



Sexual Health Resources for Teens

Websites

www.teenwire.org and www.plannedparenthood.org

Information from experts and teens about female and male sexual health with diagrams of reproductive anatomy, a sexual health glossary, and information about birth control and STDs. Also has material about self-esteem, body image, drugs and alcohol, communication, and relationships. (Run by Planned Parenthood.)

www.goaskalice.com

A question and answer forum for young adults on many topics including general health, nutrition and exercise, puberty, safe sex, relationships, and drug and alcohol use. (Run by Columbia University Health Promotion Program.)

www.sexetc.org

A website designed and written by teens for teens, with honest, medically-accurate information about many topics related to sexual health. (Run by the National Teen-to-Teen Sexuality Education Project of the Network for Family Life Education at Rutgers University.)

www.advocatesforyouth.com (click on the blue box that says "For Youth")

Provides health information about birth control, relationships, and STDs. The "Youth Action Center" also provides resources for teens who want to advocate for accurate and complete sexual health information and services in their school and community. (Run by Advocates for Youth.)

www.iwannaknow.org

Information about teen health and sexual health, including puberty, STDs, and social pressures surrounding sex. (Run by the American Social Health Organization.)

www.scarleteen.com

Provides general sexual health information and answers to common questions for teens, including anatomy and safer sex. (Run by Scarleteen.)

www.thebody.com

Complete HIV and AIDS resource with information about prevention, testing, and treatment of the disease. Includes detailed information about living with HIV/AIDS and many other sexual health topics. (Run by Body Health Resources Corporation.)

www.teenadviceonline.org

Articles written by teen counselors about topics such as sexuality, friendships, dating, parents and family, school, and drug and alcohol use. (Run by Teen Advice Online.)

www.not-2-late.com

The Emergency Contraception Website: Information about how EC works, how it is used, where to get it, and answers to many other frequently asked questions. (Run by Princeton University.)

Don't have access to the Internet at home?

You can get online at the Louisville Free Public Library (go to 301 York St. or call 574-1611 to find a branch near you). You could also try using a computer at a friend's house or at school.

Turn page over



Hotlines

National CDC Information Hotline...1-800-CDC-INFO (Press 1 for general health information)

Provides information about all topics related to HIV/AIDS and other STDs, testing locations, and resources for people who have been diagnosed. Available 24 hours a day, 7 days a week (English and Spanish). (Run by the Centers for Disease Control and Prevention.)

National STD Hotline...1-800-227-8922 (Press 1 for STI Information, then press 6 to talk with a counselor)

Provides anonymous, confidential information on sexually transmitted diseases (STDs), how to prevent them, and referrals to clinical and other services. Also provides information and counseling to people with herpes including free publications and referrals to local support groups. English line is available 9:00am–6:00pm, Monday through Friday. Spanish line is also available: **1-800-344-7432**. (Run by the American Social Health Association.)

Emergency Contraception Hotline...1-888-NOT2LATE (1-888-668-2528)

Provides pre-recorded information about emergency contraception and gives the names and phone numbers of places where you can get emergency contraception.

National Gay and Lesbian Youth Hotline...1-800-347-TEEN

A confidential, anonymous national hotline for LBGQT youth staffed by trained peer counselors. It operates 9:30pm–midnight EST, Monday through Saturday.

Sexual Health Booklets (on the Internet)

It's Your (Sex) Life: Your Guide to Responsible and Safe Sex

www.kff.org/youthhivstds/upload/MTV_Think_IYSL_Booklet.pdf

Printable 32-page booklet with information about birth control methods, talking with your partner about birth control, STDS, and getting tested for HIV. (Developed by the Kaiser Family Foundation and MTV.)

Talk About Sex

www.siecus.org/pubs/TalkAboutSex.pdf

Printable 83-page booklet with information about sexuality, sexual rights, anatomy, sexual orientation, deciding to have sex, birth control, STDs, and relationships. (Developed by SIECUS.)

Using these websites and hotlines

The information available from these websites and hotlines can help you learn more about your sexual health. However, these resources should not be used for diagnosing or treating a health problem and are not a substitute for professional care. If you have or suspect you may have a health problem, call the Family Health Centers for an appointment.

Help us improve this list!

Have you found a website or hotline you think provides good health information for teens? Let us know so we can add it to this list: kmunroleighton@fhclouisville.org or (502) 772-8588.