



Santa Rosa
COMMUNITY
HEALTH

All of us. For all of you.

a californiah⁺health center

Santa Rosa Community Health's Elsie Allen Campus serves all Sonoma County teens ages 12-19. (*You don't have to be a student to use the health center.*) Most teens are eligible for coverage for reproductive health services and all other services are provided on a sliding scale or at no cost. To make an appointment, call 707-583-8777.

Please note: Due to shelter-in-place and to ensure the health and safety of our patients and staff our Elsie Allen Campus is temporarily closed for in-person visits. We are moving most visits as possible to telephone and video visits to help keep you healthy. If you are invited into one of our campuses, please know we are taking all the precautions to keep you safe. It is important that you let us know if you are experiencing a fever, cough or shortness of breath.

Santa Rosa Community Health: Elsie Allen Campus

707-583-8777 • srhealth.org

Telehealth and in-person visits available

Monday - Friday from 8am - 5pm

MAKING
PROUD
CHOICES!



NAME: _____

TEACHER: _____

PERIOD: _____

TAG

TEEN ADVOCACY GROUP



When?

Every Saturday

Time?

10am-12pm

Where?

405 W College Ave.
95401

Join TAG in creating a strong community and
better future for youth in Sonoma County!

What does TAG do?

- ◆ Community Service
- ◆ Resume building
- ◆ Outreach to promote teen resources
- ◆ Outreach to promote Elsie Allen Health Center
- ◆ Health presentations for middle and high schools around Sonoma County
- ◆ Attend statewide trainings about teen issues, including advocating for mental health services



For membership and recruitment
Contact Abigail Barajas:
abigailb@srhealthcenters.org
707-547-2220 ext. 3400



Table of Contents

HIV Myth and Facts	4-5
Calling Koko # 1	6
Calling Koko # 2	7
Calling Koko # 3	8
Calling Koko # 4	9
Calling Koko # 5	10
Calling Koko # 6	11
Sean and Morgan Case Study	12
STI's Agree and Disagree	14
Pregnancy Myth and Facts	15
Birth Control Methods	16
Contraception Agree and Disagree	18
Condom Excuses	19
Family PACT	20
Baby Surrender law	21

HIV/AIDS: Myths and Facts

1. AIDS is a medical condition in which your body cannot fight off diseases.
2. AIDS is caused by a virus.
3. If you hug someone with AIDS you can get HIV
4. Anyone can get HIV.
5. AIDS can be cured.
6. HIV can be spread by using someone's personal belongings such as a comb or hairbrush.
7. If a pregnant woman is HIV positive, there is a chance the virus may be passed to her unborn baby.
8. You can tell by looking whether someone is HIV positive.
9. Condoms are 100 percent effective against the transmission of HIV.
10. You increase your chance of getting HIV if you have sex with many people.
11. HIV is mainly present in semen, blood, vaginal fluids, rectal fluids and breast milk.
12. If you give blood you are at risk for getting HIV.

HIV/AIDS: Myths and Facts Continued...

13. You can catch HIV from a toilet seat.
14. Lesbians don't have to worry about HIV infections.
15. An HIV-infected mother can infect her child through breastfeeding.
16. Birth control pills can prevent the transmission of HIV.
17. Monogamy (the practice of having a sexual relationship with only one partner) is 100 percent safe.
18. If you kiss someone with HIV you will get the virus.
19. Having unprotected sex with someone who is HIV positive is one way of getting it.
20. You can get HIV by sharing a needle with someone who is infected.
21. Only gay men are vulnerable to getting HIV.
22. Injection drug users are at high risk for HIV.
23. Having anal sex increases the chances of getting HIV.
24. Unprotected oral sex (mouth on partner's penis, vagina or anus) increase a person's chance of getting HIV.
25. Abstinence is the only way of preventing the sexual transmission of HIV 100 percent of the time.

Calling Koko #1

Based on what you’ve learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, “Calling Koko.” Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

Koko,

I’ve heard that young people are at risk for HIV and the number of HIV cases among young people is growing. I don’t want to take any chances of getting HIV. What’s the surest way I can protect myself?

