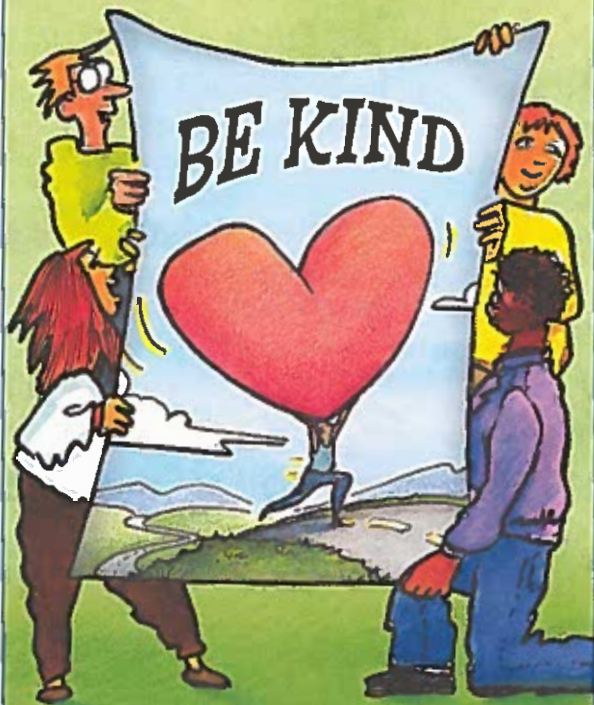


COMMUNICATION AND RESPECT

9 Signs of a Healthy Relationship



PREVENTING VIOLENCE

COMMUNICATION AND RESPECT

9 Signs of a Healthy Relationship



PREVENTING VIOLENCE

These are both acceptable versions of this title. The artwork has changed, but the content has not.

How do you define love?

love is listening.



love is respect.org
The National Partnership to End Dating Abuse

Discuss your options confidentially, 24/7.

10 warning signs of an abusive relationship

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

connect now!

chat at loveisrespect.org

SMS text "loveis" to 22522

call 1-866-331-9474

Discuss your options confidentially.
Peer advocates are available 24/7.

¿cómo defines el amor?

Amor es escuchar



love is respect.org

Discute tus opciones confidencialmente 24/7

10 señales de una relación abusiva:

- Revisa tu teléfono celular o correo electrónico sin permiso
- Te humilla constantemente
- Celos o inseguridad extrema
- Estado de humor explosivo
- Te aísla de tus amigos y seres queridos
- Hace acusaciones falsas
- Cambio de ánimo repentino
- Te hiere físicamente
- Conducta posesiva
- Te dice que hacer

conéctate ya:

chat: loveisrespect.org

texto: "loveis" al 22522

llama: 1-866-331-9474

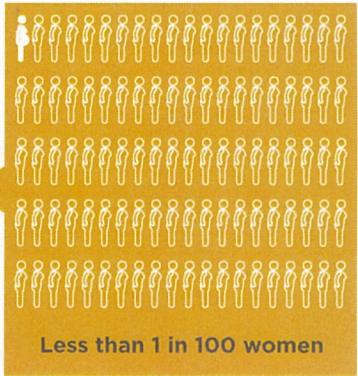
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HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?

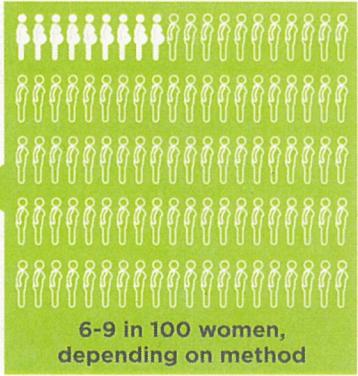
Really, really well

The Implant	Hormonal IUDs	Copper IUD	Sterilization, for men and women
Works, hassle-free, for up to...	4 years	3-7 years	12 years
		No hormones!	
			Forever



Pretty well

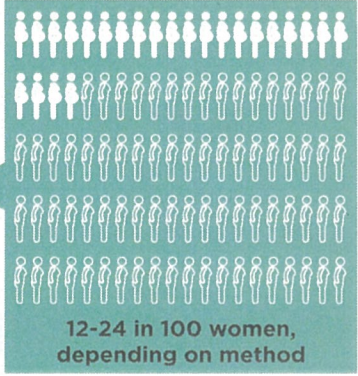
The Pill	The Patch	The Ring	The Shot
For it to work best, use it...	Every. Single. Day.	Every week	Every 3 months



Not as well

Pulling Out	Fertility Awareness	Internal Condom	Condom
For each of these methods to work, you or your partner have to use it every single time you have sex.			

