Resources for young people from Planned Parenthood.

Chat/Text

PlannedParenthood.org/Chat

- Where young people can chat on the web or text with live health educators.
- Reaches youth and young adults at urgent moments when worry levels are high. Answers their questions and links them to care. Focuses on times when people might be worried about pregnancy, STDs, abortion, or birth control failure.

Tools for Teens

PlannedParenthood.org/Apps

- **Awkward or Not?** Helps teens communicate with their parents about sex and relationships
- **Been there. Done That.** Helps teens set a plan to use condoms and birth control every time they have sex
- **It Takes Two** Helps teens manage ongoing use of birth control and condoms
- **My Birth Control** Helps teens think through their birth control options
- **The Kickback** Helps teens practice saying “no” to risky situations like alcohol, drugs and sex
- **What’s Your Future Plan/Fast Forward** Helps younger/older teens plan for their future, including family planning

Tools for Young Adults

- **Spot On** Period tracker app for iPhone and Android helps users track their cycle and stay on top of their birth control.
- **Consent 101 Video Series** Helps teens understand what consent is and how to ask for it at p.ppfa.org/Consent101.
- **STD Video Series** Shows teens how to talk with a partner about safer sex, STD testing, and having an STD at p.ppfa.org/TalkingSTDs.
Educational Brochures

- Nearly 60 titles on sexual health, birth control, women's health, relationships, and family communication
- Many available in both English and Spanish
- Preview them and purchase online at www.PPFAStore.org

Planned Parenthood.org

- Up-to-date sexual and reproductive health information
- Educational videos
- Info for Teens and Ask the Experts blog
- Tools for Educators
- Tools for Parents
- Access to Tools & Digital Tools
- Access to Chat/Text

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Planned Parenthood is the nation’s leading provider and advocate of high-quality, affordable health care for women, men, and young people, as well as the nation’s largest provider of sex education. With approximately 650 health centers across the country, Planned Parenthood organizations serve all patients with care and compassion, with respect and without judgment. Through health centers, programs in schools and communities, and online resources, Planned Parenthood is a trusted source of reliable health information that allows people to make informed health decisions. We do all this because we care passionately about helping people lead healthier lives.