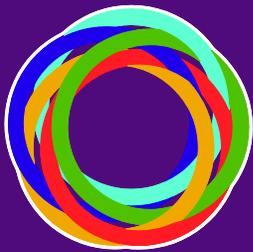


KNOWLEDGE TO ACTION: Helping Teens Access Health Services

**Supplemental Lesson for Use
with Evidence-Based Teen
Pregnancy Prevention Programs**



appcnc

Adolescent Pregnancy Prevention
Campaign of North Carolina

Developed by:

**Adolescent Pregnancy Prevention
Campaign of North Carolina**

in partnership with the

Gaston County Health Department

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Foreword

As professionals in the field of teen pregnancy prevention, we know that knowledge of contraceptive methods is a key component of effective pregnancy prevention programs. However putting this into practice requires more than just knowledge of contraceptive methods. Teens face unique barriers to accessing quality reproductive health care services, including lack of knowledge about places in the community where they can access reproductive health care as well as questions about their rights, privacy, and confidentiality.

Beginning in September 2011, in an effort to lower these barriers and increase the intention of teens to access quality health services, as part of the Gaston Youth Connected project, staff from the Adolescent Pregnancy Prevention Campaign of North Carolina, developed *Knowledge to Action: Helping Teens Access Health Services*, in partnership with staff from the Gaston County Health Department. Since that time, this module has undergone a series of revisions based on the input of Cicatelli Associates, Inc. and Healthy Teen Network.

Knowledge to Action: Helping Teens Access Health Services was designed to be a supplemental lesson for use with evidence-based teen pregnancy prevention programs or as a standalone lesson to increase teens' ability and intention to access reproductive health services. To date, evaluation data from pre and posts tests indicates that teens who participated in this module showed an increase in knowledge about minors' rights; an increase in knowledge about where to access condoms, birth control, and clinical services; and an increase in intention to access clinical services, if needed.

About Adaptation:

Knowledge to Action: Helping Teens Access Health Services can be adapted for use in your community. The information about minors' rights and North Carolina's laws in Module 1 and about law and policies governing the dispensation of Emergency Contraception in Module 3 would need to be adapted to reflect the state laws of states other than North Carolina. Similarly, the information in *Knowledge to Action: Helping Teens Access Health Services* that is specific to the Gaston County Health Department and its Teen Wellness Centers would require adaptation to reflect the information about vetted, teen-friendly reproductive health care providers.

It is essential that program implementers ensure that the providers of reproductive health care mentioned in their adaptation of *Knowledge to Action: Helping Teens Access Health Services* meet basic criteria for teen-friendliness of reproductive health services, including

- providing a sexual health assessment as a routine part of clinical care for teens and
- offering a variety of birth control options.

In addition, teens are more likely to access clinical care if they perceive the care to be

1. high-quality,
2. confidential,
3. free or very low cost, and
4. easy to access through same-day, next-day, or walk-in appointments.

If the health care providers you are promoting via *Knowledge to Action: Helping Teens Access Health Services* do not meet these criteria, we suggest that you work first to improve the teen-friendliness of care at these providers before adapting *Knowledge to Action: Helping Teens Access Health Services* to include information about providers. If teens have a negative experience at a health care provider, they will be less likely to return in the future.

If you implement *Knowledge to Action: Helping Teens Access Health Services* in your community, please consider using the suggested evaluation questions found in Appendix 3 to assess the changes in knowledge and intention resulting from participating in the Lesson.

If you intend to adapt and implement this lesson in your community or if you have questions about evaluation data, criteria for considering a reproductive health care provider to be “teen-friendly”, or adaptation of *Knowledge to Action: Helping Teens Access Health Services* to reflect the teen-friendly reproductive health care options in your community, please contact Sarah Davis at APPCNC.

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Linking Teens to Clinical Services

A Supplemental Lesson for Use with Evidence-Based Programs

Gaston Youth Connected/APPCNC

Objectives:

Youth participants will

1. Describe minors' rights to access birth control and other health services in North Carolina.
2. Describe places in their community where they can access reproductive health services.
3. Describe key aspects of having an appointment for reproductive health services including
 - a. how to make an appointment and
 - b. what to expect during an appointment.
4. Analyze minors' rights, conversations with doctors, and conversations with pharmacists as they relate to sexual and reproductive health.

Key to Symbols:

- Things the facilitator says
- Things the facilitator does
- Italicized Text* Suggested participant responses; facilitator should say if participants do not
- [Text] Facilitator Notes, for use if needed
- [p1] Page numbers are noted in the header for handouts with multiple pages
- Activity 1.2* Asterisk indicates there is an alternate version of this activity or handout

MODULE 1: Know Your Rights! Minors' Rights to Consent

Module Objective: Youth participants will describe minors' rights to access birth control and other sexual and reproductive health services in North Carolina.

Time of Lesson: 30 minutes

Activities:

- 1.1 Preview the Lesson
- 1.2* Minors' Rights True/False
- 1.3 Review of Minors' Rights
- 1.4 Minors' Rights Group Discussion (optional)
- 1.5 Making the Connection to Health Services

Planning Notes/Supplies:

- Chart paper and markers
- Pen/pencil for each participant
- A sign that says "YES" in letters big enough to read from a distance
- A sign that says "NO" in letters big enough to read from a distance
- Participant copies of Handout A: Minors' Rights to Reproductive Health Care*
- Participant copies of Teen Health Services brochure
- Do not give Teen Health Services brochure to participants until after you have reviewed the correct answers using Handout A*.

* Handout F: Minors' Rights to Reproductive Health Care (for use with ACTIVITY 1.2 – Alternate Version)

Process:

ACTIVITY 1.1 – Preview the Lesson [5 minutes]

- Today we are going to talk about how you can overcome barriers that teens may face when they try to access reproductive health services or other medical services.
- Let's brainstorm. What are some things that might make it difficult for teens to get health services they need, including reproductive health services?
- Ask participants to list things that might prevent them from getting health services when they need them. Record responses on a piece of chart paper.

Don't have enough money; don't have their parent's permission; the doctor's office is closed by the time they can get there from school; don't want their parents to find out they are having sex; don't know what kind of medical service they need; transportation barriers (no car, etc.); don't want other people to know why they are at the doctor's; etc.

- Add the reasons listed above if the participants haven't mentioned them.
- We are going to keep coming back to this list for the rest of the module.
- Leave the chart paper up for the rest of the module. As you progress through the three modules in this lesson, point out when you are discussing a topic that relates to something on the list.

ACTIVITY 1.2* – Minors' Rights True/False [15 minutes]

- Some of the things on the list we just made deal with teens needing to get permission from their parents or guardians before going to see a doctor. Let's start by talking about the rights that minors have when it comes to accessing birth control and sexual health and reproductive services. Who knows what a minor is?

A minor can have a different meaning depending on what state you are living in. In North Carolina, a minor is anyone who is under the age of 18 and who is not married or legally emancipated. In many cases minors have restricted rights compared to people 18 or older.

[Facilitator Note: Legal emancipation in North Carolina means that a court has allowed a young person over the age of 16 to be independent and free from their parents or guardians control and responsibility. And the young person's parents or guardian no longer have to be legally responsible for the child.]

- Let's look at some statements that young people often have questions about when they are seeking sexual and reproductive health services.
- Hand out a pen/pencil and a copy of Handout A: Minors' Rights to Reproductive Health Care * to each participant.

- For this part of the activity, work alone. Read each statement on the checklist and circle either “Yes” if you think the statement is true or “No” if you think the statement is false. If you’re not sure about a statement, make your best guess but you must choose either “Yes” or “No” for each statement.
- Allow about 5-6 minutes for participants to complete the checklist.
- While participants complete their handouts, post the “YES” sign on one side of the room and the “NO” sign on the other side of the room.
- Review the correct answers to the activity.
- Read the first statement and asking the teens to move to the sign that is the same as their response to that statement (YES or NO).
- Inform students of the correct answer. Tell them they can correct their own handout.
- Repeat for each statement.
- Avoid lengthy discussion of any statement and try to keep the group moving along so that you can stay within the time limit for the lesson.

[Facilitator Note: In North Carolina the age to legally consent to sexual activity including vaginal, anal and oral sex is 16. This is meant to protect minors from being forced into sex with adults.]

[Facilitator Note: One type of EC is available without a prescription, regardless of age. Other types of EC require a prescription, depending on age. Any young person, regardless of age, can purchase Plan B One-Step over the counter at the pharmacy. Teens under the age of 17 must have a prescription from a doctor if they want to purchase Next Choice and Next Choice One Dose. Anyone age 17 and older can get Next Choice and Next Choice One Dose over the counter at a pharmacy without a prescription. Everyone, regardless of age, needs a prescription to get ella. If teens under the age of 17 need a prescription from a doctor to purchase EC they have the right as a minor to confidentially access a doctor to get the prescription. We will talk more about EC later in the lesson.]

- Refer to the answer key on page 10.
- After discussing each statement, have a brief discussion of why minors’ rights matter.
- Why do you think it is important for all young people to have this information?
- Get about 3 responses then move on.
- It is important for you to know that these laws were created to help protect minors and make it easier for you to get the reproductive and sexual health services you may need. We still encourage you to involve your parents or a trusted adult in the decisions that affect your health but if you can’t do that, just know that these laws can help you.

Answer Key:

Minors' Rights to Reproductive Health Care Checklist

As a minor in North Carolina...

