

the guide

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Hi there!

Thank you for trusting Every Body Texas with your emergency contraception. You are the one in charge of your sexual and reproductive health decisions. We support you and the contents of this kit and booklet are meant to support you in making choices that feel right for you.

This booklet is brief so it's small enough to fit in your purse, bag, or back pocket, but that means you may still have questions after reading it. You can find more information on our website: www.everybodytexas.org.

You can reach out to a Title X clinic near you for low-cost or free care. See page 23 for info about Title X and how to find a clinic.

You've got this!

Every Body Texas

**Sex is natural. Sex is normal.
Sex should feel good.**

There is no right age to have sex. It is dependent on when you feel **ready, comfortable**, and have a **consensual agreement and understanding** of what is to happen.

Sex is what you want it to be. Many people think of sex solely as vaginal intercourse. However, sex also means any kissing, touching intimate parts with hands, mouth, or genitals, as well as vaginal or anal sex.

Masturbation is normal, and very common for people of all genders. There is no shame in pleasing yourself. In fact, masturbation can help you **get to know your body better**, feel more **comfortable in your sexuality**, and learn what is **pleasurable for you** as everyone has different sexual preferences.

Find more information on sex and masturbation here:

www.scarleteen.com/article/advice/whats_sex



What does consent mean?

consent

Consent is a conscious, voluntary, mutual, and enthusiastic agreement to engage in sexual activity. Each person must be fully aware, equally free of coercion, communicating clearly, and sincere in their desires.

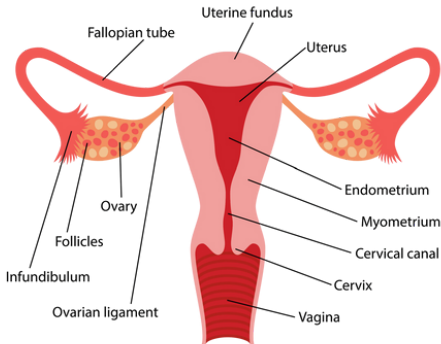
Consent requires a clear and coherent mind to make a decision. A person can't consent when they're asleep, unconscious, or incapacitated due to the influence of drugs, alcohol, or medication.

Consent is based on a full understanding of the nature and extent of the sexual activity being considered. You need consent for any physical touch or sexual activity, such as hugging, kissing, and any penetrative or non-penetrative sexual activity.

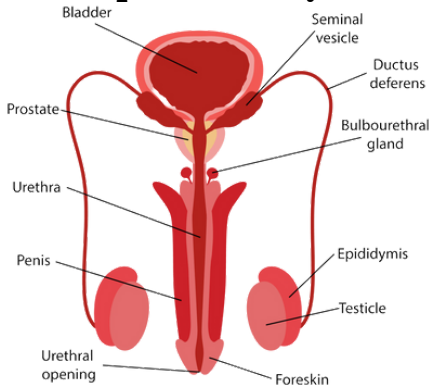
Consent can be revoked at any time. This means even if you gave consent, if at any point you want to stop for any reason, you have a right to change your mind and stop engaging in physical touch and/or sexual activity.

reproductive systems

Female Reproductive System



Male Reproductive System



While we are using the terms "male" and "female" here, we also acknowledge that others may refer to the reproductive systems as "internal" and "external" systems.



For pregnancy to happen, a sperm needs to meet an egg.

how pregnancy happens

During ovulation, a person who menstruates will release an egg from their ovaries. This egg then moves into the fallopian tubes, where it will remain for around **24 hours**.

If the egg is not fertilized by sperm, it will break down along with the uterine lining during your next period. **If the egg is fertilized by the sperm**, it will travel from the fallopian tube to the uterus and **implant into the uterine lining**.

Pregnancy is defined by the fertilized egg implanting in the lining of the uterus. It usually takes up to **2-3 weeks** for the implantation to finish and for a **pregnancy test to read positive**.

Using contraceptives (birth control) reduces your chance of pregnancy, but there is always a **low risk** of pregnancy during PIV (penis in vagina) sex.

emergency contraception



Using emergency contraception (EC) to prevent pregnancy is normal and safe.

The EC in this kit can be used **up to 72 hours after unprotected sex** or contraceptive method failure (like a condom breaking or forgetting to take your pill). **EC is more effective the sooner you take it.**

Many people do not experience side effects at all. If you experience side effects, they'll probably go away after 24 hours. For more about side effects see the insert that came with your EC.

