



**LiFT**

teen guide

This book belongs to:

name \_\_\_\_\_

pronouns she/her | he/him | they/them

**Does it ever feel like your supportive adult\* just doesn't get it?** Is it tough to talk about the important things? During LiFT, you'll learn to talk with the adults in your life about the tough stuff. At the same time, your supportive adult will learn how to listen to you and support you to reach your goals.

This guide belongs to YOU. It has activities and information that you will use during the program and at home, to build connection with your supportive adult and take care of your sexual health.

\*Supportive adult means an important adult in your life. This could be a parent, grandparent, foster parent, aunt or uncle, older sibling or cousin, etc. It's likely the person you came to LiFT with.

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## ask me!

During LiFT, we will be talking about how to connect with your supportive adult. Let's get started!

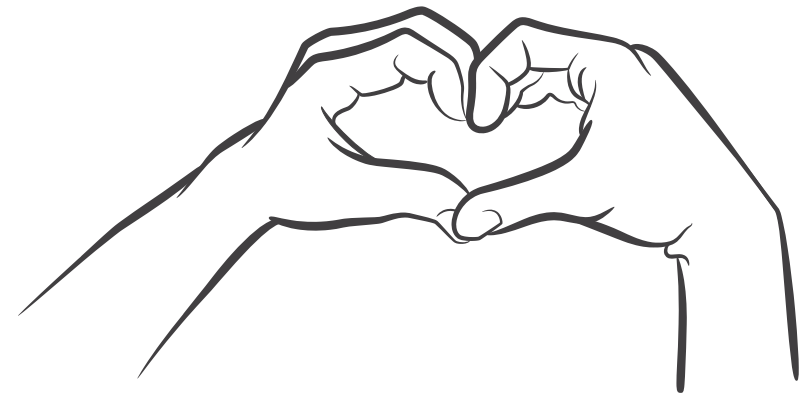
**Pick 3 of these questions** and discuss them with the person you came with. You can take turns asking and answering questions, or you can both answer the same questions.

- ☐ What is one thing you are looking forward to in the next year?
- ☐ How have you changed in the last year?
- ☐ How can I be there for you when you need me?
- ☐ What do you like best about yourself right now?
- ☐ What does "healthy" mean to you, and what are ways you want to be healthy?
- ☐ What do you wish we did more often?
- ☐ What makes someone a good friend?
- ☐ Describe a time when something did not go your way. How did you get through it?
- ☐ What does the word "family" mean to you?
- ☐ What kinds of things do you know about planning a pregnancy?
- ☐ If you were feeling upset, what is something I could do for you?
- ☐ What is one thing you like about being the age you are now?
- ☐ Can you describe something you did recently that helped someone else?
- ☐ Who is someone you admire and why?
- ☐ What are you thankful for?

## connection + sexuality

### Connection

is a positive, ongoing, emotional bond between family members.<sup>1</sup>



### Sexuality

is more than just sex.

It includes: your body and how you feel about your body, your relationships, your gender identity, who you are sexually and/or romantically attracted to, your values about all of these things, and your sexual behaviors.<sup>2</sup>



<sup>1</sup> ETR Associates. (2004). Parent-child connectedness: Implications for research, interventions, and positive impacts on adolescent health. Scotts Valley, CA: Lezin, N., Roller, L.A., Bean, S., et al.

<sup>2</sup> Planned Parenthood Federation of America (PPFA)

# tough talks

Lots of things can be hard to talk about. What are some **Tough Talks** you might have with your supportive adult? (These could be talks about school & homework, who you hang out with, when to be home, sex, work, cell phones, drugs or alcohol, relationships, or social media and apps that you use.)

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Having a **Tough Talk** with your supportive adult – especially about sexual health or your relationships – may be awkward, frustrating, scary, empowering, or all of these emotions at once. You're not alone – many adults say they also feel awkward and nervous having **Tough Talks**!

## SO WHY HAVE TOUGH TALKS?

- ✓ Your supportive adult cares about you and wants to know more about you.
- ✓ Teens say that having **Tough Talks** with their supportive adult makes them closer.
- ✓ Open communication builds trust, which may lead to more respect and freedom.
- ✓ Your supportive adult already knows a lot (they've been around a while, after all.)
  - ✓ You may want relationship advice.
  - ✓ You may want suggestions about how to stay sexually healthy.
  - ✓ You may want them to go with you to get birth control or get tested for STDs.
- ✓ Open communication can lower your chance of an unwanted pregnancy or STDs.

