



LiFT

teen guide

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.

This book belongs to:

name _____

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

other: _____

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ask me!

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

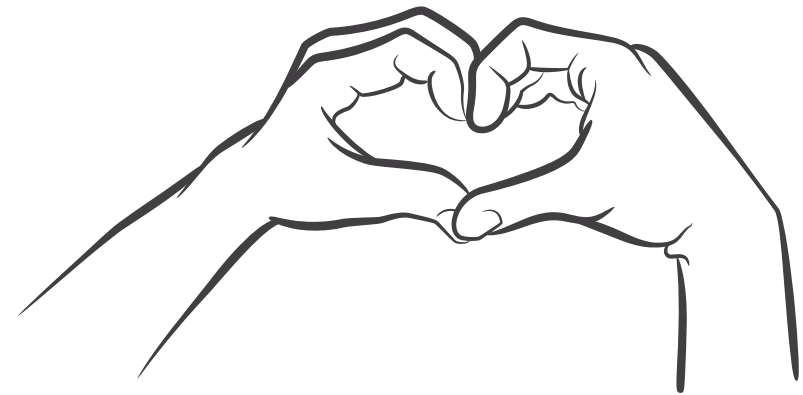
Pick 3 of these questions and discuss them with the person you came with. You can take turns asking and answering questions, or you can both answer the same questions.

- 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

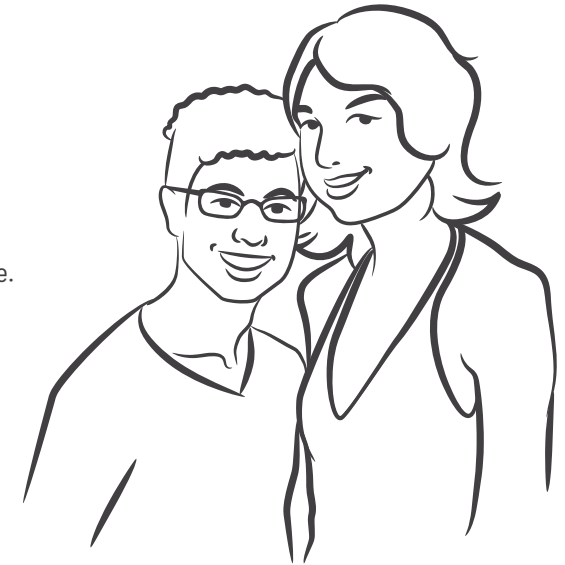
Connection

is a positive, ongoing, emotional bond between friends or family members.¹



Sexuality

is all the ways that your sex, gender identity, sexual orientation, sexual interests, and sexual behaviors shape and are shaped by your emotional, physical, social, and spiritual life. Sexuality is influenced by your family and the social norms of your community, as well as who you are and can expand/evolve/grow/change over time.²



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

² Planned Parenthood Federation of America. (2023, November 1). Retrieved and adapted from <https://www.plannedparenthood.org/learn/glossary>

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.)

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! Not every adult is as supportive as they should be. If you feel that having a **Tough Talk** might be dangerous...Who are other trusted adults (teachers, relatives, faith leaders, family friends) who you may be able to talk with?

Adapted from: www.plannedparenthood.org/teens/relationships/talking-with-your-parents-about-sex

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:

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 unreceptive to your point of view.)
- ✓ How will you check in with your emotions during the talk?

📍 Other ways to Express Yourself:

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:

If you start to feel too worked up, it's OK to take a break. You can 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. Which of the following is the best gift you could receive for a birthday or special occasion?

-  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.
-  Lots of big smiles and compliments.

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

-  They help you with an important project.
-  They surprise you with your favorite treat.
-  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 or movie in a series you like 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.

Turn to page 23 of this book to learn what your Love language is.

My Love Language is:

You can speak my Love Language by:

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/.

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 everyone involved is free from the influence of drugs or alcohol.

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.

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!

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 SAID NO? 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. Is it OK if we ___ 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/ 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. 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 bubble, 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.




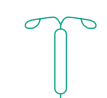


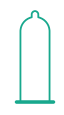










REMEMBER!

- ✓ Oil-based lubricants such as massage oils, baby oil, lotions, or petroleum jelly should never be used with latex condoms – it can cause them to break.
- ✓ Condoms are easy to use and 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/polyisoprene (non-latex) 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 use correctly, works well with your body, and fits your needs.

Check out plannedparenthood.org/learn/birth-control for more info.

