



YOUR GUIDE TO THE **BASICS**





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BIRTH CONTROL METHODS

For people who can become pregnant:

Birth control gives you the freedom to make the best choices for your body and future. The right method should fit your lifestyle, priorities, and needs. For some, the most important factor is effectiveness in preventing pregnancy. For others, it's convenience, relief from symptoms like cramps and acne, or staying discreet. Explore our guide below to find the best option for you.

People use birth control for lots of different reasons, and there are a lot of different types. They are safe, effective, and don't impact your ability to get pregnant later on.

SCAN THE QR CODE TO VIEW A LIST OF THINGS TO CONSIDER BEFORE A BIRTH CONTROL APPOINTMENT.



















































For people who can cause a pregnancy for someone else:

- Using condoms correctly, every time you have sex, is a great way to prevent causing a pregnancy for someone else.
- Talking to your sexual partners about their birth control and sexually transmitted infection (STI) protection plans and goals is an important part of talking about consent (the process of giving & receiving permission for something to happen).



FIND THE METHOD THAT WORKS FOR YOU.

		EFFECTIVENESS	SIDE EFFECTS	STI PREVENTION
	NON-HORMONAL IUD*			
	HORMONAL IUD*			
	IMPLANT			
	THE SHOT			
	THE RING			
	THE PATCH			
	THE PILL			
	DIAPHRAGM			
	EXTERNAL CONDOM			
	INTERNAL CONDOM			
	LEVONORGESTEREL-BASED PILLS FOR EC (Plan B)*			
	ULIPRISTAL ACETATE PILLS FOR EC (Ella)*			



GREAT



PRETTY GOOD






DECENT



NOT AT ALL

There is no such thing as the “right” or “best” form of birth control. The best one for you is the one you decide is the right fit. This chart shows some of the available options. Talk to a provider to learn more about other methods if none of these seem like a good fit for you.

	HORMONE-FREE	EASY TO HIDE	HEALTH BENEFITS	REDUCES PERIODS
				
				
				
				
				
				
				
				
				
				
				
				

*Can be used as emergency contraception.

SEXUALLY TRANSMITTED INFECTIONS: WHAT YOU NEED TO KNOW

Sexually transmitted infections (STIs) are infections that are passed from one person to another through oral, anal, or vaginal sex. STIs are common. Some of them are completely curable. Others last forever, but have very effective treatments. Most people who have an STI don't have any symptoms, so it's important to get tested on a regular basis, especially a few weeks after having sex with a new partner.

Here are some tips for reducing the risk of getting an STI:

- Use a new condom correctly every time you have oral, anal, or vaginal sex.
- Use dental dams or Loralas as a barrier between the mouth of one partner and the body of another partner during oral sex or rimming.

HOW TO PROPERLY

USE AN EXTERNAL CONDOM



HOW TO CORRECTLY

USE A DENTAL DAM



- Talk to your partners about when they were last tested for STIs and what the results were. Share your status, too.



STI Trends: Oklahoma Youth

- There is a vaccine to prevent HPV (human papillomavirus), a sexually transmitted infection that can lead to several types of cancer. Talk to your provider about getting vaccinated if you haven't already!
- PrEP (pre-exposure prophylaxis) is a medication that helps prevent HIV, available as a daily pill or a long-acting shot.
- PEP (post-exposure prophylaxis) can help reduce your risk of contracting HIV if taken within 72 hours of having sexual or blood contact with someone who has, or might have, HIV.



STIs: THE DETAILS

Some sexually transmitted infections are caused by bacteria. These are easily cured. Examples include chlamydia, gonorrhea, and syphilis. Others, like herpes, hepatitis, and HIV, are viral — these tend to stay with someone forever but have very effective treatments. People with these STIs can still have excellent quality of life. Finally, some STIs, like pubic lice (crabs), scabies, and trichomoniasis, are caused by other types of microscopic organisms. Although someone can experience symptoms of an STI, the most common symptom is no symptom at all.

Scan the QR code below to learn more about different STIs, their symptoms, and possible outcomes.



