



Public Health
Prevent. Promote. Protect.
Tuscarawas County
Health Department

Reproductive Health Life Plan

Name (Print): _____ Date of Birth: _____

Do you think you might like to have (more) children at some point?

Yes

Not Sure

No



When do you think that might be?

Now or trying for some time

Not now or not anytime soon

How important is it to you to prevent pregnancy (until then)?

Not as important

Important




Would you like to talk about birth control options?



Yes



No

How did you hear about TCHD's Reproductive Health Program? _____

OVER

 897 E. Iron Ave.
Dover, OH 44622

 (330) 343-5555
 (330) 343-1601

 www.tchdnw.org
 director@tchdnw.org





Public Health
Prevent. Promote. Protect.
Tuscarawas County
Health Department

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? _____

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.


Healthy Relationships include the following:



Communication Respect Honesty Dependability Empathy (compassion, appreciation)
Interdependence Purpose



Safe Sex Basics

Research Birth Control Options	Get tested for STD's	Use protection (condom) every time for all sexual encounters	Talk to your partner ab out your decision to practice safe sex. And about being tested for STD's	Abstain from sex: this is the only way to be 100% sure you will prevent an unplanned pregnancy or an STD
Limit your number of partners	Have one partner	Do not use a douche or vaginal wash as they can remove healthy bacteria that could help prevent infection	Use a lubricant as condoms can tear or rip. Lubricants can also prevent skin tearing during sex. Do not use oil-based lubricants	Be proactive with your sexual health

Signature: _____ Date: _____

 897 E. Iron Ave.
Dover, OH 44622

 (330) 343-5555
 (330) 343-1601

 www.tchdnow.org
 director@tchdnow.org