**IMPORTANT!** If you feel that having a **Tough Talk** might be dangerous, don't bring it up. Who are other trusted adults (teachers, relatives, faith leaders, family friends) who you may be able to talk with?

# tough talk tips

Since **Tough Talks** can sometimes be challenging, here are some tips to help them go more smoothly.

## 1. plan it out

- ✓ What is your main goal of the **Tough Talk**?
- ✓ When is the best time to talk?
- ✓ How will you bring it up? *What is the first line you want to use to start the talk?*
- ✓ How do you think that person might respond?

### ❓ Other ways to Plan It Out:

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## 2. express yourself

- ✓ What is an "I Statement" you will use?
- ✓ What is one topic you will stick to? (Bringing up another topic during a **Tough Talk** can make the other person defensive and weaken your point of view.)
- ✓ How will you check in with your emotions during the talk?

### ❓ Other ways to Express Yourself:

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An "**I Statement**" is a way of talking that focuses on your feelings and beliefs, instead of the other person. Like, "I feel really frustrated when I can't stay out until 10 with my friends because I don't know why that rule exists."

# tough talk tips

## 3. focus on the other person

- ✓ Is there common ground that you can focus on?
- ✓ What is their perspective? Try to put yourself in their shoes.
- ✓ Remember to actively listen.
  - \* Give the other person your full attention.
  - \* Don't interrupt them.
  - \* Focus on what they are saying, instead of what you want to say next.
  - \* Look at them, nod your head, and make verbal cues.
  - \* Ask questions.

### 🕒 Other ways to Focus on the Other Person:

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If you start to feel too worked up, it's OK to take a break. You can always continue later.

Tough talks don't always go great – even if you use the Tough Talk Tips. Check out the end of this guide for some ideas if a Tough Talk didn't go well.

# love language quiz

Part of all relationships is the way we show our love and want to be loved. This quiz will help you figure out your own Love Language! Pick your best answer for each of the following questions. Choose only one!

## 1. It's your birthday. Which of the following is the best gift you could receive?

- 🎁 Someone doing your chores around the house.
- 📺 A gift that contains an item you mentioned a few weeks ago.
- 🕒 Going out for a meal together, or sharing a favorite meal together at home.
- 🧩 Cuddling up and watching those movies you've been wanting to see.
- 📢 You get lots of big smiles and people wishing you a Happy Birthday.

## 2. How do you want someone to show you kindness?

- 🎁 They help you with an important project.
- 📺 They surprise you with your favorite candy or ice cream.
- 🕒 They spend the day with you going to that special event you've been excited about.
- 🧩 They give you a giant hug.
- 📢 They tell you what they love about you.

## 3. You are fighting with one of your best friends. How do you want your family member to show they care?

- 🎁 They bring over your favorite food.
- 📺 They check out a book by one of your favorite authors and take it to you to help get your mind off things.
- 🕒 You go for a walk together and they listen to you vent.
- 🧩 They offer to rub your back.
- 📢 They cheer you on and offer tips on how to work it out or let the person go.

My Love Language is:

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You can speak my Love Language by:

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Adapted from: Champman, G. (2015). *The 5 Love Languages: The secret to love that lasts*. Chicago, IL: Northfield Publishing

For more Love Language information and quizzes, check out [5lovelanguages.com/quizzes/](https://5lovelanguages.com/quizzes/).

# what is consent?



## STEP 1:

Decide if you are ready for the sexual activity



## STEP 2:

Give consent and get consent from your partner(s)

Consent means saying "Yes." And meaning it. It also means respecting people's boundaries and asking for permission. This might seem really simple and straightforward, but in real life it's not always that easy. If there's any doubt, it's probably not consent. And when there's doubt, it's **not OK** to continue.

Let's talk about consent when it comes to sex.

## Consent is...

### FREELY GIVEN

No pressure, no manipulation. And all are free from the influence of drugs or alcohol.

### ENTHUSIASTIC

Being excited about it, not just letting it happen. When people think about consent, "no means no" often comes to mind. But saying "yes" is really important, too. A straight-up "yes!" means that no one has to guess or assume anything, and you'll know they're really into it. Sexy!

### INFORMED

Sharing with each other about any known or suspected STDs, deciding together about condoms and birth control, and being genuine about whether either of you are sexually active with others.

