

Teens in NYC...



. . . have the right to sexual health services without getting permission from parents, girlfriends/boyfriends or anyone else.

ALL of the following
South Bronx and other
NYC clinics offer **free**
and **confidential**
sexual health services
for teens, including:

Birth control
Condoms
Emergency contraception
(morning-after pill)
Pregnancy testing
STD testing and treatment
HIV testing

Also, look for these symbols:

 = Abortion provided

 = No pelvic exam
needed to get
birth control

" I was afraid my girl would get pregnant so we both went to see a doctor - she got free birth control and I got free condoms. If you don't want to get pregnant or get an STD, that's the way to do it. "

Andrew,
age 17

WHERE
TO GO
SOUTH
BRONX

 **Adolescent and Young Adult Health Program**
Bronx Care at Third Avenue
Bronx Lebanon Hospital Center/MLK Health Center
2737 3rd Ave., Bronx, NY 10451
Btwn: 145 & 146 Sts.
Phone: 718-838-1016
Bus: Bx 2,15/55,19,21,41
Subway: 2,5- 149 St-3 Ave; 4- 149 St Grand Concourse; 6- 138 St

 **The Children's Aid Society**
1515 Southern Blvd., Bronx, NY 10460
Btwn: 172 & Jennings Sts.
Phone: 718-860-8595
Bus: Bx 11,19,21,36
Subway: 2,5- Freeman St

Community Healthcare Network
975 Westchester Ave., Bronx, NY 10459
Btwn: Kelly & Tiffany Sts.
Phone: 718-320-4466
Bus: Bx 4,6,17,19
Subway: 2,5- Simpson St

 **HHC Lincoln Hospital Teen Clinic**
234 East 149th St., Bronx, NY 10451
 1st floor, turn left
Btwn: Morris & Park Aves.
Phone: 866-ZIP-TEEN
Bus: Bx 1,2,15/55,19,21,26,31,32,41
Subway: 2,4,5- 149 St-Grand Concourse

**HHC Segundo Ruiz Belvis Neighborhood
Family Health Center**
545 East 142nd St., Bronx, NY 10454
3rd Floor
Btwn: St. Ann's & Brook Aves.
Phone: 718-579-1737
Bus: Bx 17
Subway: 6- Brooke Ave;
2,5- 149 St-3 Ave

 **Institute for Urban Family Health
Mount Hope Family Practice**
130 West Tremont Ave., Bronx, NY 10453
Cross St: Harrison Ave.
Phone: 718-583-9000
Bus: Bx 12,40/42
Subway: 4- 176 St; B,D- 174-175 Sts

WHERE
TO GO
SOUTH
BRONX

 **Institute for
Urban Family Health
Urban Horizon Family
Health Center**

50 East 168th St., Bronx, NY 10452
Cross St: Gerard Ave.
Phone: 718-293-3900
Bus: Bx 1,2,11,13,18,32,35
Subway: 4,B,D- 167 St

 **Institute for Urban Family Health
Walton Family Health Center**

1894 Walton Ave., Bronx, NY 10453
Btwn: 177 St. & Mt. Hope Pl.
Phone: 718-583-3060
Bus: Bx 1,2,32,36
Subway: 4- 176 St; B,D- Tremont Ave

**MHRA MIC Women's Health Clinic
at Tremont**

4215 3rd Ave., Bronx, NY 10457
2nd Floor
Cross St: East Tremont Ave.
Phone: 718-294-5891
Bus: Bx 15/55,40/42
Subway: None

**Morrisania Clinic - NYC Department
of Health and Mental Hygiene**

1309 Fulton Ave., Bronx, NY 10456
3rd Floor
Bwtn: E168 & 169 Sts.
Phone: 311
Bus: Bx 15/55,17,21,35,41
Subway: None
ONLY STD testing and treatment,
HIV testing, emergency contraception
(up to 3 days after unprotected sex)
and condoms

 **Planned Parenthood Bronx Center**
 349 East 149th St., Bronx, NY 10451
 2nd floor
Btwn: Courtlandt & Morris Aves.
Phone: 212-965-7000
Bus: Bx 2,15/55,19,41
Subway: 2,5- 149 St-3 Ave; 4- 149 St-
Grand Concourse

 **South Bronx Health Center
for Children & Families**
871 Prospect Ave.,
Bronx, NY 10459
Btwn: E161 & 163 Sts.
Phone: 718-991-0605
Bus: Bx 4,6,17
Subway: 2,5- Prospect Ave

WHERE
TO GO
SOUTH
BRONX

The Door

555 Broome St., NY, NY 10013
Btwn: Varick St. & 6th Ave.
Phone: 212-453-0222
Bus: M 21
Subway: A,C,E- Spring St
Website: door.org

