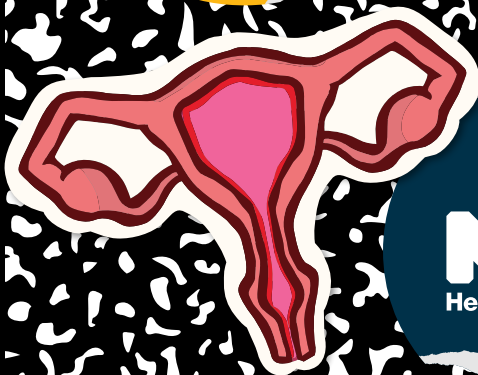




Hot Topics

Sex,
Pregnancy,
and STIs

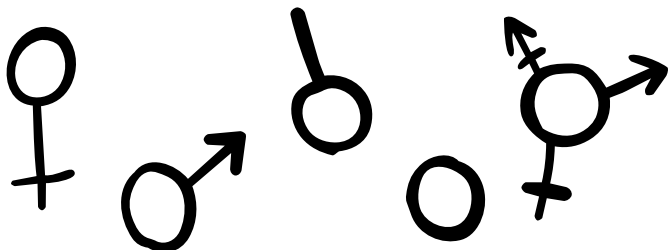
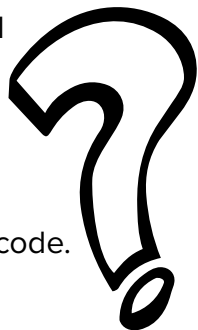


NYC[™]
Health

If you are having sex or about to start, know how to prevent pregnancy and sexually transmitted infections (STIs).

If you have questions about sexual or reproductive health, ask your health care provider or an adult you trust.

For more information, visit nyc.gov/teenSRH or scan the QR code.



Know Your Rights

In New York State, you do not need a parent, guardian, or partner's permission to receive:

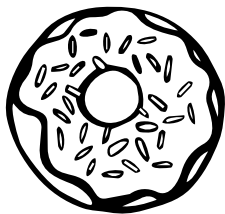
- Pregnancy testing
- Birth control
- Abortion
- HIV and STI testing
- HIV and STI treatment
- PrEP to prevent HIV
- Emergency PEP to prevent HIV
- Doxy PEP to prevent some STIs
- Care following sexual assault

We each have the right to say “no” to sexual activity for any reason. Make sure you have your partner’s consent before any sexual contact. Help is available if you have been abused or forced to have sex. Call the 24/7 NYC Domestic Violence Hotline at 800-621-HOPE (800-621-4673).

Types of Sex

Vaginal sex (penis in vagina)

- Can result in pregnancy and transmit STIs, including HIV



Anal sex (penis in anus)

- Can transmit HIV and other STIs

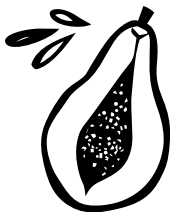
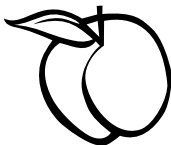
Oral sex (mouth on genitals or anus)

- Can transmit some STIs, but HIV rarely transmits through oral sex

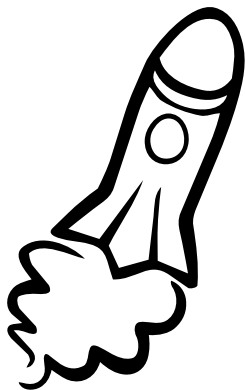


Touching

- Masturbation has no risk of pregnancy or STIs.
- Skin-to-skin contact with another person can transmit some STIs.



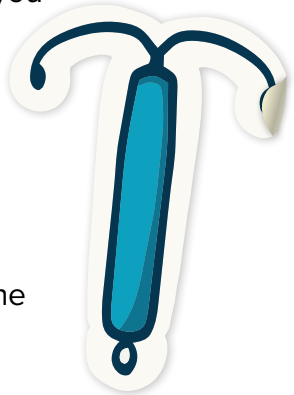
Using sex toys? Prevent STIs by not sharing sex toys and washing them with soap and water after each use.



