# Lesson 15: Youth Health Rights

## OBJECTIVES

1. Students will understand the rights youth have to access confidential reproductive health care under minor consent laws.
2. Students will be able to define confidentiality and consent.
3. Students will be able to identify which types of care need parental consent.
4. Students will increase their awareness of community resources such as school wellness centers and locations to receive STI testing and reproductive health care.

## AGENDA

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<th>Activity</th>
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<td>Do Now</td>
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<tr>
<td>10 min</td>
<td>Introduce Youth Outreach Workers (YOWs) &amp; Do Now Discussion</td>
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<tr>
<td>5 min</td>
<td>Skit</td>
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<td>20 min</td>
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<td>Homework Identifying Community Resources</td>
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## MATERIALS

- Vocabulary Reference List
- Scripts for Skit (4 copies)
- Youth Health Rights: PowerPoint Presentation
- Jeopardy Questions & Answers
- Teacher Resource: CA Minor Consent Laws Chart
- Youth Health Rights PowerPoint Slide Notes
- Homework: Planning a Clinic Visit

## CALIFORNIA HEALTH EDUCATION STANDARDS

1.9.G *Explain laws related to sexual behavior and the involvement of minors.*
2.3.G *Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care.*
3.4.G *Evaluate laws related to sexual involvement with minors.*
5.4.G *Evaluate the risks and consequences associated with sexual activities, including HIV, other STDs, and pregnancy.*
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BEFORE THE CLASS

For this lesson, contact the YOWs (Youth Outreach Workers) at your school to present this lesson. Please contact them at least two weeks in advance to schedule the presentation. If YOWs are not available, this lesson can be facilitated by the teacher or CBO partner.

DO NOW ACTIVITY 5 minutes

Materials
- Every student needs a notebook, journal, or paper and a pen
- Flipchart or whiteboard and markers
- PowerPoint slide #1 - 2

Activity
Write on board or show the PowerPoint slide #2 and have students answer the following questions.
- How do you define consent?
- How do you define confidentiality?

INTRODUCE YOWs & DO NOW DISCUSSION 10 minutes

Materials
- PowerPoint slides #3-4

Activity
If the Youth Outreach Workers (YOWs) are presenting this class, first introduce the YOWs and then have the YOWs introduce themselves.

Suggested Script:
Today we have some YOWs (Youth Outreach Workers) with us. They are going to give you some information about services and resources youth can access, with and without parental consent.

If a teacher or CBO partner is presenting this class, begin here.

Write “Confidentiality” and “Consent” on the board. Ask students to share their responses for the Do Now. Write appropriate responses on the board. Expand upon the definitions as necessary. Show slides #3 (minor consent) and #4 (confidentiality) for definitions.

Discuss confidentiality with the students. Ask students:
- How many have you ever had a secret? (have the students raise their hands)
- Why was that information a secret? (call on a few students to share their responses)
- How many of you have ever had your secret shared without your permission? (have the students raise their hands)

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• How did that make you feel? (call on a few students to share their responses)

Remind students that just like when it comes to secrets between friends, confidentiality is also important in healthcare and mental healthcare.

**SKIT**

*Materials*
- Scripts for skit

*Activity*
Introduce skit to students by explaining that it is important for teens to know their rights to free and confidential care.

Ask for three volunteers to participate in the short skit. The available roles are: Partner 1, Partner 2, and Friend. Distribute scripts to volunteer performers and have them read and/or perform the skit.

After the skit, debrief the skit with the class. Ask students:
  
  • What did you noticed about the skit?
  • Was the communication in the skit healthy or unhealthy?
  • What issues might the teens in the skit want support with? (Accessing a pregnancy test and an STI/HIV test, birth control, pregnancy options counseling, drug and alcohol counseling, support with talking to parents/guardians or a trusted about difficult issues, violence at home or difficulties at home, relationship counseling)

**POWERPOINT PRESENTATION**

*Materials*
- PowerPoint slides #5-28 (end)
- Teacher Resource: CA Minor Consent Laws Chart

*Activity*
Present the PowerPoint explaining the laws about confidentiality and youth, and how these laws are applied to reproductive health care services such as birth control, STI testing, emergency contraception, etc.

