another method for first 3 months

Injectables: Get repeat injections on time

Lactational amenorrhea method, LAM (for 6 months): Breastfeed often, day and night

Pills: Take a pill each day

Patch, ring: Keep in place, change on time

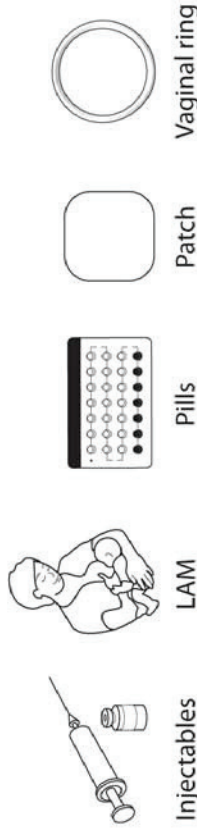
Condoms, diaphragm: Use correctly every time you have sex

Fertility awareness methods: Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be easier to use.

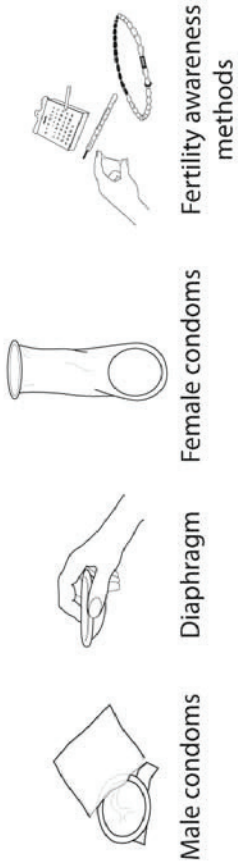
Withdrawal, spermicides: Use correctly every time you have sex



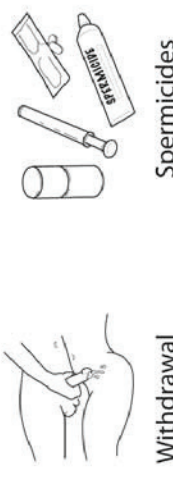
Implants
IUD
Female sterilization
Vasectomy



Injectables
LAM
Pills
Patch
Vaginal ring



Male condoms
Diaphragm
Female condoms
Fertility awareness methods



Withdrawal
Spermicides

Less effective

About 30 pregnancies per 100 women in 1 year



Sources:
Steiner MJ, Trussell J, Mehta N, Condon S, Subramaniam S, Bourne D. Communicating contraceptive effectiveness: a randomized controlled trial to inform a World Health Organization family planning handbook. *Am J Obstet Gynecol* 2006;195(1):85–91.
World Health Organization/Department of Reproductive Health and Research (WHO/RHR), Johns Hopkins Bloomberg School of Public Health (JHSPH)/Center for Communication Programs (CCP). *Family Planning: A Global Handbook for Providers*. Baltimore, MD and Geneva: CCP and WHO, 2007.
Trussell J. Choosing a contraceptive: efficacy, safety, and personal considerations. In: Hatcher RA, Trussell J, Stewart F, Nelson AL, Cates W Jr., Guest F, Kowal D, eds. *Contraceptive Technology, Nineteenth Revised Edition*. New York: Ardent Media, Inc., in press.

Keep It Simple

Evaluation Instructions

On the next page is provided a short evaluation survey of the *Keep It Simple: Linking Teens to Sexual Health Care* lesson and film. Evaluation is a critical element to ensuring that the services and education we provide young people is meeting their needs. To that end, we have provided a short survey to be administered to the teens that attend this lesson and/or watch the *Keep It Simple* film. Please ensure that you abide by your organization's evaluation procedures whenever you evaluate programming for youth.

Directions: Once participants have participated in the lesson and/or watched the film, please administer this survey to them so that they may complete the questions on both pages. They should not put any identifying information on the survey as it is anonymous. Once complete, collect the survey and share the results with CAI and Healthy Teen Network. You can send completed survey results here:

Via email: Alexandra@healthyteennetwork.org (Attention: Alexandra Eisler)

Via mail:

Healthy Teen Network
Attn: Alexandra Eisler
1501 Saint Paul St
Suite 124
Baltimore, MD 21202

Via Fax: (410)685-0481 (Attention: Alexandra Eisler)

If you incorporate these questions into an existing survey you plan to administer to youth, please simply share the results of these questions with CAI and Healthy Teen Network via the addresses/numbers above.

We thank you for your hard work!

CAI & Healthy Teen Network

Keep It Simple

Evaluation Sheet

Thank you for taking the time to complete this brief survey! The information collected through this survey will be used to improve the quality of programs like Keep it Simple. All of your responses are completely confidential.

1. How old are you? _____ years

2. What is your gender?

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Female | <input type="checkbox"/> Transgender |
| <input type="checkbox"/> Male | <input type="checkbox"/> Refuse to answer |

3. Are you Hispanic or Latina/o?

- Yes
 No

4. What is your race? (Check all that apply):

- African American
 American Indian or Alaskan
Native
 Asian

 Native Hawaiian or other Pacific
Islander
 White
 Other (please specify:

5. Did you participate in the entire *Keep it Simple* lesson, or view the animated film only?

- I participated in the entire lesson
- I only watched the film

For the next few questions, please think about the information you learned through the Keep it Simple lesson.

Please check how HELPFUL the lesson was for each of the following topics:

	Very Helpful	Helpful	Somewhat Helpful	Not Helpful	Not Helpful at all
6. Information on birth control options for teens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Information on where to get birth control and STI services in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My right to receive confidential sexual health care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

After viewing the motion graphic, how LIKELY are you to...

	Much More Likely	More Likely	About the Same	Less Likely	Much Less Likely
9. Talk to your doctor about different birth control options at your next visit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Please help us improve the kind of information we share with young people like you!
In the box below, please list any suggestions you have for how the Taking Charge of Your Health lesson can be improved:**