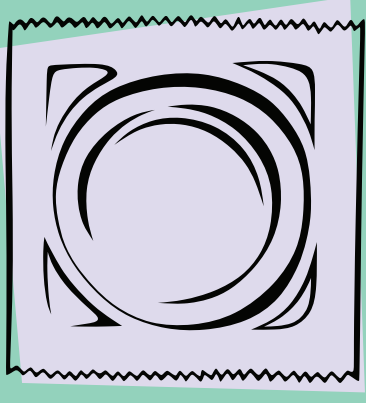


...here's some information to help you stay healthy + safe.

I ❤️ YOU
+
I WANT YOU TO
GET THE FACTS.

fold here

Remember, condoms are always a good idea. We can get them together, or you can get them for free here:
teensource.org/condoms/free



MORE INFO
Find out more at: TeenSource.org
You can also start getting a weekly tip from **Hookup by texting 877877**.
When you're ready to talk, I'm here.

fold here

FIRST THINGS FIRST-
IT'S OK TO WAIT!

LESS THAN
47%

...of high school students have ever had sex (intercourse)

Being "ready" is different for everyone and no one should force you into doing something you don't want to do.

Yes means yes and no means no. Before you have sex, both people have to give consent (say yes) every step of the way, every time.

Not having sex is the only way to make sure you don't accidentally get **pregnant** or get a **STD** (sexually transmitted disease).

There are a lot of ways to **have fun without having sex**. Learn more at:

teensource.org/relationships/romance

fold here

HAPPY, HEALTHY + SAFE

■ **SEXUAL ORIENTATION**

It doesn't matter to me if you are attracted to boys or girls—I just want you to be happy, healthy and safe.

scarleteen.com/article/sexual%20identity

■ **GENDER IDENTITY**

Not everyone grows up feeling like they were born as the right gender. You can learn more about gender identity at:

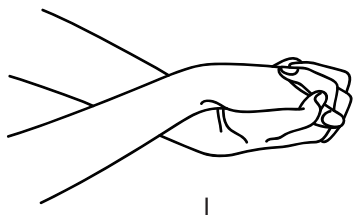
scarleteen.com/article/gender

■ **HEALTHY RELATIONSHIPS**

It's important to know what an unhealthy relationship looks like. Find out the warning signs at:


teensource.org/relationships/romance

I am here to support you no matter what.



fold here

IF YOU CHOOSE TO BE SEXUALLY ACTIVE THERE ARE A FEW THINGS YOU SHOULD KNOW.



There are **teen-friendly health centers** that you can go to for STD tests and birth control.

To find one, go to:
teensource.org/find-a-clinic

We can go together. You can also get care if you choose to go without me.

STDs

- STDs like chlamydia and gonorrhea are much more common among young people than adults. Learn about common STDs at:

teensource.org/std

- If you are sexually active, you and anyone you have sex with should get an STD test.
- It's important to stay safe by using condoms every time you have sex. Teens can get free condoms here:

teensource.org/condoms/free

BIRTH CONTROL

- If you have sex with someone of the opposite sex, it's important to find a birth control method that is right for you if you don't want to get pregnant.
- There are a lot of kinds of birth control that work well like the pill, patch, ring or shot.
- Long-acting methods like the Implant or IUD work the best and for the longest time.
- Learn about the birth control you can choose from:

teensource.org/birth-control