Taking EC

One dose of EC is one pill. Take EC as soon as possible after unprotected sex. If you vomit less than an hour after taking the dose, you may want to take another pill.

EC & Body Weight

Your weight/BMI (body mass index) may impact how effective EC is for you. This kit contains generic Plan B, which may be less effective if you weigh over 165 pounds.

The EC pill, ella[®], is generally more effective for people who weigh more than 165 pounds. This EC requires a prescription from a healthcare provider.

IUDs are the only emergency contraception option where effectiveness is not impacted by your weight. To be effective you must have a clinical provider insert the device within 5 days after unprotected sex. Some Title X clinics in Texas can provide IUDs as EC (**page 23**).



Scan with your smart
phone camera to
calculate your BMI

STIs

STI stands for 'sexually transmitted infection.'



These used to be called sexually transmitted diseases or STDs, but 'infection' is both a more accurate and less stigmatizing term than 'disease.'

Some of the most common STIs include chlamydia and gonorrhea. STIs are **very common** and can be **easily treated** with medicine in most cases.

Without treatment, STIs can lead to serious long-term health problems. That's why **regular testing is so important.**

Testing is easy, quick, and usually low-cost or free!

It's always a good idea to ask new partners when they were last tested and use condoms.

Some people don't show signs of having an STI, so they may not know that they have one until they get tested.

Vaginal discharge is **normal** and **varies** throughout different stages in your hormonal cycle.

However, if you're experiencing an **unusual odor, different color, or consistency**, or unexpected **sores or bumps around your labia, anus, or mouth**, see your **gynecologist or low-cost testing center near you**. They will decide on proper testing for STIs, yeast infections, or other common curable vaginal infections like bacterial vaginosis.

If you have a penis and are experiencing any unusual **discharge (a drip) from the penis, burning or itching, or bumps, sores, or blisters around the penis, anus, or mouth**, you should go to your **urologist or a low-cost testing center near you**.

Using an **internal or external condom**, getting vaccinated against HPV, and getting tested **all can help you (and your partner) prevent STIs**.

Check out **page 23** for more information on low-cost or free STI testing and treatment near you.

external condoms

When used correctly, condoms can prevent pregnancy and sexually transmitted infections (STIs). Even if you've been using external (male) condoms for a long time, it's a good idea to check your technique. Incorrect condom use can lead to the condom breaking, slipping, or failing.

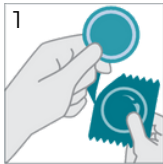
DO

- DO** use a condom every time you have sex
- DO** put on a condom before having sex.
- DO** read the package and check the expiration date.
- DO** make sure there are no tears or defects.
- DO** store condoms in a cool, dry place.
- DO** use latex or polyurethane condoms.
- DO** use water-based or silicone-based lubricant to prevent breakage.

DON'T

- DON'T** store condoms in your wallet as heat and friction can damage them.
- DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil as lubricants because they will cause the condom to break.
- DON'T** use more than one condom at a time.
- DON'T** reuse a condom.

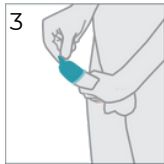
How to put on and take off an external condom.



1
Carefully open and remove condom from wrapper.



2
Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.



3
Pinch air out of the tip of the condom.



4
Unroll condom all the way down the penis.



5
After sex, but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



6
Carefully remove the condom and throw it in the trash.

From "The Right Way to Use a Male Condom" from the Center for Disease Control and Prevention. For more information visit www.cdc.gov/condomeffectiveness.

What is an internal condom?

Internal condoms are a type of contraceptive that is inserted into the vagina or anus before having sex. They protect against pregnancy and sexually transmitted infections (STIs).

DO

DO use a condom from start to finish, every time you have vaginal sex.**

DO read the condom package insert and check the expiration date.

DO make sure there are no tears or defects.

DO use lubricant to help prevent the condom from slipping and tearing.

DO store condoms in a cool, dry place.

DON'T

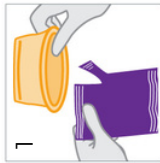
DON'T use a male (external) condom with an female (internal) condom, as this can cause tearing.

DON'T reuse a condom.

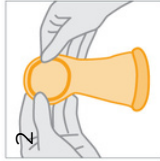
DON'T flush condoms as they may clog the toilet.