**Health Outreach to Teens at
Callen-Lorde**

356 West 18th St., NY, NY 10011
Btwn: 8th & 9th Aves.
Phone: 212-271-7212
Bus: M 11
Subway: A,C,E,2,3- 14 St
Website: callen-lorde.org



Mount Sinai Adolescent Health Center

312 East 94th St., NY, NY 10128
Btwn: 1st & 2nd Aves.
Phone: 212-423-3000
Bus: M 15,96,101,102,103
Subway: 6- 96 St & Lexington Ave

Young Men's Clinic
21 Audubon Ave., NY, NY
10032
Btwn: W 166 & 167 Sts.
Phone: 212-342-3232
Bus: Bx 7; M 2,3,18,100
Subway: 1,A,C- 168 St

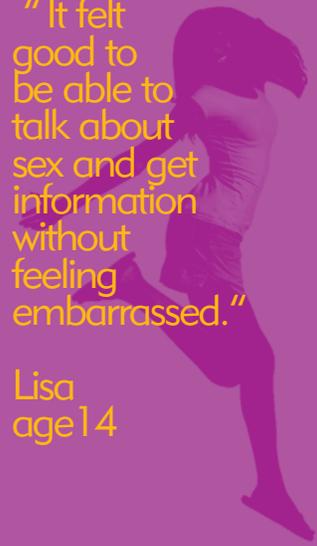
WHERE
TO GO
OTHER

**For clinics in other parts of NYC,
call 311.**

All clinics listed in this
booklet welcome lesbian,
gay, bisexual, transgender
and questioning
(LGBTQ) youth.
Two clinics - **Community
Healthcare Network** and
**Health Outreach to Teens
at Callen-Lorde** - have
specific programs
for LGBTQ.

" It felt good to be able to talk about sex and get information without feeling embarrassed."

Lisa
age 14



WHAT
TO
KNOW

Why should I see a doc?

- To get birth control, condoms, STD tests once a year, and emergency contraception (morning-after pill)
- To get answers to your questions about sex, relationships, your body, STDs, birth control, etc.
- To get help - if, for example, you think you might be pregnant, sex hurts, or you were forced to have sex

Can I go to a clinic on my own?

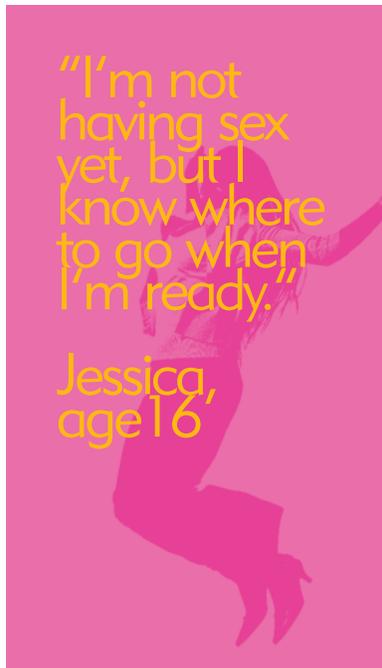
Yes, even if you're 17 or younger, you can get **all** of the following in NY State:

[Condoms](#)
[Birth Control](#)
[Emergency Contraception \(morning-after pill\)](#)
[Pregnancy Testing](#)
[Abortion](#)
[Prenatal Care](#)
[Sexual Assault Services](#)
[STD Testing and Treatment](#)
[HIV Testing](#)

If you know any adults who are cool with you, talk to them, but remember - you can get all of these services on your own.

"I'm not having sex yet, but I know where to go when I'm ready."

Jessica,
age 16



How can I avoid getting pregnant or getting an STD?

WHAT
TO
KNOW

Choose not to have sex (even if you've had sex before)!

OR

If you're having sex, **guys** should always use **condoms**, and **girls** should always use the pill or some other form of **birth control**! Use condoms for anal and vaginal sex. For oral sex, use condoms and dental dams (or cut-open condoms) to cover the penis, vagina or anus.

"They told
me how
to use a
condom
for real."

Jose
age 14



I've heard of the pill,
but what else can I use?

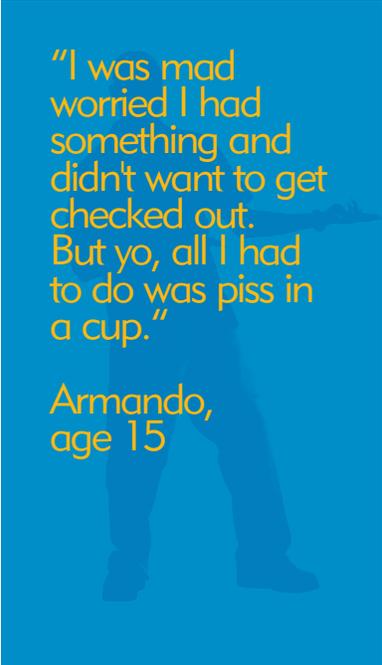
WHAT
TO
KNOW

Besides the pill, the birth control methods that work best to prevent pregnancy are the patch, the shot, the vaginal ring and the IUD. They are all safe. A doc can tell you all about them and then you can choose what you want to use! Using one of these methods with condoms - which can protect you from HIV and other STDs - is the way to do it!