### SOMETHING YOU CAN TAKE BACK

It's OK to stop or change your mind at any time. Saying "yes" once doesn't mean saying "yes" forever, or "yes" to other sexual activity.

# giving + receiving consent

## SOME WAYS TO ASK FOR CONSENT:

"Would it feel good if I...?"

"You ok?"

"Do you want to try...?"

"Are you ready for this?"

## SOME WAYS TO GIVE CONSENT:

"Yes!"

"That feels good."

"I really like when..."

"I'm open to trying..."

## CHANGE YOUR MIND? Ways to tell your partner that you want them to stop.

"Can we stop for a second?"

"Let's try \_\_\_ instead."

"I don't want to do this anymore."

## PARTNER CHANGE THEIR MIND? It can be hard to hear "no" or "not right now." Even though it's hard we need to show we respect their decision.

"That's cool. I'm OK with \_\_\_ instead."

"Thank you for... (telling me what's OK and what's not; for telling me you need to wait; for taking care of yourself...)"

"I'm glad you are telling me what you need."

**REMEMBER:** By law, some people can't consent to sexual activities at all. This includes people who are under the influence of drugs or alcohol, mentally disabled, and/or under the legal age to be able to give consent in your state. Check out [sexetc.org/action-center/sex-in-the-states/](http://sexetc.org/action-center/sex-in-the-states/) for more info.

# external condoms

Condoms are the only type of birth control that can protect from both pregnancy and STDs. Condoms can be used on anything that can be inserted into a person's body. There are two types of condoms – external and internal condoms. Straight, gay, bisexual, queer, and people of all gender identities and sexual orientations use condoms.

Here is how to use an external condom.

**1**


**Give and receive consent.**

yes!

yes!


**2**

Check expiration date & for air bubbles, then carefully open package.



**3**

PINCH TIP & ROLL DOWN




**Pinch tip of condom & roll all the way to the base.**

Have sex with condom on.

**4**

When finished, **hold condom on while pulling out.**



Take condom off, tie off open end & throw in trash.













## REMEMBER!

- ✓ Condoms are easy to use
- ✓ Condoms don't cost a lot of money
- ✓ Condoms protect against pregnancy, STDs, and HIV
- ✓ Teens use condoms successfully
- \* *The consistent and correct use of latex or polyurethane condoms can help reduce the risk of STDs if used for oral, anal, and/or vaginal sex, and intimate skin-to-skin contact.*


# birth control guide

The best type of birth control is the one that you'll always use correctly, works well with your body, and fits your needs.


Check out [plannedparenthood.org/learn/birth-control](https://plannedparenthood.org/learn/birth-control) for more info.

<b>GREAT</b> More than 99% effective Works hassle-free up to...			
<b>3 YEARS</b>  The implant	<b>3 YEARS</b>  IUD (Skyla)	<b>5 YEARS</b>  IUD (Mirena)	<b>10 YEARS</b>  IUD (ParaGard) No Hormones
PRESCRIPTION REQUIRED			
<b>VERY GOOD</b> 91 - 94% effective Needs to be used...			
<b>DAILY</b>  The pill	<b>WEEKLY</b>  The patch	<b>MONTHLY</b>  The ring	<b>EVERY 3 MONTHS</b>  The shot (Depo-Provera)
PRESCRIPTION REQUIRED			
<b>GOOD</b> 76 - 88% effective Must be used each time you have sex to be effective.			
 Withdrawal	 Diaphragm	 Cervical Cap	 Fertility Awareness
NO PRESCRIPTION REQUIRED			

**CONDOMS**  
Internal & External



**Internal Condoms**



**External Condoms**

- ✓ Condoms can be used with all other types of birth control methods.
- ✓ Condoms are the only type of birth control that prevent against pregnancy and STDs and HIV.
- ✓ Condoms are **98% effective** at preventing pregnancy if used perfectly each time. Most people aren't perfect, so in real life condoms are about **82% effective**.

**Abstinence** is the most effective way to prevent pregnancy and STDs.



# taking care of your sexual health

Some of us are currently sexually active. Others were in the past, but aren't right now. Some may not want to be sexually active right now, in the near future, or ever. No matter where you're at, it is important to know how a person takes care of their sexual health. A person can use this information to help themselves or a friend.

