



**Tuscarawas County Health Department
Medical Clinic
Reproductive Health Life Plan**

Name: _____ Date of Birth: _____

1. Are you sexually involved currently? YES NO *(If no, skip to #2)*
 - 1a. Sexual partner(s) is/are/have been: Male Female
 - 1b. Birth Control Methods:
 None Condom Pill Patch IUD Injection
 Vasectomy/Tubal Litigation

2. Do you have biological children? YES NO Number of Children: _____

3. Do you think you might like to have (more) children at some point?
(if no or not sure, skip to #4)
 YES NO NOT SURE
 - 3a. If yes, when do you think that might be?
 NOW SOON NOT NOW OR ANYTIME SOON

4. If no, how important is it to you to prevent pregnancy?
 IMPORTANT NOT SO IMPORTANT

5. Would you like to talk about birth control options today? YES NO

Did You Know?

Healthy relationships should include all the following:

Communication Respect Honesty Dependability Empathy
 Compassion Appreciation Inter-dependence Purpose

Signature: _____ Date: _____

(over)

Safe Sex Basics

1. Research birth control options
 2. Get tested regularly for sexually transmitted diseases (STD)
 3. Use protection (condoms) every time for all sexual encounters
 4. Talk to your partner about your decision to practice safe sex and about being tested for STDs
 5. Abstain from sex: this is the only way you will be 100% sure to prevent an unplanned pregnancy or a STD
 6. Limit your number of partners or have one partner
 7. Do not use douche or vaginal wash as they can remove healthy bacteria that could help prevent infection
 8. Use a lubricant as condoms can tear or rip. Lubricants can also prevent skin tearing during sex. Do not use oil-based lubricants,
 9. Be proactive with your sexual health.
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Reproductive Health and Wellness Adolescent Clients: (18 years old and younger):

Sexual Coercion is when you are engaging in an unwanted sexual activity through physical force, threat of physical force, or emotional manipulation.

You may feel it is easier to consent to the sexual activity than decline or you may feel you do not have a choice.

Is this happening to you? _____

If you are under 18 and currently sexually active, what is the age of your partner? _____

TCHD encourages adolescents to speak to your parent/guardian about sexual activity and reproductive health decisions. Open communication is healthy, may provide support and problem-solving ideas, promote trust, and opens the door to future communication.

If you need more information on how to begin this discussion, let your provider know.

Signature: _____ Date: _____

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