**Internal condoms can also be used for anal sex and follow the same general guidelines as those for vaginal sex outlined above.

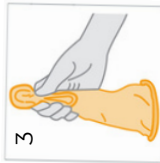
How to use an internal condom.



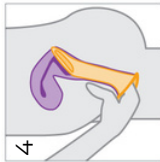
1 Carefully open and remove the condom from package to prevent tearing.



2 The thick, inner ring with closed end is used for placing in the vagina and holds the condom in place. The thin, outer ring remains outside of body, covering vaginal opening.



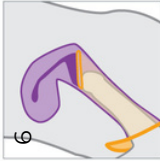
3 Find a comfortable position. While holding outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina. It is similar to inserting a tampon.



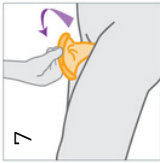
4 Using your finger, push inner ring as far up as it will go until it rests against cervix. The condom will expand naturally and you may not feel it.



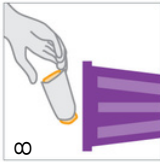
5 Be sure condom is not twisted. The thin, outer ring should remain outside vagina.



6 Guide partner's penis into opening of the condom. Stop intercourse if you feel condom and walls of vagina or if outer ring is pushed into vagina.



7 To remove, gently twist outer ring and pull condom out of vagina.



8 Throw away the condom in trash after using it one time. Do not reuse.

What is a dental dam?

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Ready-to-use dental dams can be purchased online.

DO

DO use a new latex or polyurethane dental dam every time you have oral sex.

DO read the package and check the expiration date.

DO make sure there are no tears or defects.

DO put on before starting oral sex and keep it on until finished.

DO use water-based or silicone-based lubricant to prevent breakage.

DO store dental dams in a cool, dry place.

DON'T

DON'T reuse a dental dam.

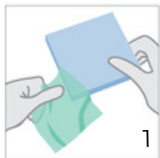
DON'T stretch a dental dam, as this can cause it to tear.

DON'T use nonoxynol-9 (a spermicide), which can cause irritation.

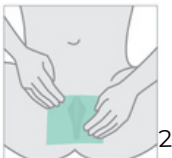
DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.

DON'T flush dental dams down the toilet as they may clog it.

How to use a dental dam.



Carefully open dental dam and remove from package.



Place dental dam flat to cover vaginal opening or anus.



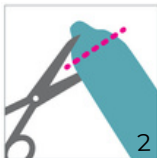
Throw away used dental dam in trash.

How to make a dental dam from an external condom.

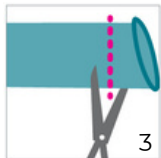
Be sure the condom is made of latex or polyurethane.



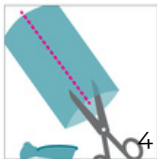
Carefully open package, remove condom, & unroll.



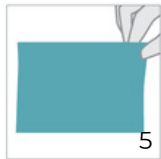
Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

When it comes to contraception (birth control) there are a lot of options. Here is a quick summary about different types and how they work. You can contact a Title X clinic to learn more and find a method that works best for you (page 23).

Hormonal Methods



Intrauterine Devices (IUD)

Small T-shaped device placed in the uterus by a doctor or nurse. Lasts 3-10 years depending on the type. Most types use hormones, but there is a hormone free option (Paragard). You can use an IUD even if you've never been pregnant.



Hormonal Implant

About the size of a match stick, its implanted by a medical professional just below the skin in your upper arm. It slowly releases hormones. Lasts up to 3 years.



The Pill

Birth control pills have been around a long time and there are many options. You take it once a day, every day. Skipping pills can lead to an unexpected pregnancy.



The Shot ("Depo")

Injected in the arm every 3 months by a healthcare worker. Contains one hormone called Progestin. It can be kept private because no one can feel or see it and there is nothing to keep at your home.



The Ring

A small, flexible plastic ring that releases hormones. You remove and replace it in your vagina yourself. It stays in the vagina for 3-4 weeks before being replaced. There is also a new type of ring (Annovera[®]) that lasts up to 1 year.



The Patch

A small, thin piece of plastic is placed on the skin like a sticker and it releases hormones into the body slowly through the skin. You change it monthly and can choose a variety of places on the body to place it.

Permanent Birth Control (sterilization)

For people with ovaries, tubal ligation closes or blocks the fallopian tubes, preventing an egg from meeting sperm. For people with testes, vasectomy prevents sperm from being released. A healthcare provider can discuss permanent birth control options with you.