If specific questions about minor consent arise, use the CA Minor Consent Laws Chart to find the appropriate information.

**JEOPARDY**

*Materials*
- Jeopardy questions & answers

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- Whiteboard or flipchart and markers

Activity
Divide the students into two teams and explain the rules of Jeopardy.

**Suggested Script:**
Each team picks a category and attempts to answer a question for a certain point value. If they answer the question correctly, they receive those points. If not, the other team gets one chance to answer and attempt to earn those points. If they do not answer the question correctly, I/we will answer it for the class and no one gets the points.

Write the category headings and point values on a whiteboard or flipchart. Then play the Jeopardy game to review what students have learned in this class. It is ok if there is not enough time to complete all of the questions in the jeopardy game.

**HOMEWORK**

Planning a Clinic Visit

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Lesson 15: Vocabulary

1. **Confidential**: Something that is shared in private and will not be shared with others.

2. **Consent**: The permission and desire to do something. Giving consent is similar to giving permission.

3. **Counseling**: Professional guidance or help with personal conflicts or problems.

4. **Immunization**: A vaccine that protects someone from a specific illness or disease.

5. **Mental health**: Psychological well-being. Well-being in which a person understands their own potential, can cope with the normal stresses of life, and can work productively.

6. **Minor**: A person under the age of 18.

7. **Physical examination**: An evaluation or inspection of a person's body.

8. **Vaccine**: A preventative medication that protects a person from a specific illness or disease.
PARTNER 1: I have something to tell you.

PARTNER 2: What?

PARTNER 1: I was supposed to get my period last week, and I still haven’t gotten it.

PARTNER 2: What is that supposed to mean?

PARTNER 1: What is that supposed to mean? I THINK I MIGHT BE PREGNANT!

PARTNER 2: Whaat!?

PARTNER 1: When we did it a few weeks ago, you didn’t use a condom.

PARTNER 2: You could have used birth control, why are you blaming me?

PARTNER 1: How do you expect me to go out there and get birth control when you weren’t even smart enough to get a condom?

PARTNER 2: I don’t want my parents to know I needed condoms! You have no idea what they would have done to me.

PARTNER 1: But where can I get a pregnancy test? I don’t have any money.

PARTNER 2: Don’t worry about it now. Just have a drink and we’ll work it out later.

PARTNER 1: You drink too much. You think it’ll solve all your problems. Maybe if you didn’t spend all your money on alcohol, then you could have bought some condoms.

PARTNER 2: I have too much to deal with at home. This is the only thing that calms me down, so give me a break.

PARTNER 1: If I am pregnant and we have a baby, then you can’t just rely on alcohol.

PARTNER 2: Yes I can, it takes away my problems.

PARTNER 1: We need help, but nothing can save us.

FRIEND: Wait! You can get help with these problems and many more and your parents don’t have to know if you do not want them to know. Come to your school’s Wellness Center or a local clinic! Keep yourself safe and get the services you need!

PARTNER 1: Really? My parents don’t need to know that I might be pregnant?

FRIEND: Everything you say is confidential and you can get any of the reproductive services you need.

PARTNER 2: What about me? How can I overcome my issues with alcohol?

FRIEND: Counseling and treatment is free. The wellness center and clinic can help you with all of your issues.
Jeopardy Questions & Answers

Who consents to what?
10 – Who consents for someone to get a TB (tuberculosis) shot? **Parent/guardian**
20 – Who consents for someone to get a physical exam? **Parent/guardian**
30 – Who consents to a pregnancy test for an 11-year-old teen? **Parent/guardian**
40 – Who consents to STI testing for a 12-year-old teen? **Teen**
50 – Who consents to an abortion for a 14-year-old teen? **Teen**

School-Based Wellness Center and Local Health Center Services
10 – Which clinical services cost more to you: birth control or drug counseling? **Both are free**
20 – True or False: the clinic can provide you with a personal trainer. **False**
30 – True or False: A 12 year old can get an abortion in CA without a parent’s consent. **True**
40 – Name 3 things a student can get from the wellness center? *Answer is specific to school.*
50 – True or False: a clinic can confidentially send an oral swab to be tested for strep throat. **False, that is a general medical service and needs a parents’ consent**

