

What to know about Sexual & Reproductive Health



What is Sexual & Reproductive Health?

"Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, legal, historical, religious and spiritual factors" - World Health Organization

Sexual and reproductive health includes everything from general health care to birth control. Good sexual and reproductive health includes your physical, mental and social well-being. It means that people are able to have a satisfying and safe sex life, have the ability to reproduce, and the freedom to decide if, when, and how often to do so. Every individual has the right to make their own choices about their sexual and reproductive health.

What is the The Foster Youth Sexual Health Education Act, Senate Bill 89 (SB89) ?

The Foster Youth Sexual Health Education Act, Senate Bill 89 is a new law in California that was establish in July 2017. Foster youth have the right to be educated on sexual health education. It also requires new training for caregivers, social workers and judges to educate themselves.

Senate Bill 89 Requires:

1. Improve
Access to
Sexual Health
Education

2. Inform Youth
of Their Rights
and Remove
Barriers

3. Develop
Quality Sexual
Health
Training

4. Require
Sexual Health
Education For
Adults

For more info visit : youthlaw.org

Foster Youth Rights!

You have the right to make your own decision about certain kinds of health care services. This means you can say “yes” or “no” and do not need permission from a parent, caregiver, social worker, or any other adult if you want certain kinds of care.

Foster Youth Rights include:

Right to choose your own health care provider for sexual and reproductive health care, as long as the provider is covered by your Medi-Cal or other approved insurance.

The type of birth control of their choice
Types of birth control: IUD (Intrauterine Device)
Birth control pill, patch, or shot.
Spermicide
Dental dam
Emergency contraception (morning after pill)
Medications to prevent STIs. You have the right to have access condoms.

Help with transportation to the clinic . Your caregiver, STRTP, or social worker must help you with transportation to get reproductive and sexual health care services

You have the right to confidentiality. You have the right to keep your private information, private.

For more information :
<https://www.clccal.org/resources/youth-resources/reprohealth/your-rights/>

Scenarios/If a Foster Youth is...

Pregnant while in foster care, you can decide what you want to do. You can keep the baby, place the baby for adoption, or have an abortion

Go to



Contact your medical provider or your Public Health nurse.

Wanting to choose their birth control but does not know what type of birth control they can choose

Go to



Your public health nurse can set up an appointment with your doctor of your choice and your doctor will help you under the different types of birth control or visit fosterva.org or clccal.org for more information

Needing assistance transportation for their doctor's appointments

Go to



Your caregiver, if caregiver is unable to the next steps would be to call your social worker before your appointment day

Part 2: Scenarios/If a Foster Youth is...

Wanting to get tested for STI/STD but does not want to disclose.

Go to



You can visit a free clinic in your area just click on [bedsider.org](https://www.bedsider.org) or [plannedparenthood.org](https://www.plannedparenthood.org)

Sexually active with their partner and needs condoms

Go to



Any free clinics in will give condoms for youth visit : [Teensource.org](https://www.teensource.org) to look up the closest nearby

Needing help because they have been sexually assaulted

Go to



This website because it gives all the information on how you can get help
[RAINN.org](https://www.rainn.org)
or you can call 800-656-4673

LGBTQ (LGBTQI = Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex) & Gender Non-Confirming Foster Youth Rights!

- The same rights as all other foster youths and non minor dependents

- Has access to gender-affirming medical and behavioral health care

- Has the right to be placed and live in out-of-home care according to their gender identity regardless of gender or sex listed in their record

As mandated by AB 2119, LGBTQI youth have the right to receive gender-affirming health care consistent with their gender identity by practitioners that have expertise in gender-affirming care.

- Be referred to by preferred name and gender pronoun

- All STRTP facilities must protect LGBTQI youth, and those perceived to be LGBTQI, from harassment, just as they must protect all foster youth from harassment on the basis of race, religion, and sex.

- Fair, equal access, and freedom from harassment and discrimination.

For more info visit :
www.nclrights.org or to
[PUB 490 \(4-2018\) web version \(ca.gov\)](#)

Scenarios when Foster youth who are LGBTQI & Gender Non-Confirming are experiencing...

A want/need for hormones and wants to start a transition

Go to

Contact your attorney or public health nurse for more information.

An unsafe living placement due to caregivers not supporting their gender identity

Go to

Your social worker because you have the right to be placed where you are supported.

A need for medical attention, for example wanting to get an HIV testing.