I need my parent's or guardian's permission to get tested for STDs/STIs	Yes	No
A doctor has to tell a young female's parent or guardian if she is getting a pregnancy test or if she has a positive pregnancy test	Yes	No
I have to be a certain age to buy condoms	Yes	No
I have to be a certain age to legally consent to have vaginal, anal and oral sex in North Carolina	Yes	No
A young female needs her parent's or guardian's permission to get a prescription for birth control pills, patches or vaginal ring	Yes	No
A doctor has the right to tell a young person's parents or guardian that he/she has a positive STI or HIV test	Yes	No
A young female needs her parent's or guardian's permission if she is getting an IUD or Implanon Insertion	Yes	No
A young female needs her parent's or guardian's permission if she is getting prenatal care	Yes	No
I need my parent's or guardian's permission to get tested for HIV/AIDS	Yes	No
A young female needs her parent's or guardian's permission if she is getting the contraceptive shot (Depo-Provera)	Yes	No
A young person under the age of 17 has to have a prescription to get Emergency Contraception	Yes	No

Source: [An Overview of Minors' Consent Laws](#). *The Guttmacher Institute State Policies in Brief*, 2011.

ACTIVITY 1.3 – Review of Minors’ Rights [5 minutes]

- Distribute a copy of the Teen Health Services brochure to each participant.
- Ask a participant to read the Minors’ Rights to Consent statement inside of the box on the front cover of the brochure.
- Tell participants not to look at the other parts of the brochure yet. They will be discussed later in the module.
- Clarify any language or technical terms on the front cover that are unclear to participants. Put into simple language.

- As young people you have the right to consent to all of these services. You also have the right to access these services confidentially. Confidential means that a doctor or other health care provider cannot talk to other people, including parents or guardians, about any services that the young person can consent to on their own.

[Facilitator Note: In North Carolina, there is no bottom limit on the age at which a minor can consent these services. All medical providers must follow these laws, not just the public health department.]

- For example, doctors, nurses, and receptionists cannot tell your parent that you were tested for an STI or received birth control unless you tell them it is OK to tell your parent.

[Facilitator Note: In North Carolina, medical providers can tell a parent or guardian about services that their child has received, if those services require parental consent. Parents and guardians cannot be told about services that minors can consent to on their own, unless the minor signs a form allowing their parent to be told.]

- Even though your doctor or health care provider can't discuss their patient's conversations, physical examination, medical history, and test results with other people, even the patient's parents, they are required by law to report if the young person is harming themselves or others, or if someone is harming the young person.

[Facilitator Note: In North Carolina, minors also can consent to treatment for abuse of alcohol or controlled substances (drugs) and can consent to treatment for emotional disturbance or mental health. Minors do not need the permission of parents or guardians to receive these services.]

- Ask another participant to read the “Things to Consider When Seeking Health Services” tips under the box on the cover of the Teen Health Services brochure.
- All of the staff at clinics and doctor’s offices must follow the laws protecting confidentiality, but if you are concerned about confidentiality, you can always ask. For example you can say, “If I receive any type of services at your clinic or doctor’s office will you tell my parents or guardian?” Following these tips can help ensure that your visit is kept private.
- Ask the participants if they have any questions about anything they heard or learned in this lesson. Briefly address questions and put things on the “Parking Lot” that will be discussed in later modules of this lesson.
- Ask them to set aside the brochure for now. You will all come back to it later.

ACTIVITY 1.4 – Minors’ Rights Group Discussion (Optional)

ONLY IF TIME PERMITS, use one or more of the following questions to stimulate a group discussion.

- How has learning this information impacted your ability to access reproductive and sexual health services? How can learning your rights as minors help you be more confident when you go to the doctor?
- Were you surprised to learn about any of these rights that young people have when it comes to accessing health services for their reproductive and sexual health needs?
- Who else do you think needs to know about this information? How would you inform them?
- How are you going to inform the young people in your community about their rights to sexual health and reproductive services?

ACTIVITY 1.5 – Making the Connection to Health Services [5 minutes]

- Let’s look back at the list of things that might prevent teens from accessing health services. Which things on the list have we talked about?

Don’t have enough money; don’t have their parent’s permission; don’t want their parents to find out they are having sex; etc.

- As teens say barriers they have talked about in this module of the lesson, put a check mark next to them on the list.
- Do you feel like the things I just put a check mark next to are less of a barrier than you did at the beginning of our discussion?
- Great! We are starting to see that there are fewer barriers to you getting the health care you need and that there are ways to overcome barriers that exist.
- Hopefully teens feel that these issues are less of a barrier. If a teen feels that something you have already discussed is still a major barrier, you can ask other teens what they think can be done to make it less of a barrier.
- If teens mention a topic on the list that you will talk about in another part of the lesson, tell them you will talk about it later in the lesson. Keep the discussion brief. You have other topics to get to!
- If teens identify other barriers, you can add to the list.
- You have just learned about very important rights that you have to access medical services, even though you may be younger than 18. Remember that these laws were created to help protect all minors in North Carolina and make it easier for you to get the reproductive and sexual health services you may need. You have the power to exercise these rights every time you access sexual and reproductive health services.

MODULE 2: Planning and Keeping Clinic Appointments

Module Objectives: Youth participants will describe places in their community where they can access reproductive health services. Youth participants will describe key aspects of having an appointment for reproductive health services, including how to make an appointment and what to expect during an appointment.

Time of Lesson: 25 minutes

Activities:

- 2.1 Introduce Teen Wellness Center Locations and Services
- 2.2 How to Make an Appointment
- 2.3 Preparing to Visit a Medical Provider
- 2.4* Making an Appointment – Scripted Role Play – OPTIONAL ACTIVITY
- 2.5 Making the Connection to Health Services

Planning Notes/Supplies:

- Chart paper and markers
- List of barriers to teens accessing health services (created in MODULE 1)
- Participant copies of the [Teen Health Services brochure](#)
- Two copies of [Handout B: Script for Making an Appointment*](#) (one for each volunteer) -- OPTIONAL

* Two copies of [Handout G: Script for Making an Appointment](#) (one for each volunteer) (for use with ACTIVITY 2.4 – Alternate Version) -- OPTIONAL

Process:

ACTIVITY 2.1 – Introduce Teen Wellness Center Locations and Services [2 minutes]

- We have already talked about what services you (as a minor) have the right to receive, with or without parent permission. And just a reminder, when we say parent, we are referring to your parent or legal guardian.
- Now we are going to discuss some options for where you can go to get medical services in Gaston County and what you can expect when you get there.
- In Gaston County, there are health centers where teens who are 19 years old or younger can get medical care for many different reasons, all in one place. They are called the Teen Wellness Centers, and they are just for teens. The main health center is the Teen Wellness Center at the Gaston County Health Department in Gastonia. There are also wellness centers in Cherryville, Bessemer City, and the Highland community.
- Ask participants to look at the back cover of their Teen Health Services brochure where it says “Health and Medical Services for Teens in Gaston County”.
- The Teen Wellness Centers have excellent medical services and providers who are trained about protecting the confidentiality of their teen patients.
- The main Teen Wellness Center at the Gaston County Health Department is a separate area just for teens. It has its own entrance and is not open to the rest of the health department.
- The services provided at the Teen Wellness Centers are usually free or very inexpensive for teens.
- It’s easy to get an appointment at any of the Teen Wellness Centers for a variety of different services.
- Even though you can make an appointment in advance, you can also walk in to the Teen Wellness Centers in Highland and at the Gaston County Health Department without making an appointment in advance. We’ll talk more about that in a minute.
- There are many different services available at the Teen Wellness Centers. Routine health exams every year or two are an important part of staying healthy as teens and young adults. In addition to routine health check-ups, sexually active teens should get tested every year for sexually transmitted diseases. Young women can also make appointments to discuss their options for getting on birth control. The Teen Wellness Centers can provide many birth control options including IUDs, Implanon, and birth control pills. You can also get emergency contraception at the Teen Wellness Centers.
- All of these services are available at the Teen Wellness Centers listed on the back of your brochure above the grey box.

ACTIVITY 2.2 – How to Make An Appointment [3 minutes]

- What are some places that you have made an appointment before?

At the hairdresser's/barber shop, at the nail salon, at a doctor's office, at a photographer, etc.

- Making an appointment at the Teen Wellness Center is easy; it's really no different than making an appointment anywhere else.
- The Teen Wellness Centers have different types of appointments depending on what services you need. If you call ahead to make an appointment or make one online, you may be asked what services you need during the appointment.
- You can walk-in to the wellness centers and be seen on the same day, but calling the day before to make an appointment will probably reduce the time you have to wait once you get there.
- The phone number and website for making an appointment at the Teen Wellness Centers are in the grey box on the back of your brochure.
- The Teen Wellness Centers are not the only places in Gaston County that teens can go to for medical services.
- Some teens may prefer to go to their family doctor or another private doctor they are familiar with. There is not one right answer; you just need to decide what is best for you.

[Facilitator Note: If teens are concerned about the specific cost of going to the TWC, they can call ahead to ask how much their visit will cost. Private doctors charge differently for medical services and may prefer to bill the teen's parent's insurance for the cost of your services. If they are planning to use their parent's insurance they can check with the receptionist to find out if their parents will receive something in the mail informing them of their visit.]

- Ask them to set aside the brochure for now. You will all come back to it later.

