



# Now You Know

You can access confidential  
sexual and reproductive  
health care on your own.



**NYC**  
Health

**Most sexual and reproductive health (SRH) services in NYC are available to young people under the age of 18 without the consent or permission of a parent, guardian, or partner. In this booklet, you'll find common questions and answers about SRH care in NYC.**

## **What SRH information can I ask a health care provider about?**

You can ask a health care provider about sexual health, pregnancy, pregnancy prevention, and pregnancy options, including abortion. These conversations are confidential. That means the information stays between you and the health care provider.

If you are LGBTQ+ or questioning your gender or sexual identity, you can ask any questions you have about staying safe.

You can ask questions about gender-affirming care. If you are interested in these services, you'll need a parent or guardian's consent to access them.



## **How do I know a health care provider will keep my information and our conversations confidential?**

All people, including those younger than age 18, are entitled by law to confidential health care. This means health care providers cannot share your information or what you discussed with anyone without your permission. When you make an appointment with any health care provider, you can ask how they keep your information confidential.

If a health care provider believes you are being harmed or in danger of hurting yourself or someone else, they may share information with another adult without your permission to keep you safe. This is the **only** reason that confidentiality may be broken.



## How can I get birth control?

Young people under the age of 18 can access confidential birth control services, including birth control methods and prescriptions, without permission or consent from anyone else. This includes emergency contraception (also called "the morning-after pill").

## How can I find abortion care?

Young people under the age of 18 can access confidential abortion care without permission or consent from anyone else. There are two types of abortion: **medication** and **procedural**.

- A medication abortion is when a patient is given pills to end a pregnancy. You can get these pills at a health care facility or from some telehealth centers.



- A procedural abortion is when a health care provider performs a procedure to end a pregnancy with medical instruments at a health care facility.

Ask your teen-friendly clinic or school-based health center for more information. You can also call the **NYC Abortion Access Hub** at **877-NYC-AHUB** (877-692-2482) for same-day access to abortion providers in NYC, as well as supportive resources such as funding, transportation, and housing if you need to travel for your abortion.

## **What kinds of contraceptive items can I buy without seeing a health care provider?**

You can buy condoms, emergency contraception, contraceptive sponges, and spermicides at a pharmacy without a prescription.

Some pharmacies also offer birth control pills, patches, or rings without a prescription. Ask a pharmacist about this.

Many health care facilities offer free internal and external condoms. Condoms help prevent **both** pregnancy and sexually transmitted infections (STIs).



## **Can I get tested and treated for STIs?**

Yes. Young people under the age of 18 can access confidential STI and HIV testing, prevention, and treatment services without permission or consent from anyone else.

If you are having sex, it is important to get tested at least once per year, plus every time you have a new sexual partner.

## I've heard about medications that prevent HIV. What are they?

Medications that prevent HIV transmission are called **PrEP** and **PEP**. You can receive these medications confidentially by prescription from a health care provider and don't need anyone's permission or consent to do so.

- Use PrEP (**pre-exposure prophylaxis**) **before** exposure to HIV.
- Use PEP (**post-exposure prophylaxis**) **after** you might have been exposed to HIV.

## **Are there vaccines I can receive on my own?**

Yes! Young people under the age of 18 can receive the HPV (human papillomavirus) and mpox vaccines confidentially without anyone's permission or consent.

- The HPV vaccine protects against HPV and can prevent certain cancers when given early.
- The mpox vaccine is a two-dose vaccine that protects against the mpox virus.

Other vaccines, such as the flu and COVID-19 vaccines, require parental consent.



## **I was assaulted. Can I see a health care provider on my own for confidential treatment?**

Yes. People under the age of 18 can receive confidential health care after trauma, including sexual violence and intimate partner violence, without anyone's permission or consent.

If you are sexually assaulted, go to the hospital for treatment. The hospital must offer you





emergency contraception. You have the right to decide whether or not to take the emergency contraception.

## **How much do SRH services cost?**

You can contact any health care provider to ask if they offer free or low-cost SRH services for people under the age of 18.

- If the health care provider says they don't have free or low-cost options, ask about other ways to get financial support.

## How do I find a teen-friendly clinic?

Visit [nyc.gov/health/map-srh](https://nyc.gov/health/map-srh) and check "Teen-friendly" under "Other."

## Can I see a health care provider today?

Many community-based clinics and school-based health centers accept walk-ins. Call and ask if they accept walk-ins if you need to be seen today.

You can get birth control,  
STI and HIV testing and  
treatment, and medication  
abortion at no cost at the  
**NYC Sexual Health Clinics.**  
Walk-in care is available.  
For more information,  
visit **[nyc.gov/health/  
sexualhealthclinics](https://nyc.gov/health/sexualhealthclinics)**.



For more information about  
sexual and reproductive  
health care for teens, visit  
**[nyc.gov/teenSRH](https://nyc.gov/teenSRH)**.