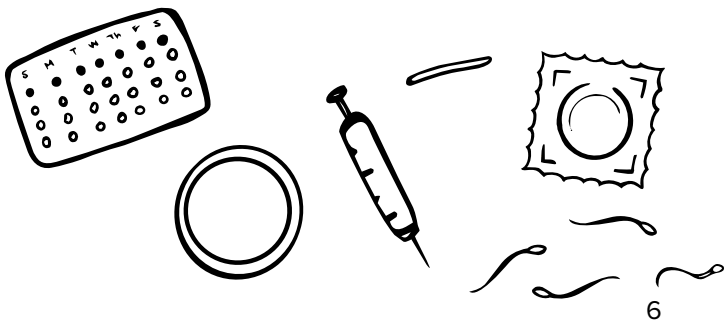
Birth Control

There are many safe and effective ways to prevent pregnancy:

- Use **condoms** every time you have vaginal sex.
- Take a daily **pill**.
- Use a weekly **patch** or monthly **vaginal ring**.
- Get a longer-lasting **shot**, **implant**, or **IUD** (intrauterine device).
- Avoid vaginal sex.



These birth control methods will **not** affect your ability to get pregnant in the future.



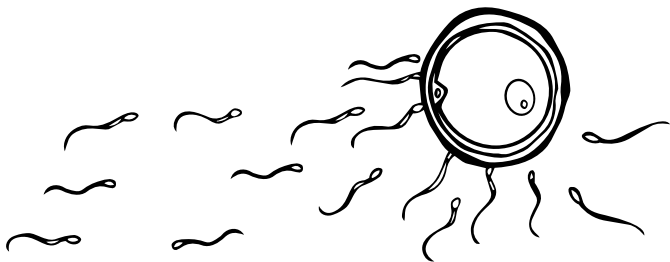
Where to get birth control

Get free condoms at high school health resource rooms, School-Based Health Centers, and CATCH programs, or search the NYC Health Map at nyc.gov/healthmap.

For prescription birth control, visit a health care provider or NYC Sexual Health Clinic (nyc.gov/sexualhealthclinics). They can help find the method that works best for you.

Some pharmacies sell birth control pills, patches, and vaginal rings without a prescription.

In New York State, health insurance covers the cost of prescription birth control. Financial support is available if you do not have insurance or do not want to use your parent's insurance.




After sex, act fast to prevent pregnancy


Use **emergency contraception** if you did not use birth control or the condom broke.

- An **IUD** can be inserted up to five days after sex to prevent pregnancy.
- **Emergency contraceptive pills** work better the sooner you take them. Some types of pills must be taken no more than three days after sex. **Certain pills may not work as well for people who weigh more than 165 pounds.**

A health care provider or pharmacist can help find emergency contraception that works best for you.



Emergency contraception is available at no or low cost from your regular health care provider, NYC Sexual Health Clinics, hospital emergency rooms, some pharmacies, and some School-Based Health Centers and CATCH programs.



If You Become Pregnant

Care during pregnancy

- If you plan to have a baby, getting regular health care helps you have a healthy pregnancy and a healthy baby.
- You may qualify to have a personal nurse support you during and after pregnancy.



Email nycnfp@health.nyc.gov to enroll in the NYC Nurse-Family Partnership.

Abortion

- You can safely end a pregnancy by getting an abortion. For confidential support, call the NYC Abortion Access Hub at 877-NYC-AHUB (877-692-2482).



Sexually Transmitted Infections

Take steps to avoid getting STIs or passing them to others. STIs do not always show signs or symptoms.

HIV and STI testing

If you are having sex, **regular testing** helps protect you and your partners.

- Get tested at least once a year.
- Get tested before sex with a new partner.
- Ask your partner when they last got tested.
- Get tested for STIs anytime you have pain during sex; burning when you urinate; unusual discharge from the vagina, penis, or anus; or itching or sores around the vagina, penis, or anus.