ACTIVITY 2.3 – Preparing for a Visit to a Medical Provider [5 minutes]

- Once you have decided to go to the Teen Wellness Center, what can you do to get the most out of your visit?
 - As teens brainstorm ideas, write them on a piece of chart paper.
 - Answers may include making sure you have a ride, bringing your ID, insurance card or Medicaid card, get there early, make a list of questions.
 - If these don't get mentioned by the teens, you can add them.
 - Take a couple minutes to go over some of the main points.
- It's always a good idea to make a list of questions before your visit. That way, once you get there, you're sure to remember any questions or concerns you had leading up to your appointment.

- Why might you want to make a list of questions?

It will help you remember everything you want to ask about and get the information you need. It will show the doctor that you care about your health. It will make you feel more prepared and less nervous.

- Some of you mentioned bringing certain documents with you. What kind of documents might you want to bring?

Your ID (if you have one), your insurance card or Medicaid card (if you have one), a copy of your immunization history, other papers that contain your medical history.

- It's ok if you don't have these though. You can always ask when you make an appointment what to bring with you.

- Why is it a good idea to arrive a little early?

So you have time to find the right office and fill out paperwork.

- You can check with the receptionist on the phone to find out how early you should arrive.

- In general, any visit to the Teen Wellness Center or to a private medical provider will have a few steps in common.

- When you get to the health center or doctor's office, the first thing you will do is check in and fill out forms. These forms ask questions about basic health information. It is very important to be honest!

- Why is it so important to be honest on the forms?

Because the doctor won't be able to help you if they don't know the truth about your situation, because the doctors and nurses can't tell other people what you write, so you can make sure you get the help and advice you came there for.

- Remember, any information about things that you can consent to on your own is protected by confidentiality laws and can't be shared without your permission.

- While you are filling out paperwork, there might be many people coming in and out of the waiting area. If you worry about seeing someone you know in the waiting room, remember that no one will know why you are at the doctor (just like you won't know why someone else might be there)!

- During your visit, you may see more than one provider, including a doctor, nurses, and other health professionals. Each person who you see has a different role, and they all work together to provide you with the best medical services. Everyone you see follows the same laws about protecting your privacy and confidentiality.

- Before you leave, check your list of questions to make sure you have covered everything you wanted to talk about with the doctor. If you are visiting the clinic without your parent’s knowledge, be sure to discuss a way for your doctor to contact you without calling or mailing anything to your house.
- Ask participants if they have any questions or concerns about making health appointments and receiving health services. If you can’t answer them, take notes and then follow up at the next meeting.

ACTIVITY 2.4* – Making an Appointment – Scripted Role Play [12 minutes] -- OPTIONAL

- **This role play may be included or omitted. It is most appropriate with groups with younger teens that have less experience making appointments or with groups who seem more uncertain about making appointments.**
- Ask for two volunteers to come up and read the scripted role play.
- Tell teens that this role play will show one example of a teen setting up an appointment at the Teen Wellness Center.
- Give each volunteer a copy of Handout B: Script for Making an Appointment*, and assign one youth to play the part of the clinic receptionist and one youth to play the part of Jesse.
- A copy of the script is below:

Facilitator: Ring, Ring, Ring [*mimic telephone ringing*]

Receptionist: Good afternoon, this is the Gaston Teen Wellness Center!

Jesse: Hi, um I would like to make an appointment.

Receptionist: Sure, what kind of appointment do you need?

Jesse: Well, I think I’d like some birth control.

Receptionist: Okay, have you ever visited our clinic before?

Jesse: No, this is my first time.

Receptionist: Okay, great. First I’ll just need some information. What’s your name and date of birth?

Jesse: My name is Jesse Jones and my birth date is March 6th, 1994.

Receptionist: Thanks. We have four Teen Wellness Center locations. At which one would you like an appointment?

Jesse: I’d like to come to the main one at the health department on Hudson Avenue.

Receptionist: Great, now when would you like to come in?

Jesse: I'd kind of like to come in right away. We're out of school tomorrow and my sister can give me a ride before she has to go to work at 2. Do you have anything in the morning?

Receptionist: Just a minute, I'll check. (pause) We do have an appointment at 10:20 am, will that work?

Jesse: Yeah that's fine. So what do I need to do before my appointment?

Receptionist: Well since this is your first visit, you will probably have to do some paperwork when you get here. Try to get here about 15 minutes early so you can fill out some forms. Is there a phone number where we can reach you?

Jesse: Well, I haven't really talked to my parents yet about getting on birth control...

Receptionist: That's just fine, is it alright if we contact you on your personal cell number?

Jesse: Yeah, that's better. My cell phone number is 555-6789. Oh and I was going to ask, how much does all this cost? I don't have a job.

Receptionist: Don't worry, the cost to you will either be free or very low whether you use insurance, Medicaid or pay out of pocket.

Jesse: Okay that's good. And so if I want to get tested for STDs too, can I do that there?

Receptionist: Sure! Just let your clinician know that you'd like to be tested.

Jesse: Alright. Well, thank you.

Receptionist: Thank you and we'll see you tomorrow morning! Just give us a call if you need to cancel or change your appointment.

- Great! Thanks for that role play. What did Jesse do well when she made the appointment?
- Ask the whole group some debriefing questions about the role play.
- What did Jesse do well when she made the appointment?

She made sure to protect her confidentiality by mentioning to the receptionist that she had not talked to her parents about her visit and gave them her personal cell phone. It was also good that she knew her sister's work schedule because she was depending on her for a ride. It was good that she asked what she needed to do before her appointment. It was also good that she asked about payment and getting tested for STDs.

- Is there anything else you would have wanted to ask?

A teen might have wanted to ask how long the appointment would take, where they were located, what types of birth control they offered, what other services they offered, if they had doctors that worked especially with teens, etc.

[Facilitator's Note: If teens pay using their parent's insurance, then their parents may receive an explanation of benefits that describes the services the teen got. The Teen Wellness Center can offer other ways for teens to receive free or low cost services if they don't want to use their parent's insurance for this reason.]

- What are other types of appointments you might need to make?

Physical examinations, STI treatment, get a refill on a birth control prescription, appointments for mental or psychiatric disorders, appointments to receive information and ask questions about abstinence or relationships, visit to receive vaccinations, sick visit, etc.

- Do you feel like you would feel comfortable making an appointment? Why or why not?

ACTIVITY 2.5 – Making the Connection to Health Services [3 minutes]

- Let's look back at our list of things that might prevent teens from accessing health services. Which things on the list did we just talk about?

Don't have enough money; don't have their parent's permission; the doctor's office is closed by the time they can get there from school; don't want their parents to find out they are having sex; don't know what kind of medical service they need; transportation barriers (no car, etc.); don't want other people to know why they are at the doctor's; can't just walk in without an appointment, etc.

- As teens say barriers they have talked about in this module of the lesson, put a check mark next to them on the list.
- Do you feel like the things I just put a check mark next to are less of a barrier than you did at the beginning of our discussion?
- Hopefully teens feel that these issues are less of a barrier. If a teen feels that something you have already discussed is still a major barrier, you can ask other teens what they think can be done to make it less of a barrier.
- If teens mention a topic on the list that you will talk about in another part of the lesson, tell them you will talk about it later in the lesson. Keep the discussion brief. You have other topics to get to!
- If teens identify other barriers, you can add to the list.
- Looking at our list, it seems like we have talked about several of the things you thought made it harder to get medical services. We can see that these barriers are things that you can overcome and deal with. They don't need to stand between you and the care you need.
- And as you can see, teens have some great options for getting health services in Gaston County.
- Using the Teen Wellness Centers and other resources are a good way to take care of your own health.

MODULE 3: Bringing It All Together – Skills Practice

Module Objectives: Youth participants will analyze minors’ rights, conversations with doctors, and conversations with pharmacists as they relate to sexual and reproductive health.

Time of Lesson: 45 minutes

Activities:

- 3.1 Minors’ Rights – Case Study
- 3.2* Talking to a Clinician – Role Play
- 3.3* Facts About Emergency Contraception – True/False
- 3.4* Pharmacies as Health Resources – Case Studies
- 3.5 Making the Connection to Health Services

Planning Notes/Supplies:

- Chart paper and markers
- A sign that says “TRUE” in letters big enough to read from a distance (posted)
- A sign that says “FALSE” in letters big enough to read from a distance (posted)
- List of barriers to teens accessing health services (created in MODULE 1)
- Participant copies of the Teen Health Services brochure
- Participant copies of Handout C: Minors’ Rights Case Study
- Participant copies of Handout D: Talking to a Clinician About Birth Control*
- Participant copies of Handout E: Pharmacy Scenarios Involving Birth Control*

* Participant copies of Handout H: Talking to a Clinician About Sexual Development (for use with ACTIVITY 3.2 – Alternate Version)

* Participant copies of Handout I: Talking to a Pharmacist About Health Questions (for use with ACTIVITY 3.3/3.4 – Alternate Version)

Process:

ACTIVITY 3.1 – Minors’ Rights Case Study [7 minutes]

- We talked earlier in the lesson about rights that minors have to get certain medical services with or without the permission of their parent or guardian. Who can remember some types of medical services that fall into this category?

Testing and treatment for STIs including HIV/AIDS, contraceptive services like getting a prescription for birth control, pregnancy testing and prenatal care, treatment for abuse of alcohol or controlled substances (drugs) and can consent to treatment for emotional disturbance or mental health.