- No-Chance Charlie

Koko’s Response to Caller 1:

Calling Koko #2

Based on what you’ve learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, “Calling Koko.” Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

Dear Koko,

My girlfriend and I have been going out for a year. We really love each other, and we both want to have sex. I trust her, but I’m concerned about HIV. My girlfriend and I are 14 years old, and neither one of us has tattoos, and we don’t use drugs. We’ve been thinking about having sex, but only with each other. Do we have to worry about HIV?

- Relationship Raymond

Koko’s Response to Caller 2:

Calling Koko #3

Based on what you’ve learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, “Calling Koko.” Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

It’s like this Koko,

Five months ago, when I came out on my sixteenth birthday, I had sex with someone for the first time. We didn’t use condoms. I didn’t really enjoy it, and he never even called me again. Now I have a new boyfriend and he wants me to have sex, too. Is it possible that I might have been exposed to HIV when I did it before? Now, I’m anxious that I might be infected with HIV. What do I tell my boyfriend? What should I do? This whole relationship thing can be confusing.

- Cautious Carmello

Koko’s Response to Caller 3:

Calling Koko #4

Based on what you’ve learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, “Calling Koko.” Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

It’s like this Koko,

I am fifteen years old, and my girlfriend and I have never had vaginal sex. We do other things, though, including oral sex. Before, we just wanted to make sure that she didn’t get pregnant. We had never really thought about infections like HIV. But, now I hear that teens my age are getting sexually transmitted diseases. Is oral sex safe? How do we protect ourselves from STD’s?

Koko’s Response to Caller 4:

Calling Koko #5

Based on what you've learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, "Calling Koko." Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

What's up Koko,

I recently found out that a friend of mine is HIV positive and that she's had the virus for years. She's smart, fun to be around, and has only had sex with two guys her whole life. Now I'm afraid to be with anyone because if someone like her can get HIV, how can I know who's safe and who isn't? If she has HIV, then anyone could! I'm scared to date! What should I do?

- Distraught Dana

Koko's Response to Caller 5:

Calling Koko #6

Based on what you've learned so far, what advice would you give someone who has questions or concerns about HIV, AIDS and condoms?

In this activity, you will take the role of Koko, who has an HIV Information Hotline for teenagers called, "Calling Koko." Discuss, decide on and write down the advice you would give to the caller. Encourage the caller to make a proud and responsible choice.

Koko,

I'm a senior this year and plan to go to college, but I did something the other night that was really stupid. I went to a party. I had a couple beers and then somebody handed me a joint. Everyone else was smoking too. It was powerful stuff! I had never used drugs before. The next thing I knew I was in the bedroom with a basketball player I kind of had a thing for. We ended up having sex, and I don't even know if we used protection, because I was so high that I forgot to ask. I heard he does this type of thing a lot. Now he barely even speaks to me. I'm afraid that I could have gotten pregnant or gotten infected with an STD like HIV. What should I do?

- Regretful Rihanna

Koko's Response to Caller 6:

Sean and Morgan Case Study

Sean is 3 years younger than Morgan. They've been going out for a while. Sean really likes being with someone who is older. Morgan is a lot of fun and Sean feels more mature and popular when they're together.

Sean is very smart and plans to become a psychologist. Sean has had a tough childhood and very much wants to be independent and successful as an adult. Sean works hard and has a plan for the future.

Morgan really likes Sean. Lately, Morgan's friends have been talking a lot about sex and keep asking if Morgan and Sean have "done it" yet. Morgan figures it's time and begins to pressure Sean about having sex.

When Morgan asks Sean about having sex, Sean feels unsure on what to say. Sean has actually thought a lot about this and doesn't feel ready for sex yet. Yes, Morgan is sexy and Sean feels turned on. But Sean wants to wait until after high school and maybe even college to have sex. Sean does not want to do anything that might interfere with future goals. Sean wants to be able to help young people deal with issues and problems. Sean is also afraid of getting an STD and doesn't want to take any risks.