You can get tested by your health care provider or at an NYC Sexual Health Clinic, or find testing on the NYC Health Map at [nyc.gov/healthmap](https://www.nyc.gov/healthmap).





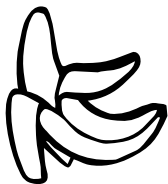
Depending on the kinds of sex you have, you can get tested for STIs at the vagina, penis, anus, and throat.

HIV treatment

- Medicines help people with HIV live long and healthy lives.
- Most people taking HIV treatment as prescribed have such low levels of HIV that they cannot pass the virus to others during sex.

STI treatment

- Medicines can easily treat common STIs such as chlamydia, gonorrhoea, and syphilis.
- If not treated, STIs can cause serious health problems and spread to your partners.



Preventing STIs

Condoms can prevent pregnancy, HIV, and other STIs.

Consider these options, especially if you or your partners do not use condoms every time you have sex:

PrEP to prevent HIV

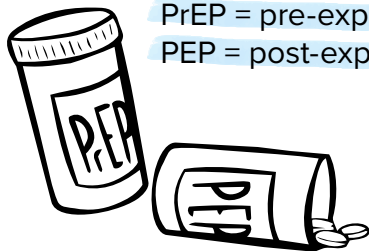
- PrEP is medicine that **anyone** can take to prevent HIV.
- To get PrEP, talk to your health care provider or visit an NYC Sexual Health Clinic.
- You can get PrEP at no or low cost, even if you do not have health insurance or are younger than 18 years old.

Emergency PEP to prevent HIV

- PEP is emergency medicine that can prevent HIV **after sex** if started within 72 hours.
- To start PEP right away, go to an emergency room or call the NYC 24/7 PEP Hotline at 844-3-PEPNYC (844-373-7692).


Doxy PEP to prevent STIs

- Doxy PEP is an antibiotic (doxycycline) you take after sex that helps prevent syphilis, chlamydia, and gonorrhea.
- Talk to your health care provider about whether doxy PEP is right for you.



PrEP = pre-exposure prophylaxis

PEP = post-exposure prophylaxis



Vaccines help prevent HPV (human papillomavirus), mpox, meningitis, and hepatitis A and B, which can spread through sexual contact. You can get these vaccines from your health care provider, a School-Based Health Center, or an NYC Sexual Health Clinic.

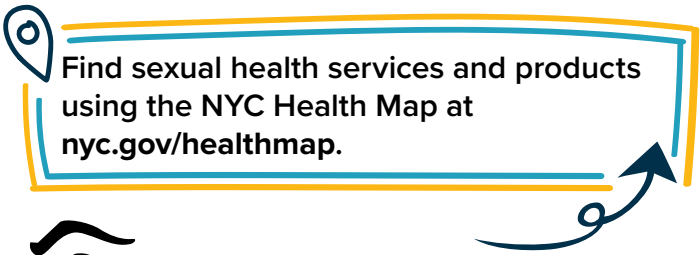
Get the Care You Need

You can get sexual and reproductive health care **with or without the support of an adult.**

If you do not want to go to the clinic alone, ask the clinic if you can **bring a friend.**

Health care providers cannot share any information about you without your permission, except when required by law.

If you do not want to go to your regular provider, **NYC Sexual Health Clinics** (nyc.gov/sexualhealthclinics) provide services at no or low cost to anyone age 12 or older without their parents' consent.



Find sexual health services and products using the NYC Health Map at nyc.gov/healthmap.



Options for Preventing Pregnancy and STIs

	Prevents pregnancy	Prevents HIV	Prevents other STIs	Available without a prescription
Not having sex	Yes	Yes	Yes	Yes
Only masturbating	Yes	Yes	Yes	Yes
Condoms	Yes	Yes	Yes	Yes
Other birth control	Yes	No	No	Some types
HIV PrEP	No	Yes	No	No
HIV emergency PEP	No	Yes	No	No
Doxy PEP	No	No	Some	No
Vaccines	No	No	Some	No