Use a condom with any other method for STI protection.



FYI, without birth control, over 90 in 100 young women get pregnant in a year.

¿QUÉ TAN BIEN FUNCIONAN LOS ANTICONCEPTIVOS?

¿Qué riesgo tengo de quedar embarazada?



Muy, muy bien



El implante



Los DIUs con hormonas



El DIU sin hormonas

¡No tiene hormonas!



Esterilización, para hombres y mujeres

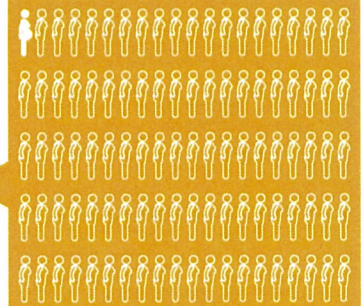
Funciona, sin mucho esfuerzo, hasta...

4 años

3-6 años

12 años

Siempre



Menos de 1 de cada 100 mujeres



Bien



La píldora



El parche



El anillo



La inyección

Para que funcione mejor, úsalo...

Todos los días. Sin excepción.

Cada semana

Cada mes

Cada 3 meses



Entre 6 y 9 de cada 100 mujeres, dependiendo del método



No tan bien



Eyacular fuera



Observación de la fertilidad

Usa un condón con cualquier otro método para protegerte de las ITS.

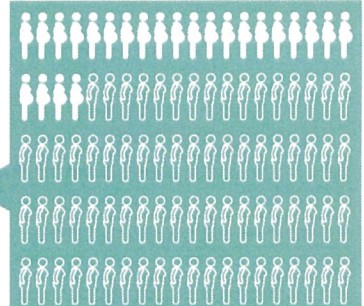


El condón interno (condón femenino)



El preservativo

Para que estos métodos funcionen, debes usarlos cada vez que tengas sexo, sin excepción.



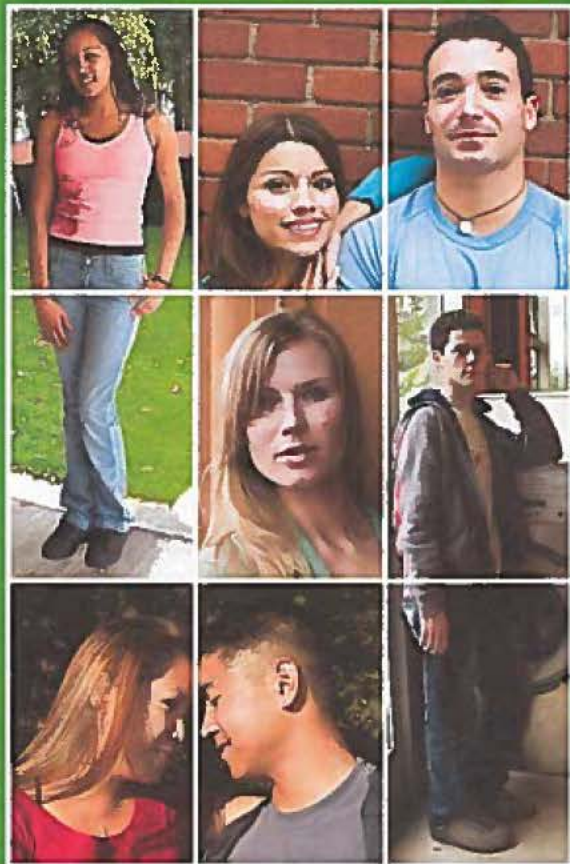
Entre 12 y 24 de cada 100 mujeres, dependiendo del método

¡Ojo! Sin usar anticonceptivos, mas de 90 de cada 100 mujeres jóvenes quedan embarazadas cada año.

