

Key Sexual and Reproductive Health Messages for Young Men

1

Fatherhood, Fatherhood Intentions, & Young Men's Role in Pregnancy Prevention

- We know that young men want to be involved in decisions about pregnancy and parenthood and I want to make sure you have the information you need to make those decisions.
- Young men don't often have opportunities to talk about sex, relationships, and preventing STIs and pregnancy.
- Most young men have hopes and dreams about becoming a father and there are steps you can take to prevent pregnancy until you're ready.
- Many programs helping teens prevent pregnancy until they are ready have left out young men. We want to help change that.
- You have the power to decide what being a good father means to you and what you would need to accomplish to be that kind of father.
- It's important to talk to your partners about your thoughts on pregnancy and becoming a parent.
- You have a really important role to play in preventing pregnancy.

2

Sexually Transmitted Infections

- Most people think they will know if they have an STI, but most STIs have no symptoms. That's one of the reasons why it is important to get tested for STIs including HIV at least once a year.
- If you think that you may have an STI, it's important to get tested as soon as possible. There are places where you can get tested and they also offer treatment if you have an STI.
- You can be tested for HIV with just a finger stick or quick swab of your mouth.
- You can be tested for STIs like chlamydia or gonorrhea by peeing in a cup.
- Most STIs like chlamydia or gonorrhea, have no symptoms (no drip or burn), so it is important to get tested at least once a year if you are sexually active.
- Using a condom every time you have sex protects yourself and your partners from STIs.

3

Contraception/Birth Control

- Anytime you have sex without a condom or other type of birth control method, a pregnancy is possible.
- If you or your partner are not interested in becoming a parent or having a baby in the next year, there are a number of ways you can prevent pregnancy.
- A lot of young women want their partners to be a part of decisions about birth control.
- Getting birth control doesn't require a pelvic exam or pap smear anymore.
- Today's birth control is very safe and effective.
- Using birth control and a condom is the most effective way to protect yourself from STIs/HIV and from becoming a father before you're ready.
- It's important for young men to know about birth control methods available to prevent pregnancy.
- You can take charge of your health AND preventing pregnancy and STIs by using a condom every time you have sex.
- You can play your part in preventing pregnancy by learning about available birth control methods, supporting your partner's decision to use birth control, and helping them use it correctly.
- There are number of birth control methods available to young people that are safe and can be easy to use. There are even some you don't need to think about for months like the Depo shot, or years like the IUDs and Implant!
- There are resources in the community that can help you and your partner(s) find a birth control method that best meets your needs.

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Emergency Contraception

- If a condom broke or you have had unprotected sex in the last 5 days, emergency contraception, or EC, can help protect against pregnancy.
- The sooner someone takes EC, the more effective it can be at preventing pregnancy, so it's important to get it as soon as possible.
- You can buy emergency contraception over the counter (without a prescription) at your local pharmacy regardless of your age.

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Confidentiality & Minors' Rights

- You can be seen at the health care providers in this resource without your parents being present or knowing.
- The health center staff work hard to protect your confidentiality and keep your information private.
- At the health care providers in this resource, you can make decisions about your own health like figuring out which condoms work best for you, learning about other types of birth control, and receiving testing for STIs and HIV.

6

Cost

- There may be health centers in our community that provide SRH services at low cost or for free.
- At many of these health centers, you cannot be denied services based on your ability to pay.

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Healthcare Providers & Making a Referral

- It's important to see a healthcare provider regularly when you are sexually active.
- There are great doctors and other health care providers in our community that can help you stay healthy and be in control of your life and your future. Would it be okay if we discussed where you might go?
- The health care providers in this resource can tell you more about staying healthy and if you are interested, they can help you and your partner(s) figure out which pregnancy prevention methods might work best for you. How does that sound?
- If you're not interested in becoming a parent right now, there are professionals at the health centers we work with that can tell you more about the options you and any of your partners have for preventing pregnancy and getting birth control. Would it be okay if we discussed where you might go?
- We want to make it simple for you to get the services you need, so you can take care of yourself. You can use this resource to find a health center that is convenient for you.
- Some healthcare providers have walk-in appointments if you need services today. I can help you make an appointment if you think that would be helpful.