WHAT ARE YOUTH FRIENDLY HEALTH SERVICES?

Youth friendly services are health care services that meet the needs of young people, between the ages of 10-24 years old, like you! The staff that provide youth friendly health services aren’t there to judge you. They are trained and ready to help you.

WHAT SERVICES CAN I RECEIVE?

The services available to you will depend on the facility you go to. But, this is what they will most likely include:

• General health check ups, including checks on your physical development, vision, hearing, etc.
• Education and counseling on sexual and reproductive health and sexuality
• Contraceptive education and a range of contraceptive methods, including condoms and emergency contraception
• Education and counseling on how to protect your health and the health of others, including how to practice safer sex to prevent HIV, other STIs and unintended pregnancies.
• Screen for cervical cancer (Pap smear)
• Immunizations, including for human papillomavirus (genital warts) and hepatitis B
• Education about sexual violence and abuse, counseling and referrals
• STD education, diagnosis and treatment, including partner notification
• HIV education, counseling, testing and referrals for treatment, care and support services, pre-exposure and post-exposure prophylaxis
• Medical male circumcision
• Referrals to other services you need, like social or legal services

WHATEVER CLINIC OR HOSPITAL YOU GO TO, YOU HAVE RIGHTS.

You have the right to stay healthy. You have the right to:

• Get the health and social services that you need, including sexual and reproductive health services.
• Ask any question and getting any information that you need in language that you can understand.
• Be treated with respect.
• Receive service on no matter who you are—as whether you can pay or not or whatever age, sex, marital status, education, ethnicity, language or sexual orientation.
• Keep your personal and health information private.
• Get facts and information.
• Getting contraception to prevent pregnancy if you need it, in case you are not married.
• Making your health care decisions after receiving the right information.
• Not being pressured, abused, injured, or violated at a health care service.

You’ve got rights, but staying healthy is YOUR responsibility.

When you go for health care services, it is your responsibility to respect those who are treating you, to wait for your turn to be seen, to respect appointments given to you, and to follow up on your test results if you don’t hear back right away.

• Maintain a healthy lifestyle.
• Learn about how to protect your health and the health of others, including how to practice safer sex to prevent HIV, other STIs and unintended pregnancies.
• Ask for the information that you need and ask it in your hearing.
• Use any method you generally desire to prevent pregnancy (if you’re not married or not in a relationship).
• Go for health checks to catch any illness in its initial stages when it is more easily curable or treatable.
• Be active in the health care you need, use clinic or legal services

NEED SOME INFORMATION ABOUT STAYING HEALTHY?

WORRIED THAT YOU MIGHT BE PREGNANT?

HAVE SOME QUESTIONS ABOUT SEX?

THINK YOU MAY HAVE AN STI OR HIV?

NEED HELP FOR PERIOD PAINS?

JUST WANT TO TALK?

THERE ARE YOUTH FRIENDLY HEALTH SERVICES NEAR YOU THAT CAN HELP.