## THREE THINGS YOU CAN DO TO

take care of your sexual health

- ✔ Get Informed and Know Your Rights
- ✔ Get Ready
- ✔ Meet with the Provider

➔ Look at the next pages for more information about each step.



taking care of  
your sexual health

## WHAT ARE SEXUAL HEALTH RESOURCES IN MY COMMUNITY?

[illegible]



# get informed + know your rights

## GET INFORMED:

Check out some of our favorite websites and apps at the very back of this guide. These have a ton of information, quizzes, and ways to connect with other teens to make sure you are informed about your sexual health.

Make sure you know about consent, condoms, and birth control. See the previous pages in this guide and look at some of our favorite websites.

## KNOW YOUR RIGHTS:

Learn what rights you have as a teen to seek and obtain sexual healthcare in your state on the Teen Sexual Healthcare Rights handout.

## FOR MORE INFORMATION ON YOUR STATE RIGHTS:

- ★ Talk with your LiFT facilitator
- ★ Text with a Planned Parenthood provider: text **PPNOW** to **774636**
- ★ Visit [www.sexetc.org/states](http://www.sexetc.org/states)

## TEENS' SEXUAL HEALTHCARE RIGHTS IN



### AGE OF MINORITY & CONSENT

Age of consent \_\_\_\_\_.  
It is not a crime if you are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You are considered a  
minor if you are under  
\_\_\_\_\_ years old.



### BIRTH CONTROL

You are allowed to get  
a prescription for birth  
control without a  
parent or guardian's  
permission:

- ☐ At any age.  
☐ At age \_\_\_\_\_.  
☐ Under age \_\_\_\_ at  
certain clinics:



### STDs & HIV TESTING & TREATMENT

Permission from parent or guardian needed?

- ☐ Yes, until age \_\_\_\_\_. ☐ No.

### EMERGENCY CONTRACEPTION

You can buy Plan B Emergency  
Contraception at a local pharmacy  
without a prescription at any age.  
You may need a prescription for other  
types of emergency contraception.

### CONDOMS

MIN. AGE TO BUY CONDOMS:

### ABORTION

You are allowed to get an abortion without a parent  
or guardian's permission:

- ☐ At any age. ☐ At age \_\_\_\_\_. ☐ At age \_\_\_\_ except in certain cases.

Other info: \_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# get ready

## FIND A PLACE TO GO

- ✓ Ask your friends who they see.
- ✓ What are your preferences?
  - ☐ Close to home or far away?
  - ☐ Offer free or reduced-fee services?
  - ☐ Preferred gender of provider?
  - ☐ Teen-only clinic or open to all ages?
  - ☐ Have staff who speak more languages than just English?
  - ☐ Do you want to bring somebody with you?
  - ☐ How soon do you want to be seen?

## MAKE AN APPOINTMENT

- ✓ Call or schedule online.
- ✓ Have a pen and paper to write down instructions.
- ✓ Have your calendar ready.
- ✓ Ask what things you need to bring with you.
- ✓ You may want to ask some of these questions:
  - ☐ "Can I get services at your office without my parents' permission?"
  - ☐ "Can my parent see my records?"
  - ☐ "Will my parent see the bill?"
  - ☐ "Do you offer free or reduced cost services?"

Some health centers offer confidential services, including your billing and your records. These clinics offer many services, including birth control prescriptions, STD/HIV testing and treatment, pregnancy tests and pregnancy option counseling, and many others. **Call Planned Parenthood to find the closest health center to you: 1-800-230-PLAN.**