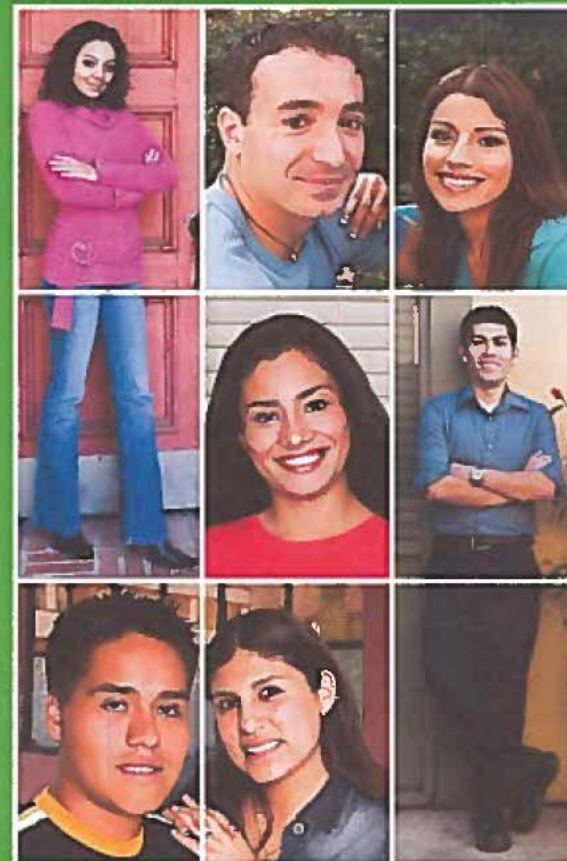


**A QUICK
GUIDE TO
CONFIDENTIALITY**

Chlamydia



Clamidia

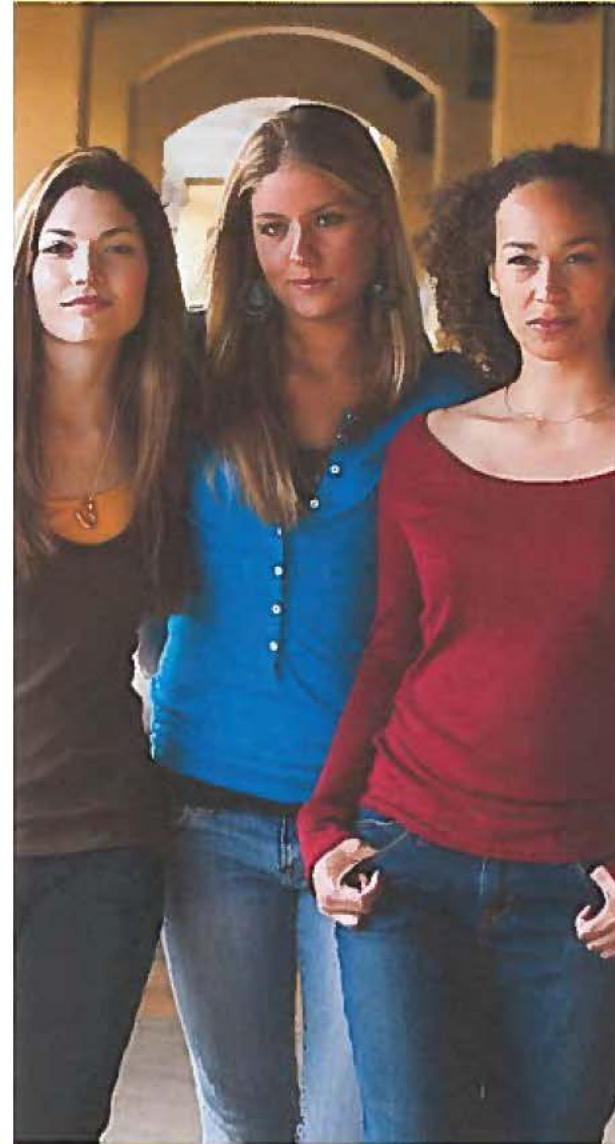


Emergency Contraception



What it is and how to use it

La anticoncepción de emergencia



Qué es y cómo usarla

» Anyone can receive services at low or no cost.
» No one will be turned away if they cannot pay.
» Medicaid accepted.