- Great. And we also talked about patient confidentiality. Now we are going to apply what we’ve learned to some real world scenarios.
- Distribute Handout C: Minors’ Rights Case Study to small groups or pairs.
- Give the groups or pairs a couple minutes to read and discuss the questions.
- Ask for a volunteer to read the scenario. A copy of the scenario is below:

Bryant walks in to the doctor’s office five minutes early for the appointment that he scheduled a couple days ago after he started noticing a strange discharge from his penis. He and his partner started having sex about a month ago, and he is worried he may have an STI. Bryant wants to talk to his regular doctor about getting tested and treated, if he has an STI. When Bryant arrives at the office and goes to register, the receptionist asks him how old he is. Bryant is 15. The receptionist says, “Will your parent or guardian be joining you?” Bryant says that his mom is at work. The receptionist says, “That’s OK. You can still see the doctor, and if you want your mom to come to another appointment in the future, you can talk to the doctor about having that conversation.” Bryant feels relieved that he will get to see the doctor today.

- Facilitate an analytical discussion using the following guiding questions:

- What did Bryant do well in this scenario?

He made an appointment to talk to a doctor about a possible STI that he is worried about. He planned ahead and scheduled the appointment early. He gets to the office before his appointment time.

- What were Bryant’s rights in this situation?

He had the right to make and keep an appointment with his doctor to talk about getting tested and treated for an STI. He had the right to talk to his doctor without the permission of his

parents or guardians, according to laws in North Carolina protecting Minors' Consent. He has the right to go to the doctor's office without worrying that someone who works there will tell anyone that he was there. This privacy is protected by laws about patient confidentiality, sometimes called HIPAA.

- The receptionist mentioned that Bryant could talk to the doctor about involving his mom in a future visit. What might be some advantages of this?

Some types of services require parent or guardian consent, so it might be easier to have a parent there if you need multiple services during an appointment. Involving parents or guardians in a teen's medical care can support more open communication between parents/guardians and teens.

In any case, it is a good idea to talk to the doctor or clinician about involving a parent or guardian so that you can consider what makes most sense for you.

[Facilitator note: Even if a parent or guardian joins a teen at medical appointment, the teen can still have private time with the doctor or clinician without the parent/guardian in the room. A parent or guardian must give permission for a minor to have services that are NOT covered by the minors' consent laws.]

[Facilitator note: Some teens may not feel comfortable or safe involving their parent or guardian in services that are protected by the minors' consent laws. In some cases, teens may get more comfortable over time, while other teens will continue to seek services on their own. Either scenario is OK, and the best choice will vary by teen.]

ACTIVITY 3.2* – Talking to a Clinician – Role Play [10 minutes]

- Quickly review birth control methods, focusing on the most effective methods. (No more than 5 minutes)
- We talked a few lessons ago about different types of birth control. Who can remember the different types of birth control?
- As a group, quickly brainstorm a list of birth control methods.
- Record responses on a chalkboard or on a piece of poster-paper. Put a star by the most effective methods (Implanon or other implants, Depo or other injections, IUDs).
- The methods you have listed can all be effective at preventing pregnancy; I've put a star beside some methods that are particularly effective. These methods are unique because you don't have

to deal with them on a daily basis. They can last for months, or depending on the method, years, which you might find more convenient than something you have to remember on a daily basis.

- Alright, now let's brainstorm topics that are important to talk to a doctor about.
- Record responses on a piece of chart paper.

e.g. choosing a birth control method, how to detect and treat an STI, healthy eating, depression, getting enough exercise, earaches, etc.

- Transition to a scripted role play about talking to a doctor or other clinician about sexual health.
- Pass out copies of Handout D: Talking to a Clinician About Birth Control* to everyone in the group.
- Ask two volunteers read a scripted conversation between a doctor and a teenage patient as the rest of the group (and the facilitator) reads along on a handout.
- A copy of the script is below:

Scenario:

Janessa is seeing her doctor. Dr. Philips has asked Janessa's mom to leave the room in order to talk to Janessa privately about her reproductive health.

Dr. Philips: I'd like to talk to you about your reproductive health. Do you have any questions for me?

Janessa: Well, I'm wondering about birth control.

Dr. Philips: OK. That's a good thing to wonder about. Are you already sexually active?

Janessa: Kind of. My boyfriend and I have had sex a few times.

Dr. Philips: Are you using any types of birth control now?

Janessa: Yeah. Condoms. Just that.

Dr. Philips: And how regularly do you use condoms?

Janessa: Most of the time. Really we have only *not* used them a couple times.

Dr. Philips: Well, regular and correct use is important. Are you happy using condoms?

Janessa: Yes but... I don't know; I kind of don't like them.

Dr. Philips: Tell me about that.

Janessa: I like that I can get free condoms at the Teen Wellness Center. But sometimes I forget to take them out with me, plus it can be hard to think about using one, um, you know, when we are getting ready to have sex.

Dr. Philips: Have you heard about any other types of birth control? There are several that you might want to think about.

Janessa: Yeah, the pill and stuff. I know some girls who get a shot. I don't know what would be the best for me. The pill seems easy, but don't you have to take it every day? I'm worried I might forget it.

Dr. Philips: OK, it sounds like you want something that you don't have to take every day or have with you when you are having sex.

Janessa: Yeah, that's right.

Dr. Philips: Well, there are a few options that fit that description. You might consider Depo-Provera, an Intra Uterine Device or IUD such as Mirena, or Implanon. [Doctor Philips goes on to describe what each method is and how they are used.]

Janessa, whatever method you choose, it's important to remember that none of these methods, except condoms, will protect you from an STI. You and your partner should get tested and treated for STIs before you have sex again. And after that, you should continue to get tested regularly.

- Quickly form participants into groups of 2 or 3.
- In your group, take 2 minutes to read the guiding questions and come up with some answers.
- After 2-3 minutes, ask for groups to report out answers and facilitate a discussion using the following guiding questions:
 - Look at the underlined parts of what Dr. Philips says. Why do you think she says these things? What is she trying to find out?

It is important for Dr. Philips to know that Janessa is sexually active and what she is using for birth control now. Dr. Philips needs to know what she is using and how she is using it so that she can help Janessa decide which type of birth control is best for her. Since using a birth control method regularly and the right way is so important, Dr. Philips may be trying to find out if a daily method is a good option for Janessa.

Dr. Philips is trying to get Janessa to describe what she likes and doesn't like about her current method of birth control so that she can guide Janessa to a birth control method that will better fit

her needs. If Dr. Philips helps Janessa decide on a method that works well for her, Janessa is more likely to use it consistently and correctly.

- What are some questions Janessa could ask the doctor to help her decide what method to use?

How often would I have to use it? How effective is it if I use it correctly? What are the side effects? How would it affect my sexual activity [would it be noticeable]? How does it work? How would it affect my future ability to get pregnant if I decide to have kids? How much does it cost?

- When Janessa's brother Marcus visits Dr. Philips, what could he ask Dr. Philips about?

Physical changes in his body; birth control options he and his girlfriend could consider; preventing sexually transmitted infections; talking to his partner about sex; eating right; etc.

- Good answers. Thanks for sharing.
- In this scenario, Dr. Philips asked Janessa's mom to leave in order to talk to Janessa privately about reproductive health. At the Teen Wellness Centers, it is common practice for the doctor to talk to a parent about confidentiality and then talk to the teen privately about certain topics. Other medical offices may do this too, but if they don't, you can ask to speak to the doctor without your parent or guardian present. Of course, if you want your parent or guardian to stay with you for any part of the visit, you can have that happen.

ACTIVITY 3.3* – Facts About Emergency Contraception – True/False Activity [13 minutes]

- We've talked a lot about doctors and clinics as resources in the community that can support you as you make healthy sexual decisions.
- Pharmacies can be another good resource for health information and for getting birth control. Pharmacists can help you by answering questions about different prescription and non-prescription medicines. The main Teen Wellness Center at the Gaston County Health Department has a pharmacy on site. If your doctor or clinic doesn't have a pharmacy on site, you may have to go pick up your birth control prescription or another prescription at a pharmacy.
- Also, if you have sex and are worried that your birth control may not have worked, like if you forgot to take your pill at the regular time or if the condom broke, you may consider emergency contraception, which you can get at a pharmacy.
- Ask the teens to stand up and leave their brochure at their seat. Spend a couple minutes talking about emergency contraception. (This should be a review!)
- Sometimes emergency contraception is called EC or the Morning-After Pill. It's important to know that emergency birth control pills are NOT abortion pills.

- Read the following statements one at a time and ask the participants to go stand by either the TRUE sign or the FALSE sign, depending on whether they think the statement is true or false.
- For each statement, after they are by the signs, tell them the right answer and the explanation. (The correct info is on the inside of their Teen Health Services brochure, so let them know they have the correct info to take home with them.)

- Emergency birth control has to be taken within 24 hours of having unprotected sex in order to prevent pregnancy.

FALSE: EC may be taken up to 5 days (120 hours) after having sex, though some types of EC (Plan B One-Step, Next Choice One Dose, and Next Choice) are most effective when take on the first, second, or third day after sex. ella is equally effective for up to 5 days after sex. However, it is a good idea to take EC as soon as possible after you realize you need it.

- Emergency contraception is an abortion pill.

FALSE: Emergency contraception is NOT an abortion pill. Emergency birth control cannot terminate a pregnancy that has already begun. Emergency birth control pills contain exactly the same drugs and work in exactly the same way as regular birth control pills.

- You can get emergency contraception without a prescription if you are at least 17 years old.