Go to

You can call your public health nurse or you can go to the nearest clinic

What are STI's or STD's?

STI or STD stands for: Sexually Transmitted Infections or sexually transmitted disease.

Sexually transmitted diseases (STDs), or sexually transmitted infections (STIs), are infections that are passed from one person to another through sexual contact.

STIs may include HIV, HPV, genital warts, herpes, gonorrhea, chlamydia, hepatitis, etc.

STIs are easy to treat, but if left undetected, they can cause long-term health problems. Teens in CA can get STI prevention and treatment services for FREE.

If you are 12 or older, you have the right to make your own decisions about preventing, testing, or treating sexually transmitted infections and HIV. You do NOT need permission from your parent, caregiver, social worker/probation officer, or any other adult.

The most common symptom of STIs is having no symptoms at all, it's important to get tested and treated as soon as possible.

STDs are preventable. If you have sex, know how to protect yourself and your sex partner(s) from STDs.

Why is it Important?

Sexual and reproductive health is a core aspect of our identity and an important part of one's health and well-being.

Both the caregiver and case worker have various duties to ensure healthy sexual and reproductive development and wellness

To educate young adults in care about their rights. To have them feel safe and supported.

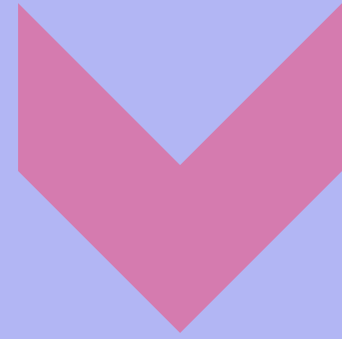
Resources For Foster Youth

To know your rights
check out these links



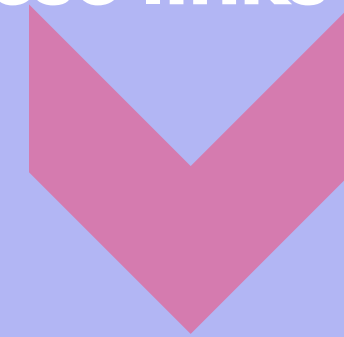
- [Know your rights!](#)
- [Fact Sheets & Know Your Rights – RHEP Foster Youth](#)
(fosterreprohealth.org)

Check out Free
Clinics in your area !



- [Planned Parenthood | Official Site](#)
- [Find a Clinic | TeenSource](#)
- [Sequoia Teen Wellness Center - San Mateo County Health](#)
(smchealth.org)

Want to learn about Sexual and
Reproductive health? Check out
these links



- [Teen Talk 2023: Sex, Love, Relationships and More | Power to Decide](#)
- [Bedsider Birth Control Support Network](#)

Resources For Foster Youth

There is a way for you to learn about sexual and reproductive health and get paid for it. Check it out for more details.



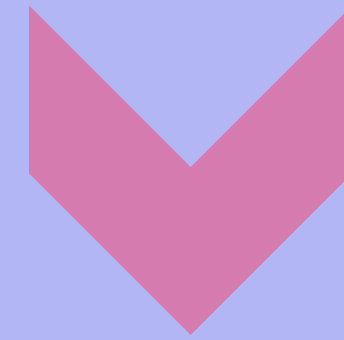
- [Teen Talk YAS: Free Virtual Comprehensive Sex Ed for Foster Youth – RHEP Foster Youth \(fosterreprohealth.org\)](#)

Resources for LGBTQ Foster Youth



- [San Mateo Pride Center](#)
 - [Sacramento LGBT Community Center \(saccenter.org\)](#)
- [LGBTQ+ Youth Resources | Lesbian, Gay, Bisexual, and Transgender Health | CDC](#)

Need Transportation to your doctor's appointment? Check this out !



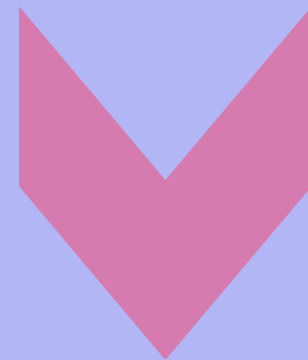
- [Ride Benefit FAQ | Health Plan of San Mateo \(hpsm.org\)](#)

Resources For Caregivers

Want to learn how to speak with your youth about sex and reproductive health? Here are some resources that will guide you.



- [Resources for caregivers](#)



- [Caregiver Resources](#)



- [Planned Parenthood](#)