



Need Help?

Got Questions?

Looking For Support?

24 hr. Services for when you feel overwhelmed and things get out of hand...

Suicide Prevention:

- Mobile Crisis 530.666.8515

Sexual Assault/Domestic Violence:

- Nat. Domestic Violence 800.799.7233
- Nat. Sexual Assault 800.656.4673

Information:

- Nat. STI Hotline 800.227.8922
- Child Abuse Hotline 800.422.4453
- Runaway/Youth Crisis 800.843.5200

When you have nowhere to stay, these are some friendly places to receive help...

Shelter:

- Davis Emergency Shelter 530.753.9204
- Day Shelter 916.372.8980X109

Food:

- Food Bank 530.668.0690
- Yolo County Food Bank 530.662.7020

Planned Parenthood

- Woodland 530.662.4646
- Sacramento 916.446.6921



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Can I make an Appointment for Teen Clinic?

Make an appointment or Walk In!



Davis Community Clinic

2051 John Jones Road **530.758.2060**
Monday: 12:30-4pm Thursday: 6pm-8:30pm

Salud Clinic

500B Jefferson Blvd. #180 **916.403.2900**
Tuesday: 12:30-4pm

John H. Jones Clinic

500 B Jefferson Blvd. #195 **916.403.2970**
Wednesday: 12:30-4pm

Peterson Clinic

8 N. Cottonwood St. **530.666.8960**
Wednesday: 12:30-5pm
Thursday: 12:30-4pm
Friday: 12:30- 4pm

CONFIDENTIAL

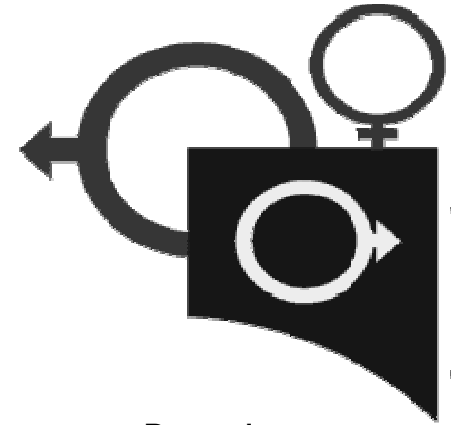
NO COST services to those who qualify for **Family PACT**, a California program for family planning and reproductive health services.



CommuniCare
HEALTH CENTERS

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Providing
Yolo County teens
Confidential
Reproductive Health
Services for ages 12-19
At low or no-cost!

- Birth Control Methods
- Pregnancy Testing & Counseling
- STI & HIV Testing and Treatment
- Annual Exams and Pap Smears
- Emergency Contraceptive

Low on cash?
At Teen Clinic you can sign up for the Family PACT program. Family PACT pays for your Planning, Access, Care and Treatment at Teen Clinic.

your body, your health, your decisions

STI



Sexually Transmitted Infections

Some of the most common **Bacterial STI's** are....

(Bacterial STI's can be cured)

- Chlamydia
- Gonorrhea
- Syphilis

Some of the common **Viral STI's** are...

(Viral STI's cannot be cured)

- Genital Warts (HPV)
- Genital Herpes
- HIV

What are the symptoms?

Women and Men may notice...

- Sores, bumps, or blisters on or near the penis, vagina, anus, or mouth
- Burning with urination
- Itching, swelling, or redness on or near the penis, vagina, anus, or mouth
- A change in discharge -Pain during intercourse

(If you notice ANY of these symptoms or anything out of the ordinary, come to Teen Clinic to get checked out!)

How can I protect myself?

- Abstinence is the only 100% way to prevent pregnancy and the spread of STI's
- Use condoms 100% -Partner Communication
- Get Tested every 6 months and with EVERY new partner

Abstinence:

The active choice not to have sex for an extended period of time.

I ALWAYS use condoms and get tested for STI's every 6 months and with every new partner. My health depends on it!



Don't like the odds?



Find the Birth Control Method

That's Right For You!

At Teen Clinic, we offer Nonhormonal Birth Control...

- Male Condoms - Spermicides
- Female Condoms - Intrauterine Devices



We also offer Hormonal Birth Control ...



- Oral Contraceptives (The Pill)
- Contraceptive Injections (The Shot)
- The Ring - The Patch

Emergency Contraceptive Pill



You Can Even Prevent Pregnancy After Unprotected Intercourse!

(no condom was used, the condom broke or fell off, or a hormonal method was used improperly)

Teen Clinic offers **Emergency Contraceptive** (also known as Plan B or The Morning After Pill) which can be used up to **5 days** after unprotected intercourse to help prevent pregnancy. Emergency Contraceptive is **MOST** effective when taken within the first 12 hours after the unprotected intercourse.

**your body,
your health,
your decisions**

Dating and Relationships

DATING RIGHTS

I have the right...

- To be treated with respect always
- To be in a healthy relationship**
- To not be abused-physically, sexually, or emotionally
- To keep my body to myself**
- To have friends and activities apart from my partner
- To say no**
- To feel safe in the relationship
- To be treated as an equal**
- To feel comfortable being myself
- To leave a relationship at any time**



www.teenwire.com

DATING RESPONSIBILITIES

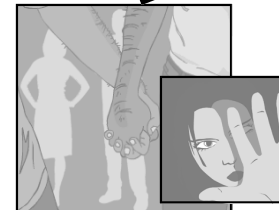
I have the responsibility...

- To determine my limits and values
- To respect my partner's limits, feelings, and values**
- To refuse to abuse-physically, sexually, or emotionally
- To communicate clearly and honestly**
- To give my partner space to be his or her own person
- To not exert power or control in the relationship**
- To compromise when needed
- To ask for help from friends, family, and adults**

Sexual Coercion:

When one partner pressures the other to engage in sexual activities. Sexual coercion is when you feel you have no other choice but to submit to sexual activity with that person.

This is NEVER ok. It is important to get yourself to a safe place, and tell an adult you trust.



80% of females and 50% of males show NO STI symptoms, even though they are infected