TRUE: Some types of EC (Next Choice One Dose and Next Choice) are available without a prescription for people who are 17 years old or older. If you are 17 or older, you can get this type of emergency contraception at pharmacies and health centers, like the Teen Wellness Center, even if you do not have a prescription.

If you are younger than 17, you can get Plan B One-Step, without a prescription. You will need to go to a health center to get a prescription before you can get any other kind of emergency contraception.

ella requires a prescription first, no matter how old you are.

- Males cannot purchase emergency contraception. Only females can purchase emergency contraception.

FALSE. Males and females can get emergency contraception at the pharmacy or health center. For example, a male could go get emergency contraception for his female partner or friend if she can't go to the pharmacy herself. The same rules about

age apply to males and females. Also, males and females can get emergency contraception ahead of time to keep on hand just in case they need it.

- A pharmacist can refuse to provide emergency contraception to someone who needs it.

TRUE. In North Carolina, a pharmacist can refuse to provide emergency contraception to someone who needs it. HOWEVER, by law they must provide that person with accurate information about an alternative place where they can get emergency contraception. This might include having another person who works at their pharmacy (such as a technician or intern) provide the emergency contraception or telling them about another pharmacy they can go to.

- After you have talked about all five statements, tell the participants that the facts you have just talked about are on the inside of their Teen Health Services [brochure](#).

ACTIVITY 3.4* – Pharmacies as Health Resources – Case Study Activity [10 minutes]

- Now we are going to discuss some possible scenarios you might encounter if you need to get emergency contraception. Most of the time, it is easy to get emergency contraception, but occasionally you may encounter challenges.
- If that happens, I want you to be prepared so that you can overcome these challenges, so we are going to talk about how you can deal with challenges, if you encounter them.
- Give each participant a copy of [Handout E: Pharmacy Scenarios Involving Birth Control*](#).
- In each of the scenarios on this handout, there are some things that go well and some that go poorly. We're going to talk about what goes well and about how to deal with the things that don't go as well.
- Let's take a look at Scenario A first.
- Ask for a volunteer to read Scenario A aloud.

Scenario A: Katrina was supposed to go get her Depo shot last week but forgot her appointment. She made another appointment for early next week. Last night Katrina had sex and forgot that her Depo shot was out-dated. She is worried she might be pregnant. Katrina's friend Denise tells her about Emergency Contraception and comes with her to the pharmacy to get it. Katrina is really nervous, but the pharmacist is helpful and doesn't make a big deal about it. The pharmacist asks Katrina how long it has been since the last time she had unprotected sex. The pharmacist also tells Katrina that EC won't end an existing pregnancy if she is already pregnant. The pharmacist asks about Katrina's regular birth control method and she goes over how and when to take the EC pills and what kind of side effects Katrina can expect. The pharmacist fills the prescription, encourages Katrina to keep her appointment for the Depo shot, and Katrina leaves feeling relieved.

- Thanks. Now let's look at the guiding questions. What went well in this scenario?

Katrina realized she was at risk for pregnancy because her Depo shot was overdue. Denise knew about EC and told Katrina she could get it at the pharmacy. Denise also supported Katrina by going with her to the pharmacy. The pharmacist asked good questions and made sure Katrina understood what EC would and would not do and how to take it. The pharmacist asked Katrina about a regular method of birth control and encouraged her to get back on schedule with her Depo shots.

- Alright, so there were several things that went well. What should have happened differently?

Actually, for the most part, everything went well at the pharmacy. Most of this is what getting emergency contraception will be like, especially if you get it through the Teen Wellness Centers.

As far as what could have been done differently, Katrina should have remembered her appointment to get a Depo shot. She should have used a back-up method of birth control since she knew she was overdue to get another Depo shot. She should have tried to get an earlier make-up appointment to get her next shot instead of scheduling one for next week; some places like the health department have same-day or next-day appointments.

- Normally, it's easy to get emergency contraception when you need it, like we just saw in this scenario with Katrina. The main Teen Wellness Center on Hudson Boulevard has a pharmacy on site where you can get emergency contraception. If it's afterhours, you can get emergency contraception at a pharmacy, and it should be quick and easy to do.
- Sometimes people may encounter barriers when they go to get emergency contraception at a pharmacy. It doesn't usually happen, but it's important for you to know how to get past the barriers, if you run into them. So let's look at Scenario B.

- Ask for a volunteer to read Scenario B aloud.

Scenario B: Kenny and his girlfriend Antonia had sex yesterday and the condom broke. They decided they need to get Emergency Contraception so they can be sure Antonia doesn't become pregnant. Antonia has to work all day and can't go to the pharmacy, so Kenny goes to get the Emergency Contraception himself because he knows that EC must be used within 72 hours. The pharmacy assistant that comes to help him says he can't give a prescription for Antonia to Kenny; since Antonia will take the EC, the pharmacy assistant says Antonia needs to pick it up. Kenny is pretty sure he is allowed to get EC for Antonia, but since the pharmacy assistant said Antonia can come in that evening for her prescription, he leaves and calls to tell Antonia that the prescription will be ready for her to pick up after work.

- Thanks. What went well in this scenario?

Kenny and Antonia realized that they could use EC as a back-up pregnancy prevention method when the condom broke. They knew that Kenny could pick up the prescription for Antonia and

that it was important to get it within 72 hours. Kenny supports Antonia and is a partner in helping her prevent a pregnancy. Kenny confirmed that Antonia could pick up her prescription that night and called Antonia to tell her the prescription will be ready for her.

- Alright, so there were several things that went well. What should have happened differently? Think about the things on your handout that we have learned about getting emergency contraception.

Kenny should have asked to speak to the head pharmacist or another person who works at the pharmacy. Maybe the pharmacy assistant is not familiar with the law that allows a male to pick up EC for a female. Or he could have told the pharmacy assistant about the law and asked again for the EC. If the pharmacy assistant or pharmacist still wouldn't give Kenny EC, he should have confirmed the hours of the pharmacy to be sure it would be open when Antonia leaves work. He also could ask about the location of an alternate pharmacy.

- We've got one more scenario to talk about today.
- Ask for a volunteer to read Scenario C aloud.

Scenario C: Charity and her boyfriend had sex last night and Charity realized that, even though she is on the pill, she forgot to take her pill yesterday morning like usual. She decides to go directly to a pharmacy to get Emergency Contraception just to be on the safe side. She knows she doesn't need a prescription from a doctor. She goes to the pharmacy and asks for it, but the pharmacist refuses to allow her to get Emergency Contraception on moral grounds. Charity feels flustered and leaves the pharmacy. She decides to hope for the best.

- So what went well in this scenario?

Charity realized she had forgotten to take her pill at the usual time and that she might be at risk for getting pregnant. She knew she could get Emergency Contraception at the pharmacy without a doctor's prescription. She knew she should go to the pharmacy soon after having sex.

- Several things did not go well in this scenario. What should have happened differently? Think about the things on your handout that we have learned about getting emergency contraception.

Even if a pharmacist refuses to provide EC on moral grounds, they must provide information on when and where someone can get EC. Charity should have asked if there was another pharmacist or another member of the pharmacy staff at the store that would allow her to get EC. [Other members of the pharmacy staff, including interns, can provide EC.] If there is another pharmacist or staff person, she should ask to see them or ask what time they will be in. If there is not another pharmacist or staff person, she should ask for directions to the closest pharmacy that will allow her to get EC.

- Thanks! You all gave some really good answers. I just want to re-emphasize that most of the time, it is easy to get EC from a pharmacy, just like in the first scenario.
- As we can see from the last two scenarios, sometimes there are challenges. You all did a nice job of thinking about how to deal with challenges when they come up.
- As a reminder, one place where any teen can get EC is at the Teen Wellness Center and pharmacy at the Gaston County Health Department on Hudson Boulevard.

ACTIVITY 3.5 – Making the Connection to Health Services [5 minutes]

- That was a great discussion. We covered a lot of information today about minors' rights and what to expect and plan for when you go to the doctor or clinic with reproductive health questions. We also talked about clinics and pharmacies as resources for birth control and reproductive health information and what your rights are in these situations.
- Let's take one more look back at our list of possible barriers to teens accessing health resources.
- Is there anything else on this list that we have addressed in this lesson?

Don't have enough money; don't have their parent's permission; the doctor's office is closed by the time they can get there from school; don't want their parents to find out they are having sex; don't know what kind of medical service they need; transportation barriers (no car, etc.); don't want other people to know why they are at the doctor's; etc.

- As teens say barriers they have talked about in this module of the lesson, put a check mark next to them on the list.
- Do you feel like the things I just put a check mark next to are less of a barrier than you did at the beginning of our discussion?
- Hopefully teens feel that these issues are less of a barrier. If a teen feels that something you have already discussed is still a major barrier, you can ask other teens what they think can be done to make it less of a barrier.
- Well it looks like we have addressed a lot of these potential challenges. Hopefully you feel more knowledgeable and able to access different health services available to you in Gaston County.
- Based on our discussion and on your answers, I believe that you can access health and medical services in Gaston County when you need them.
- How many of you feel more able to get medical services?
- The Teen Wellness Centers are an excellent resource for you. They provide high-quality medical services for teens for free or at a low cost. They provide confidential services, and it is easy to get an appointment. I hope you will check them out.
- We've talked about a lot today. Thank you for being so engaged. If you have any other questions, please let me know!

APPENDIX 1

Teen Handouts for Use with Standard Activities

Minors' Rights to Reproductive Health Care Checklist

As a minor in North Carolina...