Vocabulary
10 – Define “consent.” **Permission, etc.**
20 – Define “confidentiality.” **Private, secret, etc.**
30 – Multiple choice: What is anonymous? A. **unknown, B. weird, C. known**
40 – Multiple choice: What is a health care provider? A. **parent/guardian, B. nurse, C. vet**
50 – Multiple choice: What is the name of a group of youth health advocates at this school? **A. United Players, B. Y-MAC, C. Youth Advisory Board**

Birth Control
10 – True or False: Condoms are a non-hormonal type of birth control. True
20 – Multiple choice: What is a form of birth control that both males and females can use? A. **shot, B. condoms (external and internal), C. pill, D. all of the above**
30 – Which form of birth control also reduces the risk of transmitting STIs like gonorrhea and HIV? A. **shot, B. condoms (external and internal), C. pill, D. all of the above**
40 – Multiple choice: When can emergency contraception be taken after unprotected sex? A. **up to 1 week, B. up to 2 weeks, C. up to 1 month, D. up to 5 days**
50 – Name 2 hormonal types and 2 non-hormonal types of birth control. **Hormonal: Pill, Mirena and Skyla IUC, ring, shot, patch; Non-hormonal: condoms, Paragard**

Miscellaneous
10 – What are 2 ways a health center can do an STI test? **Urine/blood sample, oral/genital swab**
20 – What are the two most commonly tested STIs? **Gonorrhea and Chlamydia**
30 – True or False: The wellness center will tell my counselor if I have an infection. **False**
40 – True or False: The wellness center provides vitamins. **True**
50 – True or False: If two 14-year-olds have sex, it is not reportable to Child Protective Services. **True, but a parent can make a CPS report if they choose to because teens are minors.**
Homework: Planning a Clinic Visit

Name: _______________________________________________________________________
Period: ___________________ Date: ___________________

Directions: Imagine that you are going to a clinic or health center for reproductive healthcare (an STI check, HIV test, birth control or safer sex supplies) and answer the questions below.

1. Select a clinic to visit: ____________________________________

2. What is the address of the clinic? ________________________________

3. How would you get there on public transportation from school or home? __________
   __________________________________________________________________________

4. How long would it take you to get to the clinic? ___________________________

5. What are the hours of operation? ____________________________________________

6. When would you schedule an appointment (ex: after school, weekend, morning)? __________
   __________________________________________________________________________

7. How would you schedule your appointment (phone, online or drop-in)? __________

8. What is the phone number? ________________________________________________

9. What is the website address (if the clinic has one)? _____________________________

10. Would you want a friend to go with you? Why or why not? ______________________
     __________________________________________________________________________

11. What are 2 words to describe how you might feel...
    • before the visit? ________________________ & ________________________
    • during the visit? ________________________ & ________________________
    • after the visit? ________________________ & ________________________

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### Lesson 15: Youth Health Rights Slide Notes

#### Slide 1:

Youth Health Rights: Minor Consent Laws

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#### Slide 2:

**Do now**

- How do you define **consent**?
- How do you define **confidentiality**?

Have students complete the do now questions.

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#### Slide 3:

**What is Minor Consent?**

- Minor consent is a minor’s (ages 12-17) right by California law to confidentiality and clinical services.
- Consent means giving permission for something.

**Consent** = Generally means “giving permission”

When talking about giving consent to a health care provider, it means giving permission to offer you a health service (i.e. birth control, HIV testing).

Can also mean giving your health care provider permission to share your health information with others, such as a parent/guardian, which required a document called Release of Information Consent.

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#### Slide 4:

**What is Confidentiality?**

- Private
- “What is said here stays here”

**Confidentiality** = Information is kept private (Example: “What is said here stays here”). In the medical setting – a health care provider cannot share a patient’s information with others without the patient’s permission. (There are exceptions to this, which we will talk about later.)
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**Slide 5:**

Explain to the students how to play this game. You will ask students a question and they will answer by holding up 1 finger for “parent”, 2 fingers for “youth”, and 5 fingers for “not sure”

**Slide 6:**

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to get birth control.

