

## You may be wondering...

How can I protect myself from getting an STD?

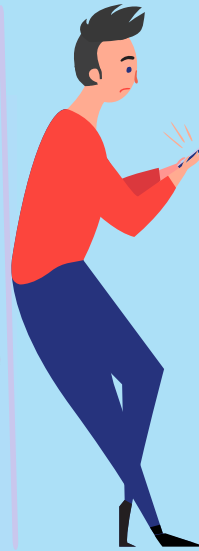
Do I want to get pregnant in the next year? Where can I get help if I do (or don't!)?

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

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

Am I ready to have sex?

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?



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

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

## 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**

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

- learning about how your body works
- deciding whether you want to have sex or not
- healthy relationships and signs of relationship problems
- ways you can prevent getting pregnant if you don't want to be
- ways you can prevent getting STDs (Sexually Transmitted Diseases -- germs that you can get by having sex)
- what you can do if you are pregnant
- what you can do if you have an STD

### You have the right to:

- choose the doctor or clinic that you want to go to
- get a check-up for STDs
- start on any method of birth control that you want to use, or change the method that you are using
- get a pregnancy test
- 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****

**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

## You have other health rights too!

- Talk to your case worker or lawyer, they can explain your rights and help you to 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

 <http://tinyurl.com/SexEd4Youth>

**Healthy Relationships:**

 <https://www.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](#)


 <http://www.iwannaknow.org/>

 <https://teensource.org/>

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

 <https://www.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:**


 <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

 <http://www.fosteryouthhelp.ca.gov>

 <http://www.mylifemyrights.org>

 1-877-846-1602

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