

## WHERE TO ACCESS SERVICES:

### The Center—Arroyo Grande

1152 E Grand Ave  
Arroyo Grande, CA 93420  
805.489.4026

### The Center—San Luis Obispo

705 Grand Ave  
San Luis Obispo, CA 93401  
805.544.2478

### Planned Parenthood

743 Pismo Street  
San Luis Obispo, CA 93401  
1-888-898-3806

### Paso Public Health Clinic

723 Walnut Drive  
Paso Robles, CA 93446  
805.237.3050

## ONLINE SERVICES:

[www.theSLODown.org](http://www.theSLODown.org)

[www.bedsider.org](http://www.bedsider.org)

[www.Stayteen.org](http://www.Stayteen.org)

[www.thecenter.capslo.org](http://www.thecenter.capslo.org)

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

[www.RiseSLO.org](http://www.RiseSLO.org)



## Ways to say no to the pressures of sex.

**Partner says:** "If you really loved me, you'd have sex with me."

**Response:** "If you loved me, you wouldn't push me to do something I don't feel comfortable doing yet."

**Partner says:** "Everybody's doing it."

**Response:** "No, they're not. It just seems like it because they talk about it to impress their friends and fit in. The majority aren't doing it."

**Partner says:** "Have sex with me or I'll find someone else who will."

**Response:** "Now I know how little you care about me."

**Partner says:** "Let's have sex."

**Response:** "I'm just not ready. But when I am, you'll be the second to know."

**Partner says:** "My friends think we should have done it by now."

**Response:** "They don't know what's best for us. You should care more about what I think." (Or, "And I'm not dating them, I'm dating you.")

**Partner says:** "If you loved me you'd want to do it."

**Response:** "It's because I love you that I can be honest with you and tell you I'm not ready to have sex yet."

**Partner says:** "Most guys would die to sleep with me."

**Response:** "Look, it is hard for me to resist. And you need to do what you need to do. But all I can tell you is I'm just not ready."

**The friends say:** "You still haven't had sex? There must be something wrong with you. Don't you want to get laid?"

**Response:** "What's the big rush? It'll happen when it happens. I'm just not into doing things because everyone else thinks I should or because they have."

# KNOW YOUR RIGHTS



Department of Social Services

P.O. Box 8119  
San Luis Obispo, CA 93403-8119

## 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 need to be involved.

Services you can request are:

- Pregnancy related services including accessing 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.



## YOUR FUTURE—YOUR CHOICE

**I'm not having sex, why do I need this information?** Just because you are not currently sexually active does not mean you may not choose to become sexually active in the future. Having a plan now as to how you will protect yourself is your best insurance against unwanted pregnancies or sexually transmitted infections.

**My girlfriend says she is taking the pill, so I don't need to worry about birth control, right?** Wrong, using birth control such as the pill may help prevent unwanted pregnancies, but it will not protect you against sexually transmitted infections such as HIV, gonorrhea and syphilis. Additionally the effectiveness of birth control methods such as the pill are dependent upon consistent usage. Additional barrier methods such as condoms are highly recommended to protect both partners from sexually transmitted infections and further reduce the risk of unplanned pregnancies.

**My boyfriend/girlfriend says he/she really loves me and wants to start a family with me.** Deciding when to have children is a big step. You are the only one who can decide when starting a family is right for you. However, starting a family early in life makes it far more difficult to achieve your future dreams and plans. Travel, college, and starting your dream career are all made much more complicated when you have to add in planning for childcare, buying diapers and taking care of the needs of your child. By deciding to protect yourself, you are taking control of your future.

## BE SMART—TAKE CHARGE

**Your action plan to protect yourself:**

1. Think about your values and concerns about becoming sexually active. Talk to a trusted adult, if you are comfortable, and have an idea about when you think would be the right time to become sexually active.
2. Talk to a healthcare professional about your birth control options. You can obtain free services from any of the providers listed on the back page of this pamphlet
3. Try to avoid putting yourself in situations where you may feel pressured to have sex. Have your dates be in public places with groups, avoid being alone and make sure someone knows where you are at all times.

## OF SPECIAL CONCERN



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**