You may be wondering...

- I need a pregnancy test or a check-up to make sure I’m okay. Will my foster parent or case worker be informed if I get confidential care on my own?
- I need help getting birth control.
- How can I protect myself from getting an STD?
- I need help right now! Where can I go?

IF YOU ARE IN FOSTER CARE, YOU HAVE RIGHTS!

You have the right to sex ed in school that includes:
- ways you can prevent getting pregnant if you don’t want to be
- ways you can prevent getting STDs (Sexually Transmitted Diseases)
- what you can do if you are pregnant
- what you can do if you have an STD
- healthy relationships and signs of relationship problems

You have the right to:
- choose the doctor or clinic that you want to go to
- get a pregnancy test
- get a check-up for STDs
- start on any method of birth control that you want to use
- change your birth control method if you don’t like it
- get answers to your questions about sex, relationships and health
- get care if you are pregnant (whether you want to have an abortion or have a baby)

Did you know?

You can receive many of these services at no cost to you with your Medi-Cal until age 26
You have the right to private, confidential care:

- You don’t need permission from a parent, foster parent, group home staff, court or case worker to go to a doctor or clinic, even if you are still under 18 years old
- You can get care on your own, and you can ask your case worker for help in getting care without telling them your business if you don’t want to
- You can see a doctor or go to a clinic, and they will not tell anyone about your visit unless you say it’s okay

You have other health rights too, even if you are still under 18!

- Talk to your case worker or lawyer, they can explain your rights and help you get the care that you need

Videos, chats, and websites full of information are just a click away at:

**Online Sex Ed Info:** Websites on sexual health for youth
- [tinyurl.com/SexEd4Youth](http://tinyurl.com/SexEd4Youth)

**Healthy Relationships:**
- [loveisrespect.org](http://loveisrespect.org)
- 1-866-331-9474
- Text LOVEIS to 22522
- @loveisrespectpage
- @loveisrespect
- @loveisrespectofficial

**Have Questions about Sex, Dating, Pregnancy, Health, Identity, and More:**
- Download the [Okayso App](http://iwannaknow.org)
- [iwannaknow.org](http://iwannaknow.org)
- [teensource.org](http://teensource.org)

**Planned Parenthood:** Find a health center to get care and info about sexual health
- [plannedparenthood.org](http://plannedparenthood.org)
- 1-800-230-PLAN (7526)
- Text Roo to 22422 to ask Roo your questions you don’t want to say out loud

**LGBTQ Youth:**
- [itgetsbetter.org](http://itgetsbetter.org)
- 1.800.246.PRIDE(7743)

**Foster Youth Rights:** Talk to the Foster Care Ombudsman Office to find out about all your rights, have someone hear what is going wrong, or get help for what you need
- [fosteryouthhelp.ca.gov](http://fosteryouthhelp.ca.gov)
- [mylifemyrights.org](http://mylifemyrights.org)
- 1-877-846-1602
- fosteryouthhelp@dss.ca.gov

For more information or copies of this fact sheet, please visit [www.jbaforyouth.org/SB89](http://www.jbaforyouth.org/SB89) or [www.fosterreprohealth.org](http://www.fosterreprohealth.org)