

Key Sexual and Reproductive Health Messages for the Referral Conversation

NO WRONG DOORS
NO MISSED OPPORTUNITIES
Teen Pregnancy Prevention

1

Sexually Transmitted Infections

- “Most STIs have no symptoms, so if you have had sex without a condom, it is a good idea to be tested for STIs at least once a year.”
- “Most people think they will know if they have an STI, but often, people have no symptoms. That’s why it is important to get tested for STIs at least once a year.”
- “If you think that you may have an STI, it’s important to go to the doctor to get tested as soon as possible. They also can offer you treatment if needed.”
- “You can be tested for HIV with just a finger stick at

2

Contraception & Birth Control

- “You don’t have to get a pelvic exam or pap smear to be provided birth control.”
- “Anytime you have sex without a condom or using a birth control method, a pregnancy could be possible.”
- “If you’re not interested in becoming pregnant or having a baby in the next year, there are a number of ways you can prevent pregnancy.”
- “Today’s birth control is very safe and effective.”
- “There’s a 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, or years like the IUDs and Implant!”

3

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 you take EC, the more effective it can be at preventing pregnancy, so make sure to get it as soon as possible.”
- “You may be able to get EC at the healthcare provider or you can buy it over the counter at your local pharmacy.”

Flip to back to view next steps.

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4

Confidentiality & Minors' Rights

- “You can be seen at the health care providers in this referral guide without your parents being present or knowing.”
- “The health center staff also work hard to protect your confidentiality and keep your information private.”
- “At the health care providers in this referral guide, you can make decisions about your own health like taking a pregnancy test, receiving testing for STIs and HIV, or starting birth control.”

5

Cost

- “All sexual and reproductive health services are low cost or free.”
- “You will never be denied services based on your ability to pay.”

6

Healthcare Providers & Making a Referral

- “It’s important to see a doctor 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 referral guide can tell you more about staying healthy and if you are interested, can help you figure out which birth control method would be best for you.” “How does that sound to you?”
- “This healthcare provider has walk-in appointments if you need services today.”
- “I can help you make an appointment if you think that would be helpful.”
- “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 referral guide to find a health center that is convenient for you.”