

# Ready, Set, Go!

Start the conversation with **teens** about emergency contraception & birth control.

## Ready

Get clear (and reassure youth) that their parents don't have to know.

Be aware of your own discomfort and figure out what will help you go forward with confidence.

Be aware that teens often feel judged about their decisions around sexuality and birth control (especially, a teen mom).

Get comfortable with the information. Get to know the most common kinds of stealth birth control and their risk of detection.

Understand how emergency contraception works and how it prevents pregnancy.

Get clear that all forms of Plan B (Levonorgestrel) are available without prescription or restrictions online or on store shelves.



## Set

Your conversation doesn't have to take on all the things about sex and reproduction!

Prepare for the conversation so that you don't ask too many questions. Focus on your care and interest for the young person.

Try starting the conversation with:

"Just so you know, I tell everyone we work with that we have emergency contraception, pregnancy tests, and condoms on hand..."

"We have all sorts of resources available at our program like school supplies, information about community resources, emergency contraception, condoms, and pregnancy tests."

"I'm so glad you came to me."

## Go

Be direct and comfortable.

Embrace the opportunity to connect. It's ok to laugh at yourself and not know everything! You're in it together.

Get to the heart of the conversation with:

"Hey, would you like to know more about birth control options and emergency contraception?"

"Did you know there is birth control you can get without your parent's permission?"

"Do you know about hidden forms of birth control? Maybe you can tell your friends even if you don't need it."

"Do you have a form of contraception that you're comfortable with?"



WSCADV, 2015

For more information check out: [wscadv.org](http://wscadv.org), [bedsider.org](http://bedsider.org), and [plannedparenthood.org](http://plannedparenthood.org)

*\*In 2015, WSCADV asked teens how we should talk about emergency contraception and birth control. This is what they said.*