

Sexual & Reproductive Health

Sexual and reproductive health

Contraception

Contraception is a way of preventing pregnancy by using different methods. It is important for you to know about contraception because this can help your teens make informed and responsible choices about their sexual health and future. Please talk to your provider to discuss options.

- Condoms are the only method that protects from Sexually Transmitted Diseases. **Always use a condom.**
- To be effective, any method of contraception must be used consistently and correctly.
- You can support your teens in choosing and using contraception by providing them with accurate and age-appropriate information and guidance. Types of contraception can be found by following the QR code to “Birth Control Options.”
- Answer your teen’s questions without judgment or criticism. Encourage them to make healthy and responsible decisions about their sexual health. Find sexual health and wellness tips below.

Birth control options

[Birth Control Options](#)

[Addressing Healthy Sexuality for Children and Teens with Disabilities](#)

Local Resources

- [Hoosier Support](#)
- [Home - INFPC](#) (639 S. Walker Suite A, Bloomington, IN 47403, 812-668-2028)
- [path4you](#)

Healthy relationships

- [Healthy Relationships](#)
- [For Teens: How to Make Healthy Decisions About Sex](#)
- [Healthy Relationships: Expect Respect](#)

Sexually transmitted disease

[Sexually Transmitted Infections \(STDs, STIs\)](#)

Additional resources – books

“Boys and Sex” by Peggy Orenstein
“Girls and Sex” by Peggy Orenstein
“The Pride Guide” by Jo Langford
“Queer” by Marke Bieschke and Kathy Beige



Riley Children's Health
Indiana University Health

rileychildrens.org