Click to reveal the answer: Youth

**Slide 7:**

Let students know that there are many types of birth control. Birth control aims to prevent pregnancy.

**How to access:**
Some methods require that a teen goes to a doctor, clinic, or health center (IUC, implant, shot, ring, patch, pill) while other methods are available over the counter (internal condom and external condom).

**Efficacy:**
These methods range in how effective they are at preventing pregnancy. The hormonal (or prescription ones) can be over 99% effective and the condoms can be over 97% effective if used consistently and correctly.

Let students know that there will be a whole class period dedicated to learning about birth control. If students have questions about birth control now they can talk to someone in the school Wellness Center or go to [www.PlannedParenthood.org](http://www.PlannedParenthood.org) or [www.Bedsider.org](http://www.Bedsider.org)

**Slide 8:**

**How to access:**
Ella and Paragard/IUD: Need to get a prescription/see a doctor
Plan B: Can be purchased at a pharmacy (usually about $40. $25 at Planned Parenthood) or can get this from a provider for free

**Efficacy:**
Paragard is the most effective emergency contraception (over 99% effective)
Ella is more effective than Plan B

**Be Real. Be Ready.**
Emergency contraception needs to be taken within 5 days of unprotected sex. The sooner it is taken, the more effective it will be at preventing pregnancy.

**Slide 9:**

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to get STI and HIV testing.

Click to reveal the answer: Youth

**Slide 10:**

**STI testing:**

It is recommended for sexually active people to get tested every 3-6 months.

STIs are common among teens. 1 in 4 sexually active teens has at least 1 STI.

Testing is quick, easy, painless, and at most clinics... free!

**HIV testing:**

The rapid HIV test can let a person know their HIV status within 10 minutes.

This test is usually done with a small sample of blood (from a finger prick) or by swabbing the inside of the mouth (oral swab)

**Slide 11:**

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to get pregnancy testing.

Click to reveal the answer: Youth

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Slide 12:

**Pregnancy Testing**
- Wait about 2 weeks after sex to take a pregnancy test
- If someone take a pregnancy test too soon, the result may not be accurate.
- Testing is quick, painless, and free
- It takes just a few minutes for the test to determine if someone is pregnant or not
- Testing is done through a urine sample

Wait about 2 weeks after sex to take a pregnancy test
- Testing is quick, painless, and free
- Testing is done through a urine sample
- At a health center, someone will be given a cup to leave a urine sample. The urine will be tested to see if that person is pregnant or not.

If a test is negative, and the person did not want to become pregnant, they may want to talk to their doctor about getting a method of birth control (like the IUD, implant, or shot).
If a test is positive, the person may want to discuss their pregnancy options with their doctor (more about pregnancy options on the next slide).

Slide 13:

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to choose what pregnancy option they want to select if they become pregnant.

Click to reveal the answer: Youth

Slide 14:

**Pregnancy Options**
- Parenting
- Make an adoption plan
- Abortion

**Suggested script:**
*People tend to have very strong beliefs and values when it comes to pregnancy options. I am not going to tell you what is “right” or “wrong.” I am here to tell you about what options a person has if they become pregnant.*

The female always gets to decide on the pregnancy option. While the male partner can share their thoughts and opinions, ultimately it is up to the female to decide.

- Parenting
  - A person can choose to continue the pregnancy and become a parent
- Make an adoption plan
  - A person can choose to continue the pregnancy and make an adoption plan so another person(s) will care for the child once it is born

If someone chooses parenting or adoption, they will need to access something called prenatal care; this is a special type of care to make sure the person who is pregnant and the baby are healthy. It is important to call a doctor or health center as soon as someone knows they are pregnant.
• Abortion
  • A person can choose to end a pregnancy through a procedure called an abortion. This needs to be provided by a doctor in a health center.

Teens can legally access choose any of these options and access services confidentially. If a teen is pregnant, it is highly encouraged that they talk to a parent, guardian, or trusted adult. However, if it is not safe for that teen to talk to their parent/guardian, then they can still access these services confidentially, without their parent/guardian's permission.

**Slide 15:**

**Abstinence**

not having sex or delaying sex

100% effective at preventing pregnancy & avoiding STIs

Remind students that abstinence does not mean no dating, no physical affection, or no relationships – it just means no sex that could cause a pregnancy or transmit an STI.