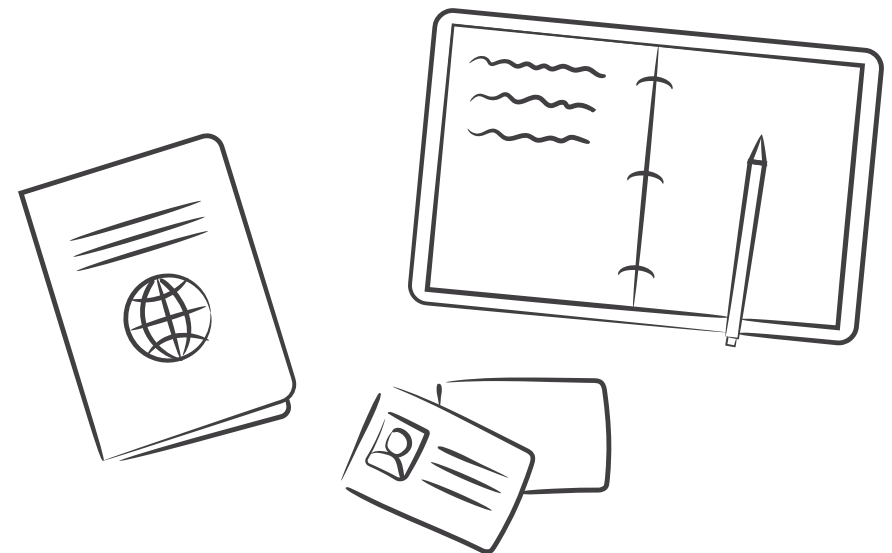
# get ready

## WHAT YOU MAY NEED FOR YOUR APPOINTMENT

- ✓ A picture ID (driver's license, passport, school ID).
- ✓ Insurance card (if you have it and want to use it).
- ✓ Questions for your healthcare provider.
- ✓ Your family medical history (this might include things like if siblings, parents, or grandparents have things like cancer, diabetes, or heart issues).

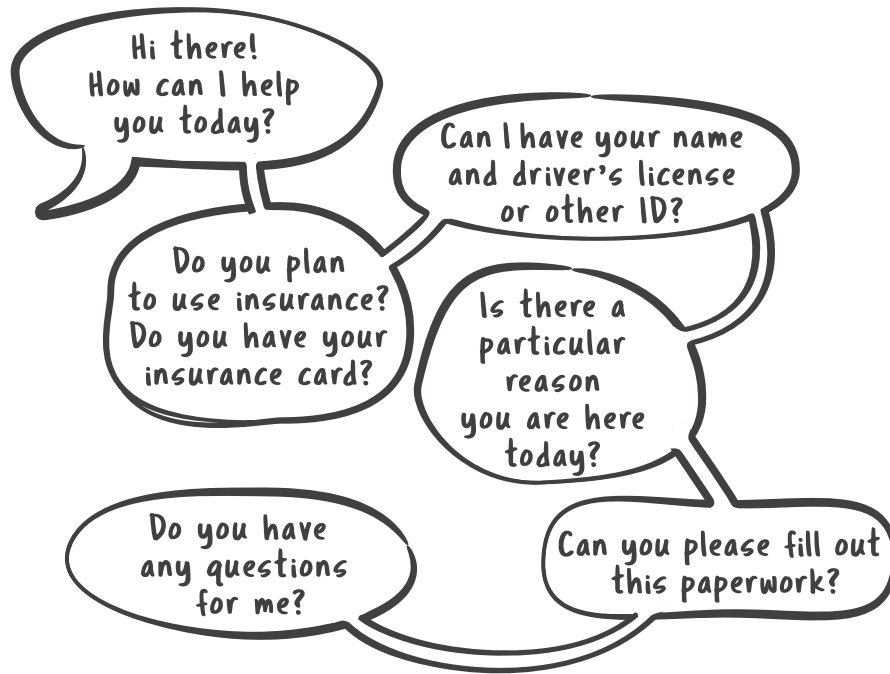
**Think about questions to talk over with your provider before your actual appointment.** For some examples of questions you might want to ask, go to page 20, **Example Questions.**

**Did you know?** In many states, if you use your supportive adult's insurance they will receive a statement listing the service you received. If you don't want this to happen, talk with health center to see if there are other ways you can pay for services without insurance."



# meet with your provider

Checking into your appointment doesn't have to be confusing or difficult. So you can feel more prepared, here are some questions you may be asked when you arrive at the clinic. Don't worry if you don't know how to answer them all – the person checking you in is there to help!



# meet with your provider

Just like checking in at the front desk, completing intake forms and other paperwork doesn't have to be confusing or difficult. It can be hard to know how to answer some of the questions when they are not always made with teens in mind.

Here are some tips to help you fill out intake forms.

## SEXUAL BEHAVIOR?

This question will help providers determine what questions they might ask you. If you are sexually active, it is important to be honest about the types of sexual contact you have had. This could include things like oral, anal, and/or vaginal sex.

## MEDICAL HISTORY?

Questions about medical history help providers understand a person's overall health. It's important to be honest and mark those you know to be true for you. If you are unsure about you or your family's medical history, leave it blank.

## WHY ARE YOU HERE TODAY?

This question helps a provider anticipate what you need. If you have prepared questions ahead of time you can write them on this form.

