

# Birth Control

Other forms of birth control:  
The patch, the ring, the shot, diaphragm,  
spermicide...

## CONDOM

- Pouch that prevents sperm from getting into the vagina
- Male and female versions
- Only birth control that prevents STI transmission

## THE PILL

- Daily pill
- Contains hormones that prevent pregnancy (by preventing ovulation)

## IUD

- Intrauterine device
- T-shaped plastic
  - Size of a quarter
  - Placed inside uterus to prevent pregnancy

## EMERGENCY CONTRACEPTION

- Way to prevent pregnancy after unprotected sex
- Can be taken 3-5 days after intercourse

Other forms of birth control don't prevent STI transmission! So make sure to always use a condom (:



## Resources

### Pregnancy

#### **EL NIDO FAMILY CENTERS**

Comprehensive case management for pregnant/parenting teens. Teen Parenting Classes. Various counseling program.

- 10200 Sepulveda Blvd, Los Angeles, CA 91345
- <http://elnidofamilycenters.org/>
- 818-830-3646

#### **Planned Parenthood**

Call **1-800-230-PLAN** for

### HIV/AIDS Testing

12 years and older don't need permission from a parent  
→ Ask staff about confidentiality  
→ Find the nearest testing site:

**1-800-CDC-INFO**

### Sexual Assault

**National Sexual Assault hotline:** 1-800-656-4673

**Incident Genie:** "a FREE app that records the time and place of any incident. You can easily include photos, videos, and witnesses for any incident."

**National Teen Dating Abuse Hotline:** Text "LOVEIS" to 77054.

**Peace Over Violence:** Counseling for dating violence, rape survivors, child abuse. Self-defense classes and teen abuse prevention.

- 1015 Wilshire Blvd, Los Angeles, CA 90017
- 24 hour hotline: (213) 626-3393
- Los Angeles County: (310) 392-8381
- <http://peaceoverviolence.org/>

**Project Sister:** Sexual assault and incest survivor crisis services. Provides info about medical attention, reporting the assault, advocacy, personal counseling, self defense, support groups and education on prevention.

- M-F 9am-5pm
- <http://projectsister.org/>
- 909-626-4357

### Birth Control

In CA, teens can get a prescription without parent's permission

#### A. **Title X Clinics**

Confidential appointments, Sliding scale fees  
Nearest location:  
Los Angeles County, Department of Health Services – Mid Valley Comprehensive Health Center

7515 Van Nuys Blvd.  
Van Nuys, CA 91405

#### B. **Planned Parenthood**

Call **1-800-230-PLAN** for the nearest location  
Provides a variety of sexual health and wellness services

#### C. **Private Doctor**

Ask about the office's confidentiality rules when making an appointment  
Can I get services at your office without my parents' permission?