



Talk to someone!

Sometimes, life may throw us challenges that we do not know how to handle. In these cases, it is always a good idea to talk to a trusted adult. Parents, coaches, aunts/uncles or someone from your school can be good resources.

Do you want to look things up? Here is a sample of websites that have good information for you:

- **Bedsider.org**
A list of effective birth control methods
- **StayTeen.org**
Helpful information on dating and relationships
- **TeenMentalHealth.org**
Learn about depression and other mental health issues

Community Health Centers

**For appointments, call our
Patient Access Center:
(847) 377-8800**

Belvidere Medical Building*
2400 Belvidere Rd, Waukegan, IL

Grand Avenue Health Center
3010 Grand Ave, Waukegan, IL

Libertyville Health Center
18698 West Peterson Rd, Libertyville, IL

Midlakes Health Center*
224 Clarendon Rd, Round Lake Beach, IL

North Chicago Health Center*
2215 14th St, North Chicago, IL

North Shore Health Center
1840 Green Bay Rd, Highland Park, IL

Round Lake Area Student Health and Wellness
Center*(located inside Round Lake High School)
800 N High School Dr, Round Lake, IL
(847) 257-1200

Zion Health Center*
1911 27th St, Zion, IL

Lake County Health Department services are available to all individuals regardless of race, color, national origin, age, sex, disability or sexual orientation. Please inform a staff member if you need an interpreter, assistance, or auxiliary aids.

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Relationship ABC's

Abstinence, Behavior, Condom Use

Abstinence

What is abstinence?

No sexual activity of any kind.

- Oral (mouth)
- Anal (rectum)
- Vaginal

What can it do for me?

- Prevent sexually transmitted infections (STI), including HIV
- Prevent pregnancy
- Prevent emotional pain and regret
- Keep moral values in place
- Boost your self-esteem

What are some things you can do to stay abstinent?

- Avoid risky situations: It is easier to stay abstinent when you avoid situations where sexual feelings may be strong.
- Stay involved: Fill your schedule with school, work, volunteering, or sports. The busier you are, the less likely you are to engage in sexual activity.
- Spend time with someone who respects you and shares your values.

Behavior

Be faithful to yourself and have respect for the other person by choosing to be abstinent. If you are in a relationship, be **monogamous** (having only one partner).

Other behaviors that should be avoided:

Sexting is the sending or receiving of sexually explicit or suggestive images, messages, or video through the use of technology. This includes social media, like Facebook, Snapchat and Instagram.

Reason to avoid sexting:

- Anyone can see the message or post, including parents, schools and employers
- If the picture has nudity, one may have to register as a sex offender

Cyberbullying is bullying that takes place through the use of electronic technology.

Examples of cyberbullying include:

- Mean text messages or emails
- Rumors sent by email or posted on social networking sites, such as Facebook, Snapchat or Instagram

Condom Use

There is a lot of information to consider when choosing to have sexual intercourse.

Condoms are not 100% effective in preventing pregnancy or sexually transmitted infections, including HIV.

They should still be used each time you have sex. Your chances of something happening are greatly reduced!

Some things to know about condoms:

- A new condom must be used each time you have sex. That includes oral (mouth), vaginal, and anal (rectum) sex.
- Several different types of condoms (male or female)
- Only use one condom at a time. Condoms break easily when using more than one.
- Condoms are made out of several different materials, such as latex, animal skin, and polyurethane—for those with a latex allergy.

Condoms are always free at any of our health centers. Just ask!