

You may be wondering...

Is this normal?

I'm already having sex-how do I make sure I don't get pregnant?

Can I get a check-up or pregnancy test to make sure I'm okay?

How do I know if I'm in a healthy relationship? Who can I talk to if I'm feeling pressured to do sexual things that I don't want to do?

What's up with my body?

How do I decide if I'm ready for sex?

What is birth control and how do I choose one that is right for me?



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

If you missed out on this information in middle school, talk to your case worker who will help you get the facts that you need

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

- learning about the changes in your body
- deciding whether you are ready to have sex or not
- ways that you can lower your chances of getting pregnant
- ways that you can lower your chances of getting an STD (germs that are spread by having sex)

**You have the right to:**

- choose the doctor or clinic that you want to go to
- start on a method of birth control that you want to use
- change the method of birth control you are using
- get a pregnancy test
- 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

**Your foster parent/ caregiver, group home staff or case worker are required to help you get a check-up. If you are worried about paying for your check-up or getting to the doctor or clinic, ask for help!**



### **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, but help from an adult can make it a lot easier! Talk to an adult you trust and ask for help!
- 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

### **If you are 12 years old or older, you have other health rights too!**

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

## **VIDEOS, CHATS, AND WEBSITES FULL OF INFORMATION ARE JUST A CLICK AWAY:**

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

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

**Amaze:** Videos about your body changes, birth control choices, germs from sex, healthy relationships, LGBTQ youth, pregnancy, and more

 [amaze.org](https://amaze.org)


 [@amaze](https://www.youtube.com/@amaze)

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

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

 [plannedparenthood.org](https://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](https://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](https://fosteryouthhelp.ca.gov)

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

 1-877-846-1602

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