

# HOW'S IT GOING?




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*"You've got rights but staying healthy is your responsibility"*  
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 Access information and rate your health care experience on our new mobile!  
[TuneMe.org](http://TuneMe.org)

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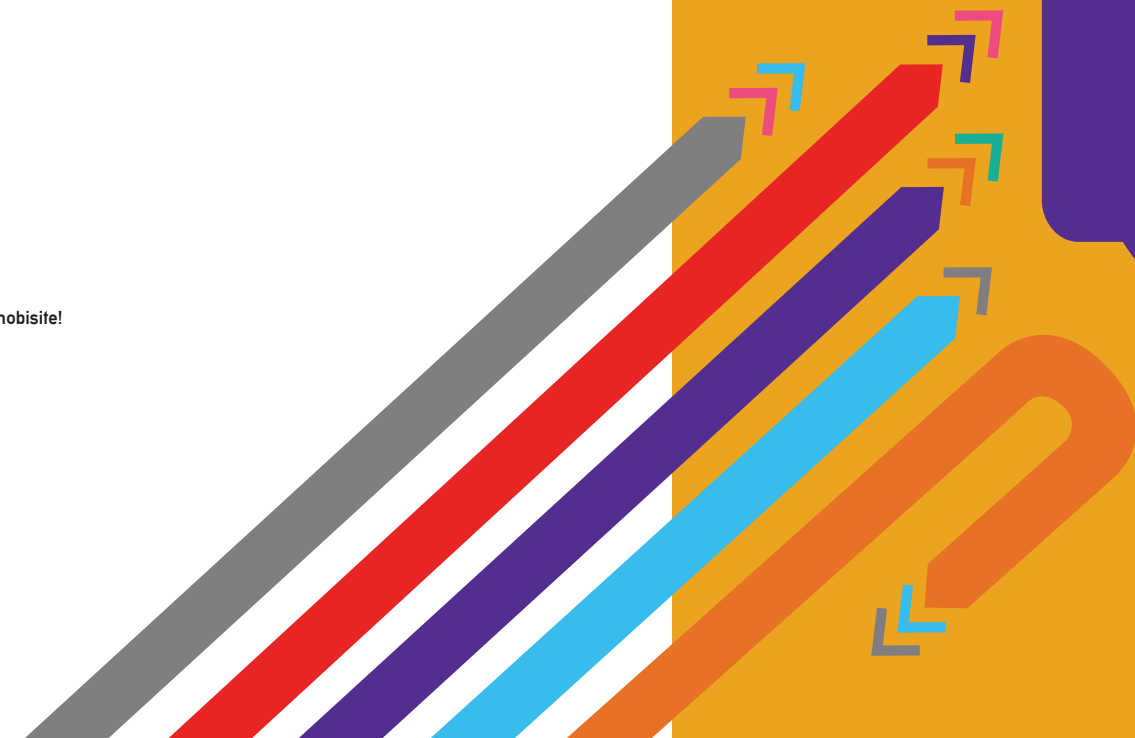
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DO YOU WANT MORE  
INFO ON YOUR  
HEALTH?

AWESOME!  
OPEN ME!



NEED SOME INFORMATION ABOUT STAYING HEALTHY?

WORRIED THAT YOU MIGHT BE PREGNANT?

HAVE SOME QUESTIONS ABOUT SEX?

THINK YOU MAY HAVE AN STI OR HIV?

NEED HELP FOR PERIOD PAINS?

HAVE YOU BEEN RAPED?

JUST WANT TO TALK?

THERE ARE YOUTH FRIENDLY HEALTH SERVICES NEAR YOU THAT CAN HELP.

## WHAT ARE YOUTH FRIENDLY HEALTH SERVICES?



Youth friendly services are health care services that meet the needs of young people, between the ages of 10-24 years old, like you! The staff that provide youth friendly health services aren't there to judge you. They are trained and ready to help you.

## WHAT SERVICES CAN I RECEIVE?



The services available to you will depend on the facility you go to. But, this is what they will most likely include:

- General health check ups, including checks on your physical development, vision, hearing, etc.
- Advice on puberty concerns and help with menstrual hygiene and problems
- Education and counseling on sexual and reproductive health and sexuality
- Contraceptive education and a range of contraceptive methods, including condoms and emergency contraception
- Pregnancy testing, antenatal, delivery (obstetric care) and post-natal care
- Pregnancy options counseling and safe abortion, where legal, and post-abortion care
- STI education, diagnosis and treatment, including partner notification
- HIV education, counseling, testing and referrals for treatment, care and support services, pre-exposure and post-exposure prophylaxis
- Medical male circumcision
- Screening for cervical cancer (Pap smear)
- Immunizations, including for human papillomavirus (genital warts) and hepatitis B
- Education about sexual violence and abuse, counseling and referrals
- Post-rape counseling, treatment, including emergency contraception, antibiotics to reduce infection from some STIs and post-exposure prophylaxis (medicine to reduce infection with HIV), collection of evidence, and referrals for legal assistance
- Referrals to other services you need, like social or legal services

## WHATEVER CLINIC OR HOSPITAL YOU GO TO, YOU HAVE RIGHTS.



You have the right to stay healthy. You have the right to:

- Get the health and social services that you need, including sexual and reproductive health services.
- Ask any question and getting any information that you need in language that you can understand.
- Be treated with respect.
- Receive adequate service no matter who you are – whether you can pay or not or whatever your age, sex, marital status, education, colour, ethnicity, language or sexual orientation.
- Have your personal and health information kept confidential and private.
- Make your own decisions about your health care after receiving the right information.
- Getting contraception to prevent pregnancy when you need it, even if you are not married.
- Not being pressured, abused, injured, or violated at a health care service.



You've got rights, but staying healthy is YOUR responsibility.

When you go for health care services, it is your responsibility to respect those who are treating you, to wait for your turn to be seen, to respect appointments given to you, and to follow up on your test results if you don't hear back right away.

- Maintain a healthy lifestyle.
- Learn about how to protect your health and the health of others, including how to practice safer sex to prevent HIV, other STIs and unintended pregnancies.
- Ask for the information that you need and use it to stay healthy.
- Use any medicine you get exactly as you were told to and finish all of it.
- Tell your partners if you are diagnosed with an STI or HIV so they can be treated as well.
- Go for health checks to catch any illness in its initial stages when it is more easily curable or treatable.
- Go back for follow up appointments when needed.