I need my parent's or guardian's permission to get tested for STDs/STIs	Yes	No
A doctor has to tell a young female's parent or guardian if she is getting a pregnancy test or if she has a positive pregnancy test	Yes	No
I have to be a certain age to buy condoms	Yes	No
I have to be a certain age to legally consent to have vaginal, anal and oral sex in North Carolina	Yes	No
A young female needs her parent's or guardian's permission to get a prescription for birth control pills, patches or vaginal ring	Yes	No
A doctor has the right to tell a young person's parents or guardian that he/she has a positive STI or HIV test	Yes	No
A young female needs her parent's or guardian's permission if she is getting an IUD or Implanon Insertion	Yes	No
A young female needs her parent's or guardian's permission if she is getting prenatal care	Yes	No
I need my parent's or guardian's permission to get tested for HIV/AIDS	Yes	No
A young female needs her parent's or guardian's permission if she is getting the contraceptive shot (Depo-Provera)	Yes	No
A young person under the age of 17 has to have a prescription to get Emergency Contraception	Yes	No

Source: [An Overview of Minors' Consent Laws](#). *The Guttmacher Institute State Policies in Brief*, 2011.

Making a Reproductive Health Appointment

- Facilitator:** Ring, Ring, Ring [*mimic telephone ringing*]
- Receptionist:** Good afternoon, this is the Gaston Teen Wellness Center!
- Jesse:** Hi, um I would like to make an appointment.
- Receptionist:** Sure, what kind of appointment do you need?
- Jesse:** Well, I think I'd like some birth control.
- Receptionist:** Okay, have you ever visited our clinic before?
- Jesse:** No, this is my first time.
- Receptionist:** Okay, great. First I'll just need some information. What's your name and date of birth?
- Jesse:** My name is Jesse Jones and my birth date is March 6th, 1994.
- Receptionist:** Thanks. We have four Teen Wellness Center locations. At which one would you like an appointment?
- Jesse:** I'd like to come to the main one at the health department on Hudson Avenue.
- Receptionist:** Great, now when would you like to come in?
- Jesse:** I'd kind of like to come in right away. We're out of school tomorrow and my sister can give me a ride before she has to go to work at 2. Do you have anything in the morning?
- Receptionist:** Just a minute, I'll check. (pause) We do have an appointment at 10:20 am, will that work?
- Jesse:** Yeah that's fine. So what do I need to do before my appointment?
- Receptionist:** Well since this is your first visit, you will probably have to do some paperwork when you get here. Try to get here about 15 minutes early so you can fill out some forms. Is there a phone number where we can reach you?
- Jesse:** Well, I haven't really talked to my parents yet about getting on birth control...
- Receptionist:** That's just fine, is it alright if we contact you on your personal cell number?
- Jesse:** Yeah, that's better. My cell phone number is 555-6789. Oh and I was going to ask, how much does all this cost? I don't have a job.

Handout B: Script for Making An Appointment [p2]

- Receptionist:** Don't worry, the cost to you will either be free or very low whether you use insurance, Medicaid or pay out of pocket.
- Jesse:** Okay that's good. And so if I want to get tested for STDs too, can I do that there?
- Receptionist:** Sure! Just let your clinician know that you'd like to be tested.
- Jesse:** Alright. Well, thank you.
- Receptionist:** Thank you and we'll see you tomorrow morning! Just give us a call if you need to cancel or change your appointment.

Scenario:

Janessa is seeing her doctor by herself. Dr. Philips asked Janessa’s mom to leave the room so she could talk privately to her doctor about birth control.

Dr. Philips: What do you want to talk to me about?

Janessa: Well, I’m wondering about birth control.

Dr. Philips: OK. That’s a good thing to wonder about. Are you already sexually active?

Janessa: Kind of. My boyfriend and I have had sex a few times.

Dr. Philips: Are you using any types of birth control now?

Janessa: Yeah. Condoms. Just that.

Dr. Philips: And how regularly do you use condoms?

Janessa: Most of the time. Really we have only *not* used them a couple times.

Dr. Philips: Well, regular and correct use is important. Are you happy using condoms?

Janessa: Yes but... I don’t know; I kind of don’t like them.

Dr. Philips: Tell me about that.

Janessa: I like that I can get free condoms at the Teen Wellness Center. But sometimes I forget to take them out with me, plus it can be hard to think about using one, um, you know, when we are getting ready to have sex.

Dr. Philips: Have you heard about any other types of birth control? There are several that you might want to think about.

Janessa: Yeah, the pill and stuff. I know some girls who get a shot. I don’t know what would be the best for me. The pill seems easy, but don’t you have to take it every day? I’m worried I might forget it.

Dr. Philips: OK, it sounds like you want something that you don’t have to take every day or have with you when you are having sex.

Janessa: Yeah, that’s right.

Dr. Philips: Well, there are a few options that fit that description. You might consider Depo-Provera, an Intra Uterine Device or IUD such as Mirena, or Implanon. [Doctor Philips goes on to describe what each method is and how they are used.]

Janessa, whatever method you choose, it's important to remember that none of these methods, except condoms, will protect you from an STI. You and your partner should get tested and treated for STIs before you have sex again. And after that, you should continue to get tested regularly.

Guiding Questions:

1. Look at the underlined parts of what Dr. Philips says. Why do you think she says these things? What is she trying to find out?
2. What are some questions Janessa could ask the doctor to help her decide what method to use?
3. When Janessa's brother Marcus visits Dr. Philips, what could he ask Dr. Philips about?

Scenario A: Katrina was supposed to go get her Depo shot last week but forgot her appointment. She made another appointment for early next week. Last night Katrina had sex and forgot that her Depo shot was out-dated. She is worried she might be pregnant. Katrina's friend Denise tells her about Emergency Contraception and comes with her to the pharmacy to get it. Katrina is really nervous, but the pharmacist is helpful and doesn't make a big deal about it. The pharmacist asks Katrina how long it has been since the last time she had unprotected sex. The pharmacist also tells Katrina that EC won't end an existing pregnancy if she is already pregnant. The pharmacist asks about Katrina's regular birth control method and she goes over how and when to take the EC pills and what kind of side effects Katrina can expect. The pharmacist fills the prescription, encourages Katrina to keep her appointment for the Depo shot, and Katrina leaves feeling relieved.

Guiding Questions:

1. What went well in this scenario?

2. What should have happened differently?

Scenario B: Kenny and his girlfriend Antonia had sex yesterday and the condom broke. They decided they need to get Emergency Contraception so they can be sure Antonia doesn't become pregnant. Antonia has to work all day and can't go to the pharmacy, so Kenny goes to get the Emergency Contraception himself because he knows that EC must be used within 72 hours. The pharmacy assistant that comes to help him says he can't give a prescription for Antonia to Kenny; since Antonia will take the EC, the pharmacy assistant says Antonia needs to pick it up. Kenny is pretty sure he is allowed to get EC for Antonia, but since the pharmacy assistant said Antonia can come in that evening for her prescription, he leaves and calls to tell Antonia that the prescription will be ready for her to pick up after work.

Guiding Questions:

1. What went well in this scenario?

2. What should have happened differently?

APPENDIX 2

Alternate Activities with Associated Teen Handouts

ACTIVITY 1.2 – Alternate Version – Minors’ Rights True/False

- Let’s look at some statements that young people often have questions about when they are seeking sexual and reproductive health services.
- Hand out a pen/pencil and a copy of Handout G: Minors’ Rights to Reproductive Health Care to each participant.
- For this part of the activity, work alone. Read each statement on the checklist and circle either “Yes” if you think the statement is true or “No” if you think the statement is false. If you’re not sure about a statement, make their best guess but you must choose either “Yes” or “No” for each statement.
- Allow about 5-6 minutes for participants to complete the checklist.
- Review the correct answers to the activity.
- Read the first statement on the checklist and ask participants to raise their hand if they think that the correct answer is “Yes”.
- Then ask the participants to raise their hand if they think the correct answer is “No”.
- Inform students of the correct answer. Tell them they can correct their own handout.
- Repeat for each statement.
- Avoid lengthy discussion of any statement and try to keep the group moving along so that you can stay within the time limit for the lesson.

[Facilitator Note: In North Carolina the age to legally consent to sexual activity including vaginal, anal and oral sex is 16.]

[Facilitator Note: One type of EC is available without a prescription, regardless of age. Other types of EC require a prescription, depending on age. Any young person, regardless of age, can purchase Plan B One-Step over the counter at the pharmacy. Teens under the age of 17 must have a prescription from a doctor if they want to purchase Next Choice and Next Choice One Dose. Anyone age 17 and older can get Next Choice and Next Choice One Dose over the counter at a pharmacy without a prescription. Everyone, regardless of age, needs a prescription to get ella. If teens under the age of 17 need a prescription from a doctor to purchase EC they have the right as a minor to confidentially access a doctor to get the prescription. We will talk more about EC later in the lesson.]

- Refer to the following answer key:

Answer Key:

Minors' Rights to Reproductive Health Care Checklist

As a minor in North Carolina...