FAST FACTS:



NEW MEXICO
DEPARTMENT OF
HEALTH

Family
Planning
Program



SERVICES AT LOW OR NO COST:

- Birth control for women & men
- Sexually transmitted diseases (STDs) check-up
- Education, counseling & referral

WHO CAN GO TO FAMILY PLANNING CLINICS?

- Anyone may request services.
- NM state law allows teens to receive these services without parent's permission.
- You do not have to be a U.S. citizen to get clinic services.

For more information or to find a clinic near you, visit:

www.hhs.gov/opa
nmfamilyplanning.org
Bedsider.org

Know Your Relationship Rights

You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by both partners in a healthy relationship.

- You have the right to privacy, both online and off
- You have the right to feel safe and respected
- You have the right to decide who you want to date or not date
- You have the right to choose when/if you have sex and who you have sex with
- You have the right to say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before
- You have the right to hang out with your friends and family and do things you enjoy, without your partner getting jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to live free from violence and abuse



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Discuss your options confidentially 24/7. Experts are available to take calls in English and Spanish. Chats and texts, English only.

Conozca sus Derechos en su Relación

Usted tiene derechos en su relación. Todo el mundo los tiene, y estos derechos pueden ayudarle a establecer límites que deben ser respetados por ambas personas en una relación sana.

- Usted tiene derecho a la privacidad, tanto en línea como fuera de línea
- Usted tiene derecho a sentirse seguro/a y respetado/a
- Usted tiene derecho a decidir con quién quiere tener una cita o no tener una cita
- Usted tiene derecho a elegir cuando/si va a tener sexo y con quién va a tener sexo
- Usted tiene derecho a decir no en cualquier momento (a sexo, a drogas o alcohol, a una relación), incluso si usted ha dicho que sí antes
- Usted tiene derecho a pasar el rato con sus amigos y familiares, y hacer las cosas que le gustan, sin que su pareja tenga que ponerse celoso/a o controlador/a
- Usted tiene derecho a poner fin a una relación que no es correcta o saludable para usted
- Usted tiene derecho a vivir libre de violencia y abuso



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This publication was made possible by: Grant #FPHPA066193 from U.S. DHHS Distributed by: NM DOH Family Planning Program 505-476-8882