HOW TO GET TESTED:

- You can find a clinic at **[varietycare.org/teen-clinic](https://www.varietycare.org/teen-clinic)**
- To be tested for chlamydia, gonorrhea and trichomoniasis, you can pee in a cup or use a genital swab (completed by you or a provider).
- To be tested for HIV, syphilis, and hepatitis, you can have a blood draw or finger stick (by a provider at a clinic).
- To be diagnosed with pubic lice or herpes, providers will often do a physical exam to check for infection





If left untreated, STIs can cause permanent damage to your body. It's important to begin treatment as soon as possible to avoid this. One possible outcome is Pelvic Inflammatory Disease (PID), a painful condition that can cause permanent damage

to your reproductive organs and make becoming pregnant impossible. Getting tested regularly and seeing a provider, whether or not you have symptoms, are great ways to keep yourself and your partners as healthy as possible.

SAFE, HEALTHY, RESPECTFUL RELATIONSHIPS & CONSENT

IN OKLAHOMA

The legal age of consent in Oklahoma is 18

Affirmative consent must be given by any sexual partners during the progression of sexual activity.

- All sexual partners said "yes" and are understood **clearly**.
- Look and listen for an enthusiastic yes! Each person should only participate if they **WANT** to - not if they feel they are expected to.
- The absence of a "NO" cannot be interpreted as "YES".

Each partner agrees on their own.

- They are not bribed or forced for any reason.
- This also means that if a person consents while they are impaired (drunk, high, sleeping) this **DOES NOT** qualify as consent.

Specific consent must be given.

- Saying yes to one thing doesn't mean they have said yes to others.

Each partner must be fully informed.

- A person can only consent to something if they have the full story. For example, if someone says they will use contraception and then they don't, there isn't full consent.
- This includes known STI information as well.

Consent must be reversible.

- A person can change their mind at any time before, during or after sexual activity.
- Consent is required for every sexual act, every time.
- If sexual activity has already occurred in the past, it does not mean they should be expected to participate again.

It cannot be assumed that a person's outfit or appearance means they are consenting to sex.

TO REPORT UNWANTED SEX AND ASSAULT:

Tell adults you trust. Try your school counselor, school nurse, social worker, teacher or principal. Make sure more than one adult is aware of the situation. Contact your local police department.



F.R.I.E.S.

MODEL OF CONSENT



F

FREELY GIVEN

○

R

REVERSIBLE

○

I

INFORMED

○

E

ENTHUSIASTIC

○

S

SPECIFIC

○

CURIOUS ABOUT CONSENT?
SCAN THE CODE TO WATCH A QUICK VIDEO!



PERSONAL HYGIENE

It's important to keep your body clean and healthy. One way to do that is through regular, routine personal hygiene.

- For people with a penis, it's important to clean your genitals with just gentle soap, water and your hands. If someone has foreskin, carefully pull back the skin to clean. A thick, whitish discharge under the foreskin is normal and protective. If you notice any changes, or if your penis becomes painful, red, itchy, or has discharge, talk to your provider.
- For people with vulvas, it's important to gently clean the outside of your genitals with water and your hands. If you want to use soap, make sure there are no dyes, scents, fragrances, or exfoliants in the soap. Avoid the use of a loofah as this can scratch the skin.



○ The inside of the vagina cleans itself. Using products like feminine hygiene washes or douches can disrupt the natural pH balance of the vagina and lead to infection. It's normal to have some vaginal discharge that may change depending on where you are in your menstrual cycle. If you notice any changes, or if your discharge has an unusual color or smell, talk to your provider.

- After you've gone to the bathroom, always wipe from front (vagina) to back (anus) in order to reduce the spread of bacteria that can cause infection.
- Avoiding wet or tight clothes (like swimsuits, gym clothes, or leggings) for long periods of time can help keep your vagina healthy and infection-free.
- Using period products (like pads, tampons, menstrual cups, period underwear, etc.) can be a more comfortable way to manage bleeding during menstruation. These should be changed regularly (i.e. every few hours) to ensure maximum effectiveness and comfort.



LIST OF LOCAL RESOURCES:



**TEEN CLINIC
PROVIDES
NO-COST
SEXUAL HEALTH
SERVICES
TO PEOPLE
13 TO 21
YEARS OLD.**





**TO REGISTER AS A PATIENT,
SCAN THE QR BELOW!**



OUR MISSION:

**EMPOWERING YOUTH
WITH MEDICALLY
ACCURATE SEXUAL
HEALTH EDUCATION
AND ACCESSIBLE
SUPPORT SERVICES.**



VARIETYCARE.ORG/TEEN-CLINIC



TEENCLINIC@VARIETYCARE.ORG



TEXT TO:

(405) 882-3598 (ENGLISH)

(405) 439-6558 (SPANISH)



VARIETY CARE
TEEN CLINIC

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