My parent or guardian has to be with me in the exam room during my appointment visit with a doctor	Yes	No
I need my parent's or guardian's permission to make an appointment to see a doctor	Yes	No
I need my parents or guardians permission to get tested for STDs/STIs	Yes	No
A doctor has to tell a young female's parent or guardian if she is getting a pregnancy test or if she has a positive pregnancy test	Yes	No
I have to be a certain age to buy condoms	Yes	No
I have to be a certain age to legally consent to have vaginal, anal and oral sex in North Carolina	Yes	No
A doctor has the right to tell a young person's parents or guardian that he/she has a positive STI or HIV test	Yes	No
A young female needs her parent's or guardian's permission to get birth control	Yes	No
A young female needs her parent's or guardian's permission if she is getting prenatal care	Yes	No
I need my parent's or guardian's permission to get tested for HIV/AIDS	Yes	No
A young person under the age of 17 has to have a prescription to get Emergency Contraception	Yes	No

Source: [An Overview of Minors' Consent Laws](#). *The Guttmacher Institute State Policies in Brief*, 2011.

Minors' Rights to Reproductive Health Care Checklist

As a minor in North Carolina...

My parent or guardian has to be with me in the exam room during my appointment visit with a doctor	Yes	No
I need my parent's or guardian's permission to make an appointment to see a doctor	Yes	No
I need my parents or guardians permission to get tested for STDs/STIs	Yes	No
A doctor has to tell a young female's parent or guardian if she is getting a pregnancy test or if she has a positive pregnancy test	Yes	No
I have to be a certain age to buy condoms	Yes	No
I have to be a certain age to legally consent to have vaginal, anal and oral sex in North Carolina	Yes	No
A doctor has the right to tell a young person's parents or guardian that he/she has a positive STI or HIV test	Yes	No
A young female needs her parent's or guardian's permission to get birth control	Yes	No
A young female needs her parent's or guardian's permission if she is getting prenatal care	Yes	No
I need my parent's or guardian's permission to get tested for HIV/AIDS	Yes	No
A young person under the age of 17 has to have a prescription to get Emergency Contraception	Yes	No

Source: [An Overview of Minors' Consent Laws](#). *The Guttmacher Institute State Policies in Brief*, 2011.

ACTIVITY 2.4* – Alternate Version – Making an Appointment – Scripted Role Play

- Ask for two volunteers to come up and read the scripted role play.
- Give each volunteer a copy of Handout B: Script for Making an Appointment*, and assign one youth to play the part of the clinic receptionist and one youth to play the part of Jesse.

[Facilitator’s note: The character of Jesse can be either a male or female character in this role play.]

- A copy of the script is below:

Facilitator: Ring, Ring, Ring *[mimic telephone ringing]*

Receptionist: Good afternoon, this is the Gaston Teen Wellness Center!

Jesse: Hi, um I would like to make an appointment.

Receptionist: Sure, what kind of appointment do you need?

Jesse: I’d like to come in for a physical and to get that shot that protects you from HPV.

Receptionist: Okay, sure! You’re talking about the Gardasil vaccine.

Jesse: Yeah, that’s it.

Receptionist: And have you ever visited our clinic before?

Jesse: No, this is my first time.

Receptionist: Okay, great. First I’ll just need some information. What’s your name and date of birth?

Jesse: My name is Jesse Jones and my birth date is March 6th, 1994.

Receptionist: Thanks. And can I have your phone number?

Jesse: Sure. My cell phone number is 555-6789.

Receptionist: We have four Teen Wellness Center locations. At which one would you like an appointment?

Jesse: I’d like to come to the main one at the health department on Hudson Avenue.

Receptionist: Alright, now when would you like to come in?

Jesse: Can I come in tomorrow morning? We’re out of school tomorrow, and my mom doesn’t have to work until later tomorrow afternoon.

Receptionist: Just a minute, I’ll check. (pause) We do have an appointment at 10:20 am, will that work?

Jesse: Yeah that's fine. So what do I need to do before my appointment?

Receptionist: Well since this is your first visit, you will probably have to do some paperwork when you get here. Try to get here about 15 minutes early so you can fill out some forms.

Jesse: Okay, great. Oh and I was going to ask, how much does all this cost? I don't have a job.

Receptionist: Well if you have insurance or Medicaid we could use that.

Jesse: Okay I'll talk to my mom and make sure we bring my insurance card.

Receptionist: Great. Do you have any other questions?

Jesse: Yeah. I know y'all are over by the mall, but where do I go when I get there?

Receptionist: When you walk in through the double doors, go all the way down the hall, and look for the door on the right that says "Teen Health". Just come in there.

Jesse: Alright. Thanks.

Receptionist: No problem. We'll see you tomorrow morning! Just give us a call if you need to cancel or change your appointment.

- Great! Thanks for that role play. What did Jesse do well when s/he made the appointment?
- Ask the whole group some debriefing questions about the role play.
- What did Jesse do well when s/he made the appointment?

Jesse knew what services s/he wanted when s/he called. It was good that Jesse knew his/her mother's work schedule since s/he needed a ride. Jesse asked what s/he needed to do before the appointment. Jesse asked about payment and insurance and where to go when s/he got to the Teen Wellness Center.

- Is there anything else you would have wanted to ask?

A teen might have wanted to ask how long the appointment would take, where they were located, what other services they offered, if they had doctors that worked especially with teens, etc.

- What are other types of appointments you might need to make?

Physical examinations, STI treatment, appointments for mental or psychiatric disorders, appointments to receive information and ask questions about abstinence or relationships, visit to receive other vaccinations, etc.

- Do you feel like you would feel comfortable making an appointment? Why or why not?

Making a Reproductive Health Appointment

- Facilitator:** Ring, Ring, Ring [*mimic telephone ringing*]
- Receptionist:** Good afternoon, this is the Gaston Teen Wellness Center!
- Jesse:** Hi, um I would like to make an appointment.
- Receptionist:** Sure, what kind of appointment do you need?
- Jesse:** I'd like to come in for a physical and to get that shot that protects you from HPV.
- Receptionist:** Okay, sure! You're talking about the Gardasil vaccine.
- Jesse:** Yeah, that's it.
- Receptionist:** And have you ever visited our clinic before?
- Jesse:** No, this is my first time.
- Receptionist:** Okay, great. First I'll just need some information. What's your name and date of birth?
- Jesse:** My name is Jesse Jones and my birth date is March 6th, 1994.
- Receptionist:** Thanks. And can I have your phone number?
- Jesse:** Sure. My cell phone number is 555-6789.
- Receptionist:** We have four Teen Wellness Center locations. At which one would you like an appointment?
- Jesse:** I'd like to come to the main one at the health department on Hudson Avenue.
- Receptionist:** Alright, now when would you like to come in?
- Jesse:** Can I come in tomorrow morning? We're out of school tomorrow, and my mom doesn't have to work until later tomorrow afternoon.
- Receptionist:** Just a minute, I'll check. (pause) We do have an appointment at 10:20 am, will that work?
- Jesse:** Yeah that's fine. So what do I need to do before my appointment?

- Receptionist:** Well since this is your first visit, you will probably have to do some paperwork when you get here. Try to get here about 15 minutes early so you can fill out some forms.
- Jesse:** Okay, great. Oh and I was going to ask, how much does all this cost? I don't have a job.
- Receptionist:** Well if you have insurance or Medicaid we could use that.
- Jesse:** Okay I'll talk to my mom and make sure we bring my insurance card.
- Receptionist:** Great. Do you have any other questions?
- Jesse:** Yeah. I know y'all are over by the mall, but where do I go when I get there?
- Receptionist:** When you walk in through the double doors, go all the way down the hall, and look for the door on the right that says "Teen Health". Just come in there.
- Jesse:** Alright. Thanks.
- Receptionist:** No problem. We'll see you tomorrow morning! Just give us a call if you need to cancel or change your appointment.

ACTIVITY 3.2* – Alternate Version – Talking to a Clinician – Role Play

- Quickly review changes that happen during puberty and other things to talk to a doctor
- We talked a few lessons ago about changes that happen during puberty. Who can remember some physical changes that happen during puberty?
- As a group, quickly brainstorm a list of physical changes that females go through and a list of physical changes males go through.
- Record responses on a chalkboard or on a piece of poster-paper.
- Great, now let's brainstorm topics that are important to talk to a doctor about.
- Record responses on a chalkboard or on a piece of poster-paper.

e.g. concerns about changes you notice in your body, feeling tired a lot, how to prevent pregnancy or STIs, healthy eating, depression, etc.

4b. Transition to a scripted role play about talking to a doctor or other clinician about sexual and reproductive health. (This activity should take less than 10 minutes.)

- Pass out copies of Handout H: Talking to a Clinician About Sexual Development to everyone in the group.
- Ask two volunteers read a scripted conversation between a doctor and a teenage patient as the rest of the group (and the facilitator) reads along on a handout.
- A copy of the script is below:

Scenario:

Janessa is seeing her doctor. Dr. Philips asked Janessa's mother to leave the room so Janessa and Dr. Philips could talk privately about her reproductive health and development.

Dr. Philips: I'd like to talk to you about your reproductive health and development. Do you have any questions for me?

Janessa: Well, I'm wondering about my period.

Dr. Philips: OK. That's a good thing to wonder about. Do you have a particular concern about your period?

Janessa: Kind of. It's just hard to predict when it will start. I've been getting my period for a year, but it is still coming at different times.

Dr. Philips: That sometimes happens when girls first start their periods. It's totally normal. It can take more than a year to get on a regular cycle in some cases. If you get in the habit of carrying a pad or tampon with you, it can make it easier to deal with when you get your period unexpectedly.

Janessa: Oh. OK. Well, I'm glad it's normal.

Dr. Philips: Do you have questions about other changes you've noticed in your body?

Janessa: Not really. Some of my girlfriends have started talking about how their bodies are changing.

