



Checking Up on Your Sexual Health: Quality Service Chart (How I Can Use Health Services)

Read the assigned fact sheets and articles to complete this chart.

Type of Service	What can youth ask about?/ What should you expect?	Things that might make young people nervous/other barriers	Ways to ensure good service overcome barriers
Regular visits to doctor's office			
First physical exam (Pelvic, PAP smear, testicular exam)			
Visit doctor/clinic about birth control			
Access emergency contraception clinic			
Pregnancy testing			
Pregnancy options (parenting, adoption, etc.)			
STI testing			
HIV testing			
Sexual assault/abuse/counseling			

Build a list of general characteristics for all these health services that would make these services accessible, welcoming and friendly to youth.

General Criteria for Youth-Friendly Services

	What is recommended by doctor's association?	What do you recommend?
Convenience		
-Hours		
-Geographical location		
-Schedule of appointments		
Friendliness of staff/attitude		
Need for privacy/confidentiality		
Need for explanations of terms, procedures, etc.		
Availability of explanatory or educational materials for youth		
Adapted medical procedures/health		
Follow-up/telephone consultations		
Outreach and publicity aimed at youth		