



Well Woman Under 21 Years

Pregnancy Prevention

The best way to prevent pregnancy is not to have sex (abstinence). If you are having sex or thinking about becoming sexually active, talk to your health care provider about birth control options. There are many types of birth control.

- Barrier methods: Condom (male or female), spermicide, sponge or cervical cap
- Hormonal Contraception: the pill, patches, vaginal ring or injection
- Implants: IUD (intrauterine device), or the birth control implant

Sexually Transmitted Infections (STIs)

STI's are diseases that are passed from one person to another through sexual contact. They include chlamydia, gonorrhea, genital herpes, human papillomavirus (HPV), syphilis, Hepatitis B, and HIV. They are spread by contact with skin, genitals, mouth, rectum or body fluids during sexual contact. If you are under 25 years and sexually active, you should have yearly STI testing for chlamydia and gonorrhea.

How can I protect myself from getting an STI?

- Abstinence. The surest way to prevent an STI is not having any vaginal, anal or oral sex.
- Use condoms. Make sure that you and your partner use a condom from start to finish every time you have sex.
- Get immunized. Vaccines are available for HPV and Hepatitis B. The HPV vaccine (GARDASIL 9[®]) is a vaccine that helps protect young women against the HPV types that are the most common cause of cancer, precancer, and genital warts. The vaccine is usually given in the arm in 2 to 3 doses. It does NOT prevent all types of female cancers, so you will still need to have routine cervical cancer screens.

Intimate partner violence

Intimate partner violence (also called domestic violence) is a pattern of controlling or threatening behavior that a woman experiences from her spouse or intimate partner. If you are in a relationship that is threatening or harmful, please contact one of these resources or talk to your provider.

Emerge – 888-428-0101, www.emergecenter.org. (The largest domestic abuse shelter and provider of services in Southern Arizona), www.thehotline.org, Safe line: 800-799-SAFE (7233)

Nutrition and Fitness

Good nutrition and regular exercise will help you stay at a healthy weight and feel good about your body. Eating right gives you energy, develops healthy bones, skin and teeth, and prevents health problems. Follow these nutrition tips:

- Eat a variety of foods including fruits, vegetables, grains, lean proteins, and low fat dairy
- Cut down on fats and sugars, such as candy, sodas, chips, fries and “junk food”
- Get 30 to 60 minutes of exercise on most days of the week
- Take a multivitamin with 400 mcg of folic acid.
- Check out the USDA's My Plate Plan to discover your calorie, nutrient and fitness needs.

<https://www.choosemyplate.gov/MyPlatePlan>.

Helpful Resources for Teens and Young Women

American College of Obstetricians and Gynecologists: Information for Teens: <https://www.acog.org/teen>

U.S. Department of Health, Office on Women's Health: <https://womenshealth.gov>