Dr. Philips: What are they saying?

Janessa: Well they are talking about how, now that they have their periods, they can get pregnant. I think some of them are having sex too.

Dr. Philips: It's true that they can get pregnant, especially if they are not using birth control. Janessa, are you sexually active or thinking about becoming sexually active?

Janessa: Not really. I want to wait to have sex until I am in a committed, long-term relationship.

Dr. Philips: I'm glad to hear you have thought about it. What are some of the reasons you want to wait to have sex?

Janessa: Well for one thing, I don't want to get pregnant. Also, there are a lot of STIs out there, and I don't want to catch one. Plus, I want to wait until I am with someone who I plan to stay with.

Dr. Philips: Those are all good reasons. Janessa, when you feel ready to become sexually active, I hope that you will come and talk to me. That way, we can make sure you are using a birth control method that is right for you.

Janessa: OK. Thanks.

- Quickly form participants into groups of 2 or 3.
- In your group, take 2 minutes to read the guiding questions and come up with some answers.
- After 2-3 minutes, ask for groups to report out answers and facilitate a discussion using the following guiding questions:
 - Look at the underlined parts of what Dr. Philips says. Why do you think she says these things? What is she trying to find out?

It is important for Dr. Philips to know understand exactly what Janessa is concerned about so that she can answer Janessa's questions. Dr. Philips also wants to know what Janessa's friends are talking about because Janessa may be wondering about the same things. It's important for Dr. Philips to know if Janessa is sexually active or thinking about becoming sexually active so that she can help her make healthy decisions to protect herself. Dr. Philips wants Janessa to know she can feel comfortable talking to her about sexual health questions she has in the future.

- Now that Janessa has opened the conversation about sexual health with her doctor, what are some other topics she could ask Dr. Philips about?

Other physical developments (larger breasts, etc.); Healthy relationships; Eating right; How to get enough exercise; Preventing pregnancy; Preventing sexually transmitted infections.

- When Janessa's brother Marcus visits Dr. Philips, what could he ask Dr. Philips about?

Physical changes he is experiencing (growth spurts, growing genitals, nocturnal emissions); Healthy relationships; Eating right; How to get enough exercise; Preventing pregnancy; Preventing sexually transmitted infections. In other words, pretty much the same things.

- Good answers. Thanks for sharing.
- In this scenario, Dr. Philips asked Janessa's mom to leave in order to talk to Janessa privately about reproductive health. At the Teen Wellness Centers, it is common practice for the doctor to talk to a parent about confidentiality and then talk to the teen privately about certain topics. Other medical offices may do this too, but if they don't, you can ask to speak to the doctor without your parent or guardian present. Of course, if you want your parent or guardian to stay with you for any part of the visit, you can have that happen.

Scenario:

Janessa is seeing her doctor. Dr. Philips asked Janessa’s mother to leave the room so Janessa and Dr. Philips could talk privately about her reproductive health and development.

Dr. Philips: I’d like to talk to you about your reproductive health and development. Do you have any questions for me?

Janessa: Well, I’m wondering about my period.

Dr. Philips: OK. That’s a good thing to wonder about. Do you have a particular concern about your period?

Janessa: Kind of. It’s just hard to predict when it will start. I’ve been getting my period for a year, but it is still coming at different times.

Dr. Philips: That sometimes happens when girls first start their periods. It’s totally normal. It can take more than a year to get on a regular cycle in some cases. If you get in the habit of carrying a pad or tampon with you, it can make it easier to deal with when you get your period unexpectedly.

Janessa: Oh. OK. Well, I’m glad it’s normal.

Dr. Philips: Do you have questions about other changes you’ve noticed in your body?

Janessa: Not really. Some of my girlfriends have started talking about how their bodies are changing.

Dr. Philips: What are they saying?

Janessa: Well they are talking about how, now that they have their periods, they can get pregnant. I think some of them are having sex too.

Dr. Philips: It’s true that they can get pregnant, especially if they are not using birth control. Janessa, are you sexually active or thinking about becoming sexually active?

Janessa: Not really. I want to wait to have sex until I am in a committed, long-term relationship.

Dr. Philips: I’m glad to hear you have thought about it. What are some of the reasons you want to wait to have sex?

Janessa: Well for one thing, I don’t want to get pregnant. Also, there are a lot of STIs out there, and I don’t want to catch one. Plus, I want to wait until I am with someone who I plan to stay with.

Dr. Philips: Those are all good reasons. Janessa, when you feel ready to become sexually active, I hope that you will come and talk to me. That way, we can make sure you are using a birth control method that is right for you.

Janessa: OK. Thanks.

Guiding Questions:

- Look at the underlined parts of what Dr. Philips says. Why do you think she says these things? What is she trying to find out?
- Now that Janessa has opened the conversation about sexual health with her doctor, what are some other topics she could ask Dr. Philips about?
- When Janessa’s brother Marcus visits Dr. Philips, what could he ask Dr. Philips about?

ACTIVITY 3.3*/3.4* – Alternate Version – Pharmacies as Health Resources – Case Study

- We've talked a lot about doctors and clinics as resources in the community that can support you as you make healthy decisions.
- Pharmacies can be another good resource for getting information about health concerns and medication. Pharmacists can help you by answering questions about different prescription and non-prescription medicines. The main Teen Wellness Center at the Gaston County Health Department has a pharmacy on site. If your doctor or clinic doesn't have a pharmacy on site, you may have to go pick up your birth control prescription at a pharmacy. Pharmacists can also help you find health supplies like the right kind of bandage or an ice-pack if you have an injury.
- Ask the group to brainstorm some reasons they may go to a pharmacy or drug store.
- Record responses on a chalkboard or on poster-paper.

E.g. to pick up a prescription, to buy food, to get a magazine or a gift card, to buy candy, to get medicine for indigestion, to buy tampons or pads, etc.

- Great. Let's look at a case study about what could happen at the pharmacy.
- Assign youth to small groups.
- Give each group [Handout I: Talking to A Pharmacist about Health Questions](#) and 5 minutes to read the scenario, answer the guiding questions, and assign a spokesperson.
- The scenario is included below:

Andre sometimes stops by the pharmacy to pick up the latest issue of his favorite magazine. Today he hopes that reading the magazine will make him feel better. He has had a headache all day and is feeling tired. When he gets to the pharmacy, Andre grabs his magazine and is about to leave when he gets an idea to tell the pharmacist about his headache and ask what to do about it. The pharmacist asks him if he is taking any other medicine currently. Andre tells the pharmacist he uses an inhaler for asthma. Andre answers a few other basic questions, and then the pharmacist shows him a couple types of headache medicine he could try and that would be OK to use with an inhaler. The pharmacist also suggests Andre try putting an ice pack on his head.

- After 5 minutes, take turns asking spokespersons to share their group's answers to the following guiding questions:
- What went well in this scenario?

Andre realized he could ask the pharmacist health-related questions. The pharmacist asked questions to help decide which medicine would be right for Andre. The pharmacist recommended medicines that would be safe for him to take. The pharmacist gave him options of things he could use.

- What are some other things you might ask a pharmacist about?

Is it OK to take certain medicines at the same time? When do I need to come back to refill a prescription? What kind of over-the-counter pain medicine won't hurt my stomach? Where are the Ace™ bandages?

- Ask if anyone can think of other alternatives to the "ending" of the scenario.
- Those are great answers.
- Before we close, I want to point out the inside of your Teen Health Services brochure. It has information about emergency contraception, which is another health service that you teens can access at pharmacies and at Teen Wellness Centers. Emergency contraception is sometimes called EC or the Morning-After Pill.
- The inside of your brochure has some information about it. We won't spend any time in this program talking about emergency contraception in this program, but you can read about it in the brochure and ask me questions, if you have them.

Scenario:

Andre sometimes stops by the pharmacy to pick up the latest issue of his favorite magazine. Today he hopes that reading the magazine will make him feel better. He has had a headache all day and is feeling tired. When he gets to the pharmacy, Andre grabs his magazine and is about to leave when he gets an idea to tell the pharmacist about his headache and ask what to do about it. The pharmacist asks him if he is taking any other medicine currently. Andre tells the pharmacist he uses an inhaler for asthma. Andre answers a few other basic questions, and then the pharmacist shows him a couple types of headache medicine he could try and that would be OK to use with an inhaler. The pharmacist also suggests Andre try putting an ice pack on his head.

Guiding Questions:

1. What went well in this scenario?
2. What are some other things you might ask a pharmacist about?
 - That was a great discussion. We covered a lot of information today about minors' rights and what to expect and plan for when you go to the doctor or clinic with sexual health questions. We also talked about clinics and pharmacies as resources for health information including sexual health information, and we talked about what your rights are in these situations. Thank you for being so engaged. If you have any other questions, please let me know!

APPENDIX 3

Suggested Questions for Use with Evaluation

Questions about What You Know

Select one answer

1. If you're under 18, can you talk to a doctor and get birth control without your parents' permission?

- Yes
- No
- Not Sure

2. Do you know where teens can get condoms for free or low-cost?

- Yes
- No
- Not Sure

3. Where can teens get birth control for free or low-cost? Leave blank if you're not sure or don't know any places.

4. Where can teens talk to a doctor about birth control where the charge for the doctor visit is free or low-cost? Leave blank if you're not sure or don't know any places.

Questions about What You Think You'll Do

Select one answer

5. If I needed to, I would go to a doctor or clinic to get birth control.

- Yes
- No
- Not Sure