## MALE OR FEMALE?

This question is less about gender and more about designated sex at birth. It's important to give the clinic accurate information while still being true to your identity. You can check a box, leave it blank or fill in your own identity. No matter what you put, you won't get in trouble.

HEALTH HISTORY FORM			
LEGAL NAME:		PREFERRED NAME:	
AGE:	SEX: M F	GENDER:	
Main reason for today's visit:			
Other concerns:			
REVIEW OF SYMPTOMS Please check any symptoms you currently have:			
<input type="checkbox"/> Constitutional Recent fever / sweats Unexplained weight loss / gain Unexplained fatigue / weakness	<input type="checkbox"/> Genitourinary Painful / bloody urine Discharge: penis or vagina Concern with sexual function	<input type="checkbox"/> Gastrointestinal Heartburn / reflux Nausea / vomiting / diarrhea Pain in abdomen	
<input type="checkbox"/> Cardiovascular Chest pain / discomfort Palpitations Short of breath with exertion	<input type="checkbox"/> Neurological Headaches Memory loss Fainting	<input type="checkbox"/> Psychiatric Anxiety / stress Sleep problems Other:	
<input type="checkbox"/> Musculoskeletal Muscle / joint pain Recent back pain	<input type="checkbox"/> Breast Breast lump / skin texture change Nipple discharge	<input type="checkbox"/> Endo Cold / heat intolerance Increased thirst / appetite	
MEDICATIONS List all prescription and non-prescription medicines, birth control, vitamins, home remedies, herbs, etc.			
Medication (Name or description)	Dose (How much/how many?)	Times per day	
ALLERGIES			
OTHER INFO WE SHOULD KNOW:			
HEALTH MAINTENANCE SCREENING TESTS			
PAP TEST	Date:	Results: Normal   Abnormal Details:	
PELVIC EXAM	Date:	Results: Normal   Abnormal Details:	
TESTICULAR EXAM	Date:	Results: Normal   Abnormal Details:	
SOCIAL HISTORY			
Relationship Status: Single Dating In a relationship Married Divorced / Separated Widowed	Sexual Activity: Currently sexually active? Yes ___ No ___ Ever been sexually active? Yes ___ No ___ Birth Control Method: Condom Pill IUD Other Ever had an STI/STD? Yes ___ No ___	Tobacco Use: Never Cigarettes Snuff Chew How often? Quit date:	Alcohol Use: No ___ Yes ___ How often? Recreational Drug Use: No ___ Yes ___ What? How often?
If applicable: Age at start of periods ___ Date of last period ___ Have you been pregnant before? No ___ Yes ___ If Yes please list the number of: Pregnancies Births Abortions Miscarriages			

# the exam room

## DURING THE APPOINTMENT.

Your appointment may include lots of questions the provider has for you, some tests to check your body, and time for you to ask questions. During the appointment, here is how you can talk with your healthcare provider and get the right healthcare for you!

**\* BE HONEST, BE YOU** You deserve to be yourself at any healthcare visit! It's important to be honest when you talk to your healthcare provider. If they have questions, it's important to answer truthfully. This means about any behaviors - even if this makes you feel nervous or embarrassed. This also means about your identity - even if they don't understand your identity, you have the right to be you!

**\* USE I STATEMENTS** Remember to **Express Yourself** by using I Statements. Starting your sentences with "I statements" can help you state your needs and also correct mistakes. Here are some examples of "I statements" - *I am concerned about these things... I am here today because... I think it's important that you know...*

**\* ASK YOUR QUESTIONS** You get to ask questions before, during, and after your visit. Writing down your questions ahead of time can help you feel prepared. You can also ask for clarification in the moment if you don't understand what the clinician is saying.

Examples of possible follow up questions are on the next page.



# example questions

## QUESTIONS FOR AN ILLNESS OR SYMPTOM:

- ☐ Can you draw me a picture or show me what's wrong? (Sometimes medical terms can be confusing, so don't be afraid to ask questions.)
- ☐ What causes this type of problem?
- ☐ Is this serious?
- ☐ Will there be any long-term effects of this problem?
- ☐ Can I give this illness to someone else, and if so, how and for how long?
- ☐ How can I prevent this from happening again?