GREAT More than 99% effective				CONDOMS Internal & External	
Works hassle-free up to...					
3 YEARS  The implant	3-8 YEARS  Hormonal IUD	12 YEARS  Copper IUD	 Internal Condoms		
PRESCRIPTION REQUIRED			 External Condoms		
VERY GOOD 91 - 94% effective					
Needs to be used...					
DAILY  Opill <small>(no prescription required)</small>	WEEKLY  The patch	MONTHLY  The ring	EVERY 3 MONTHS  The shot (Depo-Provera)	<input checked="" type="checkbox"/> Condoms can be used with all other types of birth control methods.	
 The pill	PRESCRIPTION REQUIRED			<input checked="" type="checkbox"/> Condoms protect against pregnancy and STDs, including HIV.	
<input checked="" type="checkbox"/> Condoms are 98% effective at preventing pregnancy if used perfectly each time. Most people aren't perfect, so in real life condoms are about 87% effective.					
GOOD 76 - 88% effective					
Must be used each time you have sex to be effective.					
 Contraceptive Gel (Phexxi) <small>(Prescription Required)</small>	 Withdrawal	 Diaphragm	 Cervical Cap	 Fertility Awareness	Abstinence is the most effective way to prevent pregnancy and STDs.
NO PRESCRIPTION REQUIRED					

BOTH copper IUDs and some hormonal IUDs (Liletta and Mirena) can be used as Emergency Contraception in addition to several different types of pills. IUDs are the most effective.

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 sexetc.org/action-center/sex-in-the-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

is is not legal in my state.

Other info: _____

If abortion is legal in your state, 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.

Learn more at abortionfinder.org



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 other languages than 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.
- ✓ If you require confidentiality for any reason, 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.**

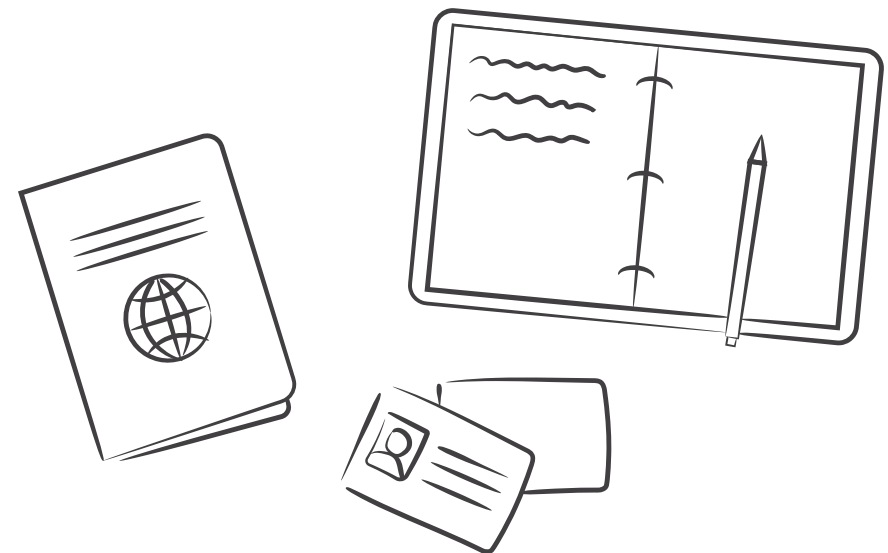
get ready

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). In this case, family means people who are genetically related to you.

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 the 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 about the types of sexual contact you have had so the medical provider can recommend the right tests and potential medications. 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. Providers ask this question to understand what kind of body parts you have which helps them provide care. It's important to give the clinic accurate information while still being true to your identity. If this is the only question on their intake form, they are leaving out people who don't identify with the sex they were assigned at birth and intersex folks. It is okay to leave this question blank if it doesn't work for you.

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:			
Constitutional Recent fever / sweats Unexplained weight loss / gain Unexplained fatigue / weakness	Genitourinary Painful / bloody urine Discharge: penis or vagina Concern with sexual function	Gastrointestinal Heartburn / reflux Nausea / vomiting / diarrhea Pain in abdomen	
Cardiovascular Chest pain / discomfort Palpitations Short of breath with exertion	Neurological Headaches Memory loss Fainting	Psychiatric Anxiety / stress Sleep problems Other:	
Musculoskeletal Muscle / joint pain Recent back pain	Breast Breast lump / skin texture change Nipple discharge	Endocrine 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 ___ 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 helpful to be honest with your healthcare provider so that they can give you the care you need. We also know that not every provider will be supportive, so try to be as honest as you can while keeping your safety in mind.

*** 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?
- Does this medicine not mix well with other medications or have negative affects with other medications?

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 who 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 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 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

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

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

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

Love is Respect

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

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

www.plannedparenthooddirect.org/spot-on-period-tracker

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

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

notes



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