However, Sean really wants to keep the relationship with Morgan. Sean would be very hurt if Morgan turned to someone else for sex.

Today Sean and Morgan are hanging out at Morgan's house. Morgan's grandparents are out for a few hours. They're sitting on the couch, kissing and messing around. They're both breathing hard and things are getting hot and heavy. What can Sean do to avoid having sexual intercourse?

Sean and Morgan Case Study Continued...

Using STOP, Think and ACT and the questions below, decide what Sean should do to keep from having sex before being ready.

STOP:

What can Sean do to stop?

What can Sean do to stay calm?

THINK:

What is the problem? What is Sean being pressured to do?

What do you think Sean is feeling?

What does Sean think Morgan's is feeling?

What are Sean's choices?

What does Sean really want to do?

What alternative can Sean suggest to Morgan?

What are the possible consequences?

ACT?

What do you think is Sean's best choice?

How should Sean act on that choice?





Agree or Disagree Statements (STI's)

1. It is hard to convince a sexual partner to use protection such as condoms or dental dams.
2. Condoms and dental dams are effective at preventing HIV infections.
3. Sex can feel good if you use condoms or dental dams.
4. Most people know how to use condoms or dental dams correctly.
5. If you know your sexual partner very well, you shouldn't have to use condoms or dental dams.
6. If someone looks healthy, you shouldn't have to use condoms or dental dams.





Myth and Facts About Pregnancy

1. A female can get pregnant before she has her first period.
2. Someone **can't** get pregnant/get someone pregnant the first time someone has sex.
3. Someone can get pregnant even if the penis is pulled out before ejaculation.
4. Someone **can't** get pregnant if they have sex standing up.
5. Someone **can't** get pregnant if they're having sex for the very first time.
6. Douching (cleaning the vagina) after intercourse can prevent pregnancy.
7. Someone **can't** get pregnant unless they have an orgasm (cum).
8. If a female misses their period, they are definitely pregnant.
9. Gay and lesbian teens **don't** need to know how to avoid pregnancy.
10. There's **no** safe time of the month to have sex and avoid pregnancy.
11. Someone **can't** get pregnant if you swallow semen.
12. Having anal intercourse (sex) instead of vaginal intercourse (sex) is a good strategy for preventing pregnancy.

Prescribed Methods

Methods	About	Side Effects	Effectivity
Vaginal Ring 	The ring sits below the cervix and the hormones are absorbed through the vaginal ways	<ul style="list-style-type: none"> •Irregular menstrual bleeding •Nausea, headaches, dizziness, breast tenderness •Mood changes 	98% When used correctly
Patch 	Hormones are absorbed through the skin. Don't keep on placing it on the same spot.		98% When used correctly
Pill 	Pill should be taken once a day. Once you start the pill make sure you are using a condom for the first 7 days to prevent pregnancy. Never use another persons birth control pills!		98% When used correctly
Emergency Contraceptive (Plan B, Next Choice, Morning after pill, etc.) 	A single pill with a large dose of hormones that prevents ovulation. This is not the abortion pill. If the egg is already fertilized the pregnancy will continue.		The sooner that you take it the more effective it will be. (Up to 5 days to take it)

Long Acting Reversible Contraception

Methods	About	Side Effects	Effectivity
IUD Non Hormonal 	Creates an environment that makes it difficult for sperm to live in	May include changes to menstrual cycle, more bleeding and cramping during periods or spotting between periods.	99%
IUD Hormonal 	Releases hormones that prevents your body from becoming pregnant		99%
Implant 	A small stick placed in the inner arm and releases hormones to prevent the egg from becoming fertilize. It can cause periods to be irregular or stop	May include spotting between periods, light periods, longer periods or no periods at all.	99%
Shot 	A hormonal shot on the arm. It can cause periods to be irregular or stop	May include weight gain, irregular periods, dizziness headaches, stomachaches, and fatigue. There may be a decrease in the amount of mineral stored in the bones so talk to your health care provider.	99%

Agree and Disagree Contraception

1. Birth control methods are harmful and will mess you up.
2. Females who carry condoms are "easy" (slutty).
3. Hormonal methods like the shot can make someone fat and not sexy.
4. Internal condoms are too much trouble to use.
5. It's hard to talk about protection with the person you're having sex with.
6. Gay, lesbian and bisexual youth don't need to learn about birth control and safer sex.