El embarazo

Lo que se debe saber

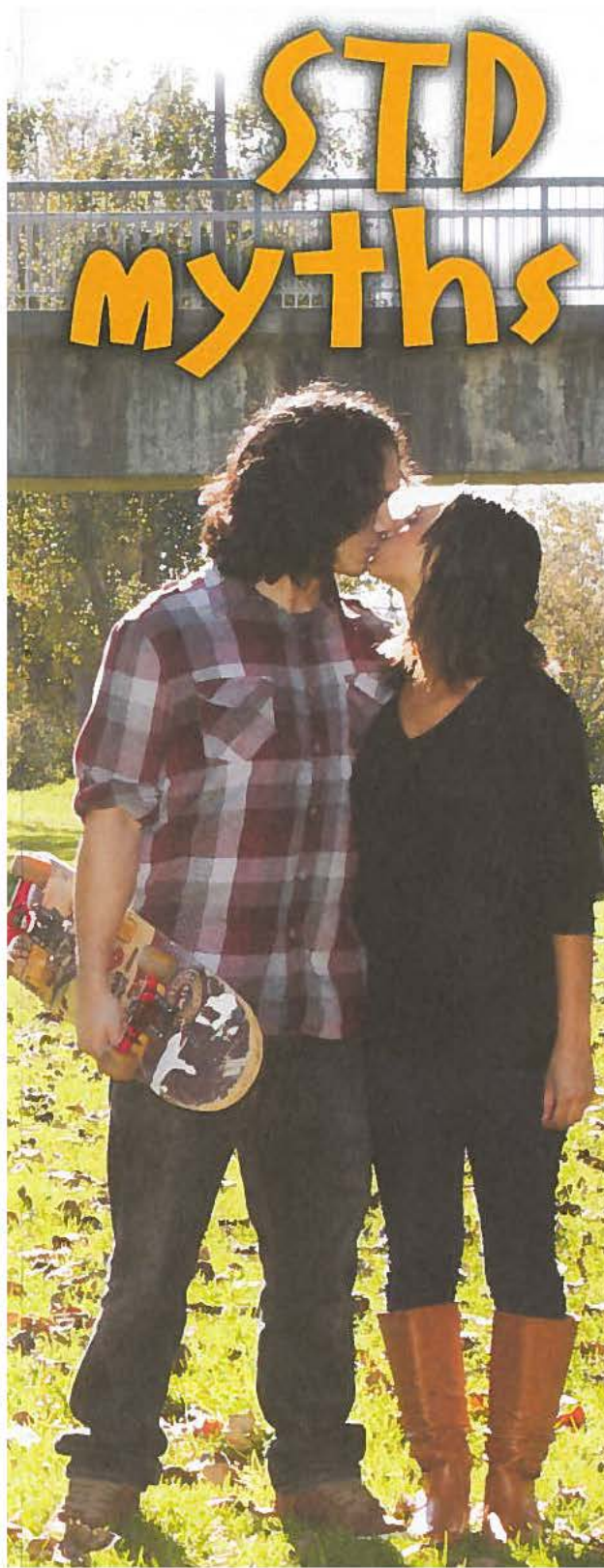


Pregnancy Facts



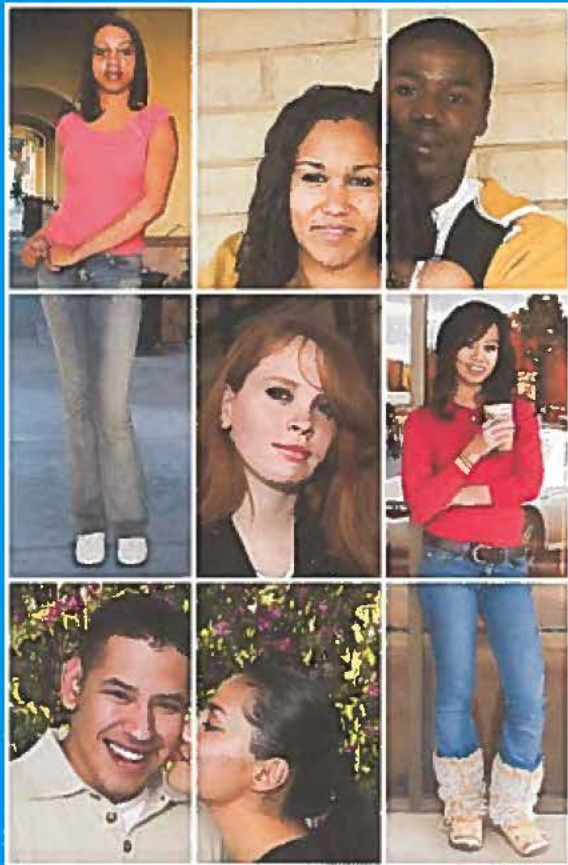
What to expect during each stage of pregnancy