For many people, they may have the desire to have sex, but make the decision not to have sex.

**Slide 16:**

**Who consents to… Counseling?**

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to access counseling services.

Click to reveal the answer: Youth

**Slide 17:**

**Mental Health & Substance Abuse Counseling**

- You and your counselor get to know each other
- You and your counselor will work together to figure out where you are at and what you want out of counseling
- You and your counselor will talk about important issues in your life such as school, friends, relationships, etc.
- You and your counselor can figure out how to deal with stress
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Slide 18:

**Common Questions to Ask a Counselor**
- If I tell you I do drugs, will you call the police?
- Will you tell anyone?
- Does it make me a bad person if I do ______?
- Is _____ normal?
- Is it ok to feel ________?
- Can I tell you something important?

Counseling can help with:
- Feel better about yourself and how to approach your own problems
- Be more open to talking about your worries and concerns with others
- Make you feel more confident in facing challenges

Asking these questions can help you feel more clear about this counselor’s confidentiality practices before revealing any sensitive information.

Slide 19:

**Who consents to... Physical Exams?**

Ask students to vote by holding up 1 finger, 2 fingers, or 5 fingers to indicate who they think needs to give consent for (or permission for) a teen to receive a physical exam.

Click to reveal the answer: Parent/caregiver

Remind teens that if it is a physical exam for sexual or reproductive health, they do not need to have parent/caregiver consent.

Slide 20:

**Parent/Guardian Consent**
- General medical visits
- Immunizations (vaccines)
- Medications

Here is what a parent/caregiver would need to give their consent for. Remind students that just because parents don’t have to give their consent for other services and healthcare, it is still a healthy idea for youth to talk to a parent, caregiver, or trusted adult about their health.

Slide 21:

**Confidentiality**

Anything you say about sex, drugs, and feelings is CONFIDENTIAL unless you give the health care provider permission to share it.

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### Slide 22:
**Exceptions to Confidentiality**
- If you share information that you...
  - are being abused (physically, emotionally, and/or sexually)
  - are hurting, or going to hurt, yourself or someone else
  - are having sex and one person is 14 or older and the other is under 14
  - are under the age of 16 and having sex with someone 21 or older

Then the person you share this information with must tell someone else in order to get you support & help.

Remind students that these protections are in place to help students who may be in an unhealthy or unsafe situation.

### Slide 23:
**True or False?**
You can get drug & alcohol counseling without parent/guardian consent.

**TRUE!**
Your parent/guardian does not have to know that you received care unless you tell them.

Use the true/false questions to review what students have learned. Ask students to raise their hands to vote for true or false. Call on one or two students to explain why they think the statement is true or false.

Click to reveal the answer.

### Slide 24:
**True or False?**
A clinic can give a teen birth control without parent/guardian consent.

**TRUE!**
You can get the IUC, implant, shot, ring, patch, pill, & condoms all on your own.

Use the true/false questions to review what students have learned. Ask students to raise their hands to vote for true or false. Call on one or two students to explain why they think the statement is true or false.

Click to reveal the answer.

### Slide 25:
**True or False?**
A clinic will not tell your parent/guardian if you test positive for an STI.

**TRUE!**
A clinic cannot (& will not) tell your parent/guardian or anyone else that you have an STI without your permission.

Use the true/false questions to review what students have learned. Ask students to raise their hands to vote for true or false. Call on one or two students to explain why they think the statement is true or false.

Click to reveal the answer.
### Slide 26:

**True or False?**
A clinic can provide a pregnancy test to a teen without parent/guardian consent.

**TRUE!**
Pregnancy testing is among your confidential minor consent rights.

Use the true/false questions to review what students have learned.

Ask students to raise their hands to vote for true or false. Call on one or two students to explain why they think the statement is true or false.

Click to reveal the answer.

### Slide 27:

**How much does it cost?**
Everything is Free!

There are state and local programs that cover the costs for teens to get sexual and reproductive health care services. F-PACT & Medical

### Slide 28:

**Where do I go for help?**
visit your School Wellness Center or a local health center & check out the SF Youth Services & Referrals Pocket Card

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