Barrier Methods

Barrier methods work by physically blocking sperm from entering the uterus through the cervix. These methods do not use hormones, but must be used correctly every time you have sex to prevent pregnancy. Find details on **condoms** starting on **page 13**.



Sponges

Made of plastic foam. Worn inside the vagina during sex and releases spermicide. Use a new one every time you have sex.



Diaphragms

Small silicone cup a few inches across, inserted into the vagina with spermicide before sex.



Spermicides

Chemical that stops sperm from moving. Comes in many forms (gel, cream, etc.), inserted in the vagina before sex.

Fertility Awareness Based Methods



Also called Natural Family Planning, Fertility Awareness Based Methods (FABM) rely on users to track menstrual cycles or other signs in the body to determine when they are fertile and to avoid unprotected sex during that time. You can get counseling on FABM at a Title X clinic (**page 23**).

There are 2 pregnancy tests in your kit.

You should wait at least 10 days after unprotected sex to take a pregnancy test.

If you take it too early you may not get an accurate result. Pregnancy tests are more accurate if you wait to take them until a few days after you expect your next period.

Follow the instructions included with the pregnancy tests in this kit to ensure you are able to get an accurate result.

You can also go to a clinic that provides pregnancy testing to get another test if you want.

Check out **page 23** to find a Title X clinic to get low-cost or free pregnancy tests.



Title X (ten) clinics provide low-cost or free confidential family planning services. You can't be turned away because you can't pay. Find a Title X clinic near you by scanning the QR code with your smartphone.



Scan with your smartphone's camera to find a Title X Clinic

Family Planning Services Include



Contraceptive services including talking about how birth control may fit with your future goals.



Basic fertility and infertility services, counseling on achieving pregnancy, preconception health services, and pregnancy testing.



Testing and treatment for sexually transmitted infections (STIs) like chlamydia, gonorrhea and HIV and AIDS.



Related preventive health services such as breast and cervical cancer screening.

www.everybodytexas.org/find-a-clinic

People who become pregnant may choose different outcomes for their pregnancy including:

- Continue the pregnancy and raise the child.
- Continue the pregnancy and place the child with an adoptive family.
- End the pregnancy by having an abortion.

Learn about pregnancy options:

For people who would like to talk with someone about your options, you can call the All Options Talkline at 1.888.493.0092.

All Options is a “place where all options, decisions, experiences, and feelings are welcomed and respected, at any point in your journey.”

Find them online at all-options.org.

If a pregnant person is considering **continuing a pregnancy**, it is important they begin prenatal (medical care needed during pregnancy) care. If they don't have insurance, Texas has programs that can help pay for prenatal care. Scan the QR code to learn more.



options for the
uninsured

Community Health Centers, also called FQHCs, are clinics that provide primary healthcare to all people, regardless of their ability to pay. Many offer prenatal care. Scan the QR code and enter your county to find a local clinic.



find a community
health center

Abortion is now banned in Texas. However, abortion remains legal in other states. Some people can go to a different state to receive abortion care. States closest to Texas that still protect abortion access include New Mexico, Colorado, and Kansas. Below is a list of organizations that provide information and resources about abortion and how to access abortion services outside of Texas.

The **National Abortion Federation (NAF)** provides accurate information, confidential consultation, and referrals to providers of quality abortion care. Call 1.800.772.9100. prochoice.org

Abortion Finder is an easy-to-use search tool built on a database of over 750 verified abortion providers across the country. abortionfinder.org

The **National Network of Abortion Funds (NNAF)** connects people seeking abortion care with organizations that can support financial and logistical needs for abortion care. abortionfunds.org

Jane's Due Process

Jane's Due Process helps young people in Texas access sexual and reproductive health services. You can call or text their hotline at 1.866.999.5263.
www.janesdueprocess.org

National Domestic Violence Hotline

Staffed 24 hours a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers, and counseling. 1.800.799.7233.
www.thehotline.org

Rape, Abuse & Incest National Network

RAINN's telephone hotline staff provide support and information on local service providers in English and Spanish. 1.800.656.4673.
www.rainn.org

Loveisrespect

Loveisrespect aims to help young people find support and local resources if they're in an abusive or unhealthy relationship. 1.866.331.9474.
www.loveisrespect.org/personal-safety



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