

TEEN'S

GUIDE

TO

ABORTIONS

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MEET US!

PEER ADVOCATES 2023



FFROM LEFT TO RIGHT
 TOP ROW: Sophia, James, Jupitzer, Vicki, Zane, Madeleine, Charlotte,
 Vanessa, Lyric
 BOTTOM ROW: Parris, Amina (holding Henry), Briseyda, Kizziah,
 Alezxa, Mika
 NOT PICTURED: Elsie, Gio, Skye

APPLY TO BE A PEER
 ADVOCATE:

bit.ly/PeerAdvocates2324

BY:
 PEER ADVOCATES OF PLANNED
 PARENTHOOD PASADENA & SAN
 GABRIEL VALLEY 2023

SAFER

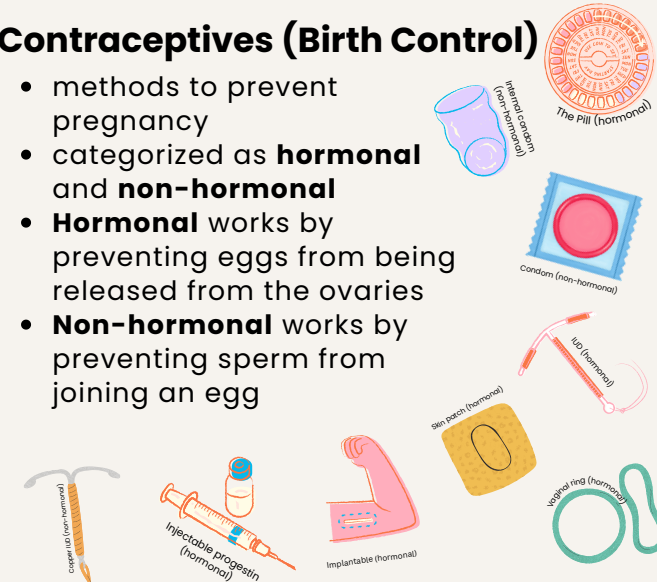
SEX

What is sexual consent?

Sexual consent is an agreement to participate in a sexual activity. The first step to any sexual activity is consent. Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.

Contraceptives (Birth Control)

- methods to prevent pregnancy
- categorized as **hormonal** and **non-hormonal**
- **Hormonal** works by preventing eggs from being released from the ovaries
- **Non-hormonal** works by preventing sperm from joining an egg



How does pregnancy happen?

- Semen, which contains sperm, enters a vagina
- Sperm swims up the fallopian tube
- Sperm can come into contact with an egg
- Leads to fertilization
- Fertilized egg divides into more cells
- Attaches to the spongy uterine lining
- Pregnancy (or implantation) begins
- The body starts making pregnancy hormones that keep the uterine lining in place so it can nourish pregnancy
- Pregnancy is an intricate process that can take up to 2-3 weeks after sperm and egg meet

TYPES OF ABORTIONS

What is an Abortion?

An abortion is a safe, common, and effective medical procedure that ends a pregnancy.

In-Clinic Abortion:

- A medical professional examines the uterus through an ultrasound
- There are options to manage pain (ask your health provider about your options)
- Most in-clinic abortion procedures use a suction that is done through the vagina to empty out the uterus
- Staff will support you, record your vital signs, and review after-care instructions with you

Medical Abortion (the abortion pill):

- You can get medication for an abortion at an in-person appointment or through a telehealth provider (with meds mailed directly to you).
- The medication you take (at home or in a safe space) will cause the uterus to contract to expel the pregnancy usually within 4 – 12 hours.
- Less than 5% of patients may need to take additional medication or have a procedure to complete the abortion.



misoprostol



CALIFORNIA LAWS

- Proposition 1 solidified a person's right to an abortion in the state constitution.
- Pregnant people can get an abortion until the time the fetus is viable which means it is likely to survive outside the uterus without extraordinary medical measures.
- Only qualified medical providers are allowed to perform legal abortions and if an abortion is performed outside the legal parameters, there may be criminal charges.
- The overturning of Roe v. Wade does not affect a person's right to abortion care in California.
- Pregnant people under 18 have the same right to an abortion as adults do.

ABORTION APPOINTMENT SCHEDULING

Make an appointment at Planned Parenthood online at pppsgv.org or by calling **626.798.0706**

OR

Visit abortionfinder.org for other alternatives

- A search tool built on a database that offers access to over 750 abortion providers
- You can enter your age, location, the first day of your last period, and receive a list of viable providers near you including telehealth (phone-only) options
- Offers access to organizations that can help in paying for your abortion or offer other support such as lodging, childcare, meals, and local and long-distance transportation

YOUTH RIGHTS

- You have the right to make your own decision about your health care. You do not need permission from a caregiver, parent, or any adult for these services
 - birth control or condoms, pregnancy testing/care
 - abortions
 - STDs or STIs testing, treatment, or prevention (only age 12 and above w/o permission)
- Before you receive health care, you have the right to ask your doctor to explain who can/can't receive your medical information
- If you receive sexual or reproductive health care, your doctor is NOT ALLOWED to share information with your parents, caregivers, social worker, group home, or probation officer without your WRITTEN consent. (Note: there are some exceptions in cases of harm or potential harm to a person under 18, this requires a mandated report to ensure safety.)

Most youth involve a trusted adult when making health decisions, but some may not feel safe doing so.

CONFIDENTIAL MEDICAL RELEASE

(Education Code section 48205)

Requires schools officials to excuse students to leave school for confidential medical appointments, like an abortion, WITHOUT the school alerting guardians in any way.

(ex: automated phone call home)

FREQUENTLY ASKED QUESTIONS

Q: What is an abortion?

A: An abortion is a medical procedure that ends a pregnancy. There are 2 types of abortions. **See page 4**

Q: Where can I access an abortion?

A: You can make an abortion appointment at Planned Parenthood at pppsgv.org or find alternative options with abortionfinder.org. **See page 5**

Q: Can I get an abortion without my parents knowing?

A: Yes. Under California law, minors have the right access reproductive health care, obtain birth control, and receive abortion services without parental notification or parental consent if needed. **See page 5**

Q: If I needed to leave school for a reproductive health appointment, who do I talk to about getting an excused absence?

A: In most schools, you can talk to your school nurse/health office. They can help you with making appointments and talking to the attendance clerks so that you can be excused from school. You can also consider talking to your school counselor.
See "Confidential Medical Release" on page 5.

QUICK FACTS

1. Most people who test positive for an STI have no outward signs or symptoms
2. The "morning-after" pill is another way to say emergency contraceptive. Emergency contraceptives (EC) prevents a pregnancy and can be used between 3 and 5 days after unprotected sex depending on the type of EC. EC does not end a pregnancy.
3. It is possible to get pregnant from unprotected sex during your period.
4. Oral and anal sex do not result in pregnancy however it is still possible to pass sexually transmitted infections.
5. Consent is not implied! In a healthy relationship, it's still necessary to ask for consent before and throughout sexual activity if sexual activity occurs.
6. Abortion is a very safe type of medical procedure. Serious problems are rare.
7. Birth control and abortion do not correlate to future infertility.