Vaginitis

Bacterial, Yeast, Trich, Atrophic



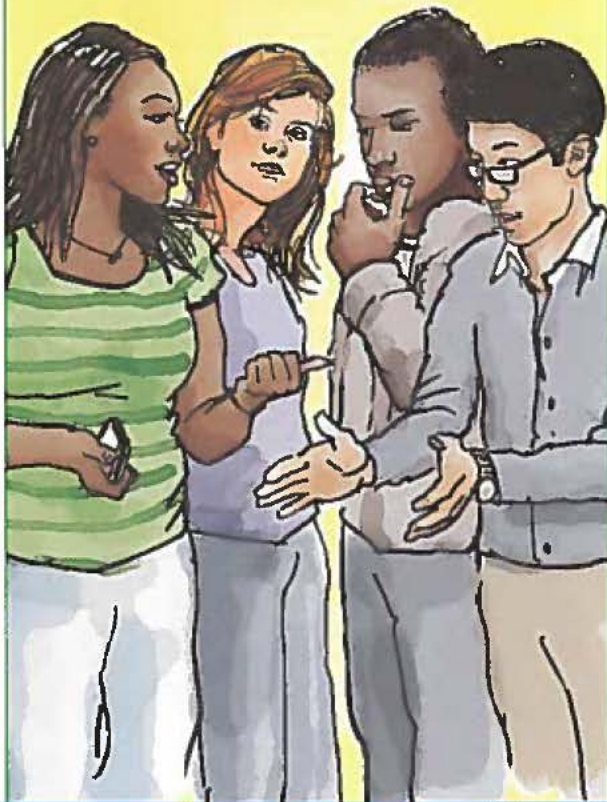
Vaginitis

bacterial, de hongos,
tricomoniasis, atrófica



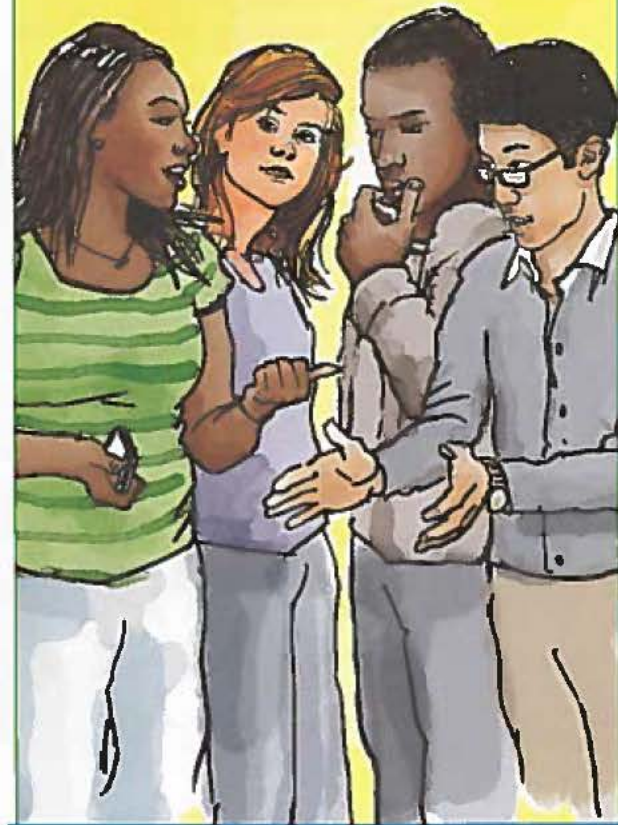
What Is Consent?

Preventing
Sexual Assault



¿Qué es el consentimiento?

Cómo prevenir
la agresión sexual



Sexual Coercion

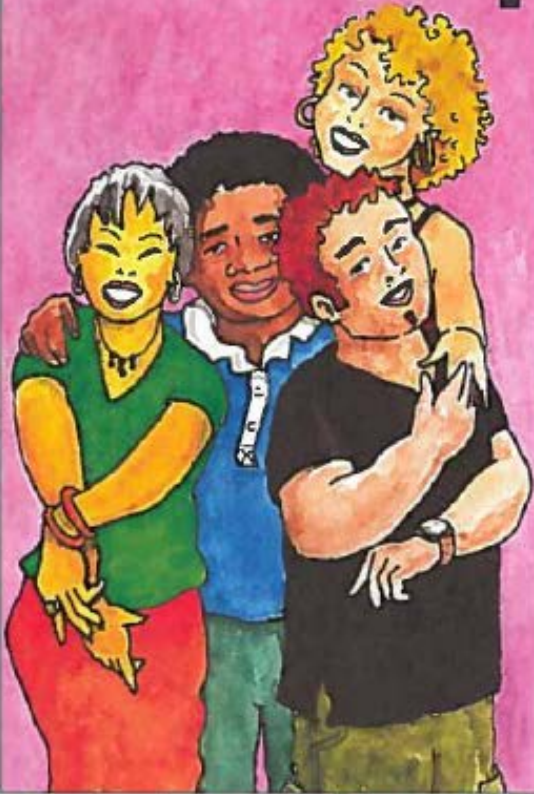
-- Recognize and resist it



Has been replaced by the following:

COMMUNICATION AND RESPECT

