

## You may be wondering...

Do I want to get pregnant in the next year? Where can I get help if I do (or don't!)?

I need a pregnancy test or a check-up to make sure I'm okay. Will my foster parent or case worker be informed if I get confidential care on my own?

I need help getting birth control.

How can I protect myself from getting an STD?

I need help right now! Where can I go?  
*Visit [PlannedParenthood.org](https://www.PlannedParenthood.org) or Text "PPNow" to 774636 (PPINFO)*

I am LGBTQ -- how do I find resources that work for me?

How do I know if I'm in a healthy relationship? Where can I get help if I'm feeling pressured in my relationship?



## IF YOU ARE IN FOSTER CARE, YOU HAVE RIGHTS!

**If you missed out on this information in middle school or high school, talk to your case worker who will help you get the facts that you need, even though you are now a young adult**

### You have the right to sex ed in school that includes:

- ways you can prevent getting pregnant if you don't want to be
- ways you can prevent getting STDs (Sexually Transmitted Diseases)
- what you can do if you are pregnant
- what you can do if you have an STD
- healthy relationships and signs of relationship problems

### You have the right to:

- choose the doctor or clinic that you want to go to
- get a pregnancy test
- get a check-up for STDs
- start on any method of birth control that you want to use
- change your birth control method if you don't like it
- get answers to your questions about sex, relationships and health
- get care if you are pregnant (whether you want to have an abortion or have a baby)

### Did you know?

**You can receive many of these services at **no cost** to you with your Medi-Cal until age 26**

**Is cost, insurance or transportation keeping you from getting care? Your case worker is required to help you deal with these challenges. If you don't have a case worker anymore, contact the Foster Care Ombudsman Office for help.**

**[fosteryouthhelp.ca.gov](http://fosteryouthhelp.ca.gov)  
#1-877-846-1602**



## You have the right to private, confidential care:

- You don't need permission from a parent, foster parent, group home staff, court or case worker to go to a doctor or clinic, even if you are still under 18 years old
- You can get care on your own, and you can ask your case worker for help in getting care without telling them your business if you don't want to
- You can see a doctor or go to a clinic, and they will not tell anyone about your visit unless you say it's okay

## You have other health rights too, even if you are still under 18!

- Talk to your case worker or lawyer, they can explain your rights and help you get the care that you need


# Videos, chats, and websites full of information are just a click away at:

**Online Sex Ed Info:** Websites on sexual health for youth

 [tinyurl.com/SexEd4Youth](http://tinyurl.com/SexEd4Youth)

**Healthy Relationships:**

 [loveisrespect.org](http://loveisrespect.org)

 1-866-331-9474


 Text LOVEIS to 22522

 [@loveisrespectpage](https://www.facebook.com/loveisrespectpage)

 [@loveisrespect](https://twitter.com/loveisrespect)

 [@loveisrespectofficial](https://www.instagram.com/loveisrespectofficial)

**Have Questions about Sex, Dating, Pregnancy, Health, Identity, and More:**

 Download the [Okayso App](#)


 [iwannaknow.org](http://iwannaknow.org)

 [teensource.org](http://teensource.org)

**Planned Parenthood:** Find a health center to get care and info about sexual health

 [plannedparenthood.org](http://plannedparenthood.org)

 1-800-230-PLAN (7526)

 Text Roo to 22422 to ask Roo your questions you don't want to say out loud

**LGBTQ Youth:**


 [itgetsbetter.org](http://itgetsbetter.org)

 1.800.246.PRIDE(7743)

**Foster Youth Rights:** Talk to the Foster Care Ombudsman Office to find out about all your rights, have someone hear what is going wrong, or get help for what you need

 [fosteryouthhelp.ca.gov](http://fosteryouthhelp.ca.gov)

 [mylifemyrights.org](http://mylifemyrights.org)

 1-877-846-1602

 [fosteryouthhelp@dss.ca.gov](mailto:fosteryouthhelp@dss.ca.gov)