

# KNOW YOUR RESOURCES

## WHERE TO ACCESS SERVICES

<b>The Center—Arroyo Grande</b>	805.489.4026 www.thecenter.capslo.org
<b>The Center—San Luis Obispo</b>	805.544.2478 www.thecenter.capslo.org
<b>Planned Parenthood</b>	1888-898-3806 www.plannedparenthood.org
<b>Paso Public Health Clinic</b>	805.237.3050
www.thesltdown.org	www.bedsider.org
www.Stayteen.org	www.RiseSLO.org

## YOUR BODY—YOUR RIGHTS

Talking to a trusted adult is a great place to start. However, you have the right to access certain health services without your parent, social worker or caretaker's involvement.

### Services you can request are:

- Pregnancy related services including contraception, prenatal care and abortion
- Treatment for Sexually Transmitted Infections\*
- Outpatient Mental Health Services\*
- HIV Counseling and testing\*
- Drug and Alcohol treatment\*

\* You must be age 12 or above to access this service without adult consent.

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## So you have decided to become sexually active, what kind of contraception do you plan to use?

Of course, the only 100% safe, 100% effective method is abstinence; however, there are many of birth control options to choose from. These methods include hormonal methods, and barrier methods.

### Hormonal Methods:

- The Depo-Provera shot,
- the NuvaRing,
- birth control pills,
- the patch,
- implant
- IUD.

### Barrier Methods:

- male or female condoms,
- spermicide,
- the sponge,
- the diaphragm,
- the cap.

If, at any time, you believe the method you are using has failed, there are emergency contraceptives available.

In order to reduce the risk of STI transmission and pregnancy dual methods (e.g. birth control plus a barrier method) are recommended.

## BE Smart—Take Charge

Sexual activity should be consensual and welcomed by both parties involved. If you feel pressured to have sex or have been forced to perform sexual activities against your wishes, you have the right to ask for help.

**Call 1-805-226-5400 to speak to a trained counselor 24 hours a day, 7 days a week**

Department of Social Services

3433 South Higuera  
San Luis Obispo, California  
93401

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