Condom Excuses Activity

Excuse: Condoms kill the mood for sex

Response: _____
_____.

Excuse: Condoms don't feel as good as the real thing... they aren't natural.

Response: _____
_____.

Excuse: Let's do it this once without a condom.

Response: _____
_____.

Excuse: We don't need to use condoms if we're using the pill.

Response: _____
_____.

Excuse: People who use condoms don't trust each other.

Response: _____
_____.

Excuse: I love you. How can you think I would give you an infection.

Response: _____
_____.

Excuse: Protection is for people with diseases. Do I look like I have something to you?

Response: _____
_____.

Excuse: I do not have a condom with me.

Response: _____
_____.

24-Hour Hotlines/Textlines

Alcohol or Drug Overdose	911
Crisis Text Line	Text "Hello" to 741741
GLBT National Youth Talk	1-800-246-7743
Hookup	Text "Hookup" to 877877
National Runaway Hotline	1-800-786-2929
North Bay suicide Hotline	1-855-587-6373
SAY Crisis Text Line	1-888-729-0012
Trans Lifeline	1-877-565-8860
Verity (Crisis Line)	(707) 545-7273

Mental Health

Aunties and Uncles (Native American)	(707) 521-4550
Chrysalis	(707) 545-1670
Forestville Teen Clinic	(707) 887-0427
Kaiser Permanente (<i>members only</i>)	(707) 571-3778
Santa Rosa Community Health Centers	(707) 303-3600
SAY (Social Advocates for Youth)	(707) 544-3299 x237
SOS	(707) 284-3444

Teen Clinics

Alexander Valley (Cloverdale)	(707) 894-4229
Alliance (Healdsburg)	(707) 541-1170
Casa Grande (Petaluma)	(707) 559-3484
Elsie Allen Campus (Santa Rosa)	(707) 583-8777
Forestville Teen Clinic	(707) 887-0427
Kaiser Permanente (<i>members only</i>)	(707) 393-4033
Phoenix Teen Clinic (Petaluma)	(707) 217-3383
Planned Parenthood (Santa Rosa)	(707) 527-7656
Santa Rosa Junior College	(707) 527-4445
Sonoma County Indian Health	(707) 521-4545

Shelter and Food

Coffee House Teen Shelter (SAY)	(707) 546-3432
Dream Center (SAY)	(707) 544-3299
Elisha's Pantry	(707) 542-2569
Rural Food Program	(707) 869-3863

LGBTQ+ Resources

Positive Images	(707)568-5830
Youth Connections	(707)-595-8961

Family PACT

Family PACT is an insurance that only covers family planning services. Family PACT is not a primary care program.

Family PACT benefits include:

- All FDA approved contraceptive methods and supplies,
- Family planning counseling and education,
- Sexually transmitted infection (STIs) testing & treatment,
- HIV screening, cervical cancer screening,
- Male and female permanent contraception,
- Limited infertility services
- Prescriptions if the pharmacy accepts Medi-Cal



Baby Safely Surrender Law:

A parent who is not able or not willing to care for their baby can safely surrender (give up) the baby within three days of birth. The baby must given to an employee of a hospital or safe surrender site (usually a fire station) in California. A confidentially coded ID bracelet



No Shame. No Blame. No Names. will be placed on the baby's ankle and a matching bracelet offered to the surrendering person. The bracelets help connect the parent to the baby if the parent wants the baby back. The toll-free telephone hotline number provides information and the locations of safe surrender sites **DIAL 1.877.BABY.SAF (1-877-222-9723).**