

10. Is emergency contraception available at Family Planning Program clinics?

Emergency contraception, sometimes called “the morning-after pill,” is available at clinics and many drug stores. If you act quickly, you can still prevent pregnancy even if you had sex without birth control, your birth control method failed, or you were sexually assaulted. Emergency contraception is a form of birth control that can be used within 3 to 5 days after sex. Call your local family planning clinic to discuss your options.

11. How can I talk to my partner(s) about safe sex and contraception?

Talk with your partner(s) about which methods work for both of you. It's essential to a healthy sex life that you communicate honestly and openly with your partner so you both understand one another's needs. We know it can be hard to talk about sex. If you need help or have concerns about your sexual health, counseling services are available at NYS Family Planning Program clinics.

12. What should I do if I have concerns about my safety?

If you feel unsafe, it's important that you seek care or counseling. You can choose to get care from your Family Planning Program clinic or another primary care provider.

If you have been a victim of sexual abuse or assault, resources are available. For more information, call the NYS Sexual & Domestic Violence Hotline at 1-800-942-6906 or, text them at: 1-844-997-2121.



Family Planning and Confidential Sexual Health Services

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For more information, go to <https://opa.hhs.gov>



FAQs for New York Teens Under 18

You may know someone who got help when they thought they had an STI – or when they were pregnant. They may have visited one of New York State's many Family Planning Program clinics. We provide family planning and many other services.

Family planning is about more than your reproductive health – or planning to have a family. It's also about your sexual health. If you need confidential advice, we can help.

Our services include:

- Birth control
- Free condoms
- Pregnancy testing
- Regular wellness checkups
- Testing and treatment for sexually transmitted infections, or STIs



1. How can I get confidential advice?

Visit a Family Planning Program office or use telehealth. Telehealth lets you see your health care provider without going to their office. Many New York State Family Planning offices offer this option. When you call a clinic, ask if telehealth is available for the service you seek. In a telehealth appointment, you meet over the phone or computer, and you can use video.

Find a Family Planning program near you at health.ny.gov/familyplanning or scan the QR code:



2. Can I get these services if I don't have health insurance? Are there any programs to help me pay?

You don't need insurance to receive NYS Family Planning Program services. Services are free or low cost based on your income. You can also talk with your local provider about insurance coverage options. This includes the Family Planning Benefit Program. It offers coverage for many family planning services.

3. How can the Program support my health?

The Program is here to support you without judgment. We offer knowledgeable, confidential, unbiased counseling on everything to do with sexual and reproductive health. Clinics provide reproductive health counseling tailored to your personal needs. If you have any questions or concerns, contact your local Family Planning clinic for guidance.

4. What birth control options are available to teens?

We offer many methods, including:

- The birth control pill
- Intrauterine device, or IUD
- Condoms
- Emergency contraception, known as "the morning-after pill"
- The patch
- Vaginal ring

5. Are my visits and information kept private from my parents or guardians?

In New York State, teens under 18 do not need permission from a parent or guardian to get pregnancy tests, birth control, STI testing, and other family planning and sexual and reproductive health services. The clinic will always recommend that you talk to an adult that you trust, but this is your choice.

Your information will be kept confidential unless you want to involve another person, like a parent, guardian, partner, or other trusted adult – or, if the provider is concerned for your safety or welfare. If you have health insurance through your parent or guardian, but you do not want to use it for privacy reasons, talk to the clinic staff. They can tell you how to get family planning services on your own – and how to keep your visit confidential.

6. Can I get birth control without parental consent?

Yes, people under 18 may receive birth control without parental consent in New York State. This is also true for any family planning clinic that receives federal Title X Family Planning funding.

7. What should I do if I think I have a sexually transmitted infection (STI)?

Make an appointment for confidential STI testing at a NYS Family Planning clinic. If there isn't a clinic near you, you can receive help from Sexual and Reproductive Health Care Services. These services can be found in the NYS Sexual Health Care Provider Directory page at providerdirectory.aidsinstitute.ny.org and in New York City at nyc.gov/site/doh/health/health-topics/sexual-health.page

8. What type of STI services do you provide?

You can get tested for a full range of STIs at a Family Planning Program clinic. Providers can talk with you about prevention and protection options, like condoms and HIV PrEP, or pre-exposure prophylaxis. This is medicine that can prevent HIV when it is taken regularly. They can also talk to you about HIV PEP, or post-exposure prophylaxis. This is medicine that can prevent HIV when taken within 72 hours of exposure.

You can also ask the clinic staff about Doxycycline Post-Exposure Prophylaxis (Doxy-PEP) and Expedited Partner Treatment (EPT).

- DoxyPEP is a way to proactively prevent getting an STI. It involves taking a single, 200 mg dose of an antibiotic called doxycycline within 72 hours after having sex without a condom. This will reduce the risk of getting bacterial STIs, like chlamydia, gonorrhea, and syphilis.
- EPT allows health care providers to give medicine or a prescription to patients diagnosed with chlamydia, gonorrhea, and/or trichomoniasis to deliver to their sex partners. This way the partners can also be treated, without needing an examination.

9. How do I choose the right birth control method for me?

A Family Planning Program provider can help you choose. They can walk you through how to use each type of birth control, which methods work best, and possible side effects. Luckily, our providers do this every day with people just like you. They will be very open to talking with you about your options.