(At **all** of the clinics listed here, teens can get the pill and the shot for **free**; some also have the patch or vaginal ring for **free** - call to find out.)

Do I need a pelvic exam to get birth control? ...and what exactly is it?

In general, you do not need a pelvic exam to get birth control. (Check out the clinics with the ) A pelvic exam is part of a women's health or GYN (gynecologic) exam. During this exam, the health care provider examines the inside and outside of the vagina and usually tests for cancer (Pap test) and STDs.

A blue rectangular box containing text and a faint silhouette of a person. The text is in a light yellow color. The silhouette is a darker blue, showing the lower half of a person's body, including legs and feet.

"I was mad
worried I had
something and
didn't want to get
checked out.
But yo, all I had
to do was piss in
a cup."

Armando,
age 15

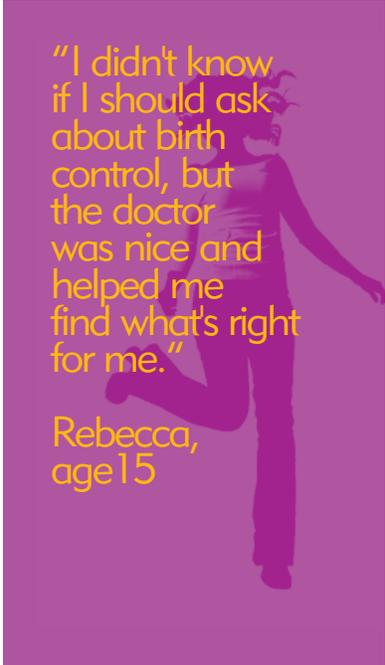
**So, what exactly is an STD?
Or is it STI?**

**WHAT
TO
KNOW**

A sexually transmitted disease or infection (STD or STI) is an infection that can be passed through sex (vaginal, anal or oral). Some STDs can also be passed by skin-to-skin contact.

Some STDs are caused by bacteria (for example, chlamydia, gonorrhoea and syphilis), others by viruses (for example, HIV, HPV, herpes and hepatitis B). Bacterial STDs can be cured with antibiotics. Viral STDs cannot be cured, but there are medicines that can make you feel better.

You can have an STD and not know it – so it is important to get STD tests once a year and before having sex with a new person.



"I didn't know if I should ask about birth control, but the doctor was nice and helped me find what's right for me."

Rebecca,
age 15

What if the condom broke or we didn't use anything?

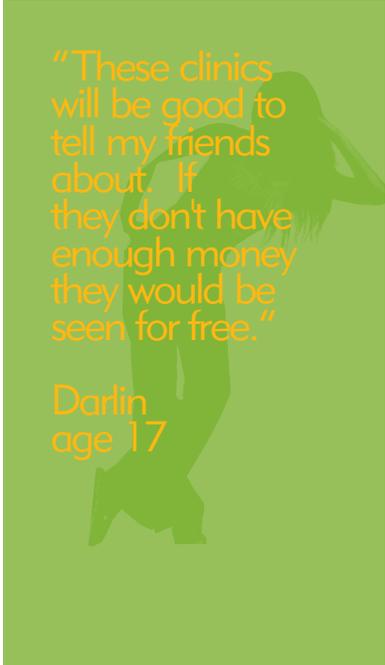
WHAT TO KNOW

Ask for **emergency contraception** (also called EC, Plan B or the morning-after pill). It is a type of birth control that can prevent pregnancy after unprotected sex. It works best when taken within 3 days after sex, but still works up to 5 days after sex. It will not cause an abortion. If you are already pregnant, it will not work.

(At **all** of the clinics listed here, teen girls can get emergency contraception for **free**. If 18 or over, both men and women can also get it at the pharmacy without a prescription.)

Any tips when I meet with the doc?

- **Be honest**, so the doc knows everything and can give you the best care.
- **Ask questions** about sex, your body, condoms, birth control, STDs, etc. This is your chance.
- **Ask for an explanation** if you don't understand what the doc has said or why something is being done.



"These clinics
will be good to
tell my friends
about. If
they don't have
enough money
they would be
seen for free."

Darin
age 17

*Thanks to the
Youth Advisory Board
of our Bronx District
Public Health Office
for their hard work and input.*

HPD7346009 - 9.07