## QUESTIONS FOR MEDICATIONS:

- ☐ What does this medicine do?
- ☐ What will happen if I don't take it?
- ☐ What are the side effects?
- ☐ How long should I take it?
- ☐ Should I stop the medicine if I feel back to normal?
- ☐ What if I accidentally miss a dose?
- ☐ If I don't notice any improvement, how long should I wait before calling you?

## QUESTIONS FOR TESTS & TREATMENTS:

- ☐ Why is this test needed?
- ☐ What will happen if I don't get the test?
- ☐ Are there any risks involved?
- ☐ Are there any side effects?
- ☐ How should I prepare for the test or treatment?
- ☐ How do I get the test results?

## bad experience or tough talk?

A **Tough Talk** or healthcare visit could still go bad — even if you do everything right. Remember - you have the right to feel hurt, mad, upset, frustrated, or any other feeling you have. You also have the right to express yourself.

Here are some things that may help:

- \* Take a deep breath and move your body.
- \* Do something that makes you feel happy and supported.
- \* Vent to a friend.
- \* Find another supportive adult or healthcare provider to talk to. If you would like, invite your supportive adult or friend to come with you next time.
- \* Write a letter to yourself or the person to hurt you. Share your needs, feelings, boundaries, limits, and requests.
- \* Look for new resources.
- \* Set new goals.
- \* Try the **Tough Talk** again when you are ready. Maybe this can happen after a fun together time.
- \* Tell the person who hurt you how they affected you using the Tough Talk Tips.
- \* Check out this zine by Chicago-based artist Bria Royal at [rjposters.com/zine](https://rjposters.com/zine) for some help on how to do this.

## love language: quiz results

Which colors do you have the most of? That's your Love Language! (It's OK to have more than one!)



### ACTS

**YOU APPRECIATE WHEN SOMEBODY OFFERS TO DO SOMETHING FOR YOU.**

**Example:** help with chores, cooking, or homework.

**What you want most:** "let me do that for you."



### SPECIAL GIFTS

**YOU APPRECIATE THE LOVE, THOUGHTFULNESS, AND EFFORT BEHIND A GIFT.**

**Example:** somebody buying you that shirt you love that you pointed out last time you went shopping together.

**What you want most:** a gift that shows that you are known, heard, and loved.



### TIME

**YOU APPRECIATE EXPERIENCES AND TIME SPENT TOGETHER.**

**Example:** cooking dinner, going to the park, or playing basketball together.

**What you want most:** spending time together without distractions.



### PHYSICAL CLOSENESS

**YOU APPRECIATE TOUCH, INTIMACY, AND BEING CLOSE.**

**Example:** holding hands, hugs, kisses, cuddling, and pats on the back.

**What you want most:** thoughtful and sincere touches that show concern, care, and love.



### PRAISE

**YOU APPRECIATE UNASKED-FOR KIND WORDS AND COMPLIMENTS.**

**Example:** "I really admire how generous you are."

**What you want most:** to hear "I love you" and why.

## resources

## Planned Parenthood

[www.plannedparenthood.org/teens](http://www.plannedparenthood.org/teens)

Schedule an appointment, chat, find quizzes, articles and information just for teens about your body, birth control, STDs, sex, LGBTQ issues, dating, friends, and family.

### Sex, Etc.

[www.sexetc.org](http://www.sexetc.org)

An online magazine with videos, blogs, and games about written by teens and for teens, about birth control, pregnancy, your body, LGBTQ, relationships, violence and sex.

## Scarleteen

[www.scarleteen.com](http://www.scarleteen.com)

An online magazine with blogs and articles about identity, relationships, reproduction, birth control, STDs, and more.

## Love is Respect

[www.loveisrespect.org](http://www.loveisrespect.org)

Quizzes and info about relationships.  
Get help if you or someone you know  
is in an unsafe relationship.

## The GLBT National Help Center

[www.glbthotline.org](http://www.glbthotline.org)

Provides peer support, communication, connections, and info to people regarding sexual orientation and/or gender identity. Call 1-888-843-5464 or visit their website.

## Spot On

Spot On is a period tracking app run by Planned Parenthood. You can use it to track your period and record what you notice about your body, mood, and activity. The best part? It's not gender specific.

## Roo

[www.plannedparenthood.org/learn/  
roo-sexual-health-chatbot](http://www.plannedparenthood.org/learn/roo-sexual-health-chatbot)

A free and private chat bot that will answer all of your awkward questions about sexual health, relationships, growing up, and more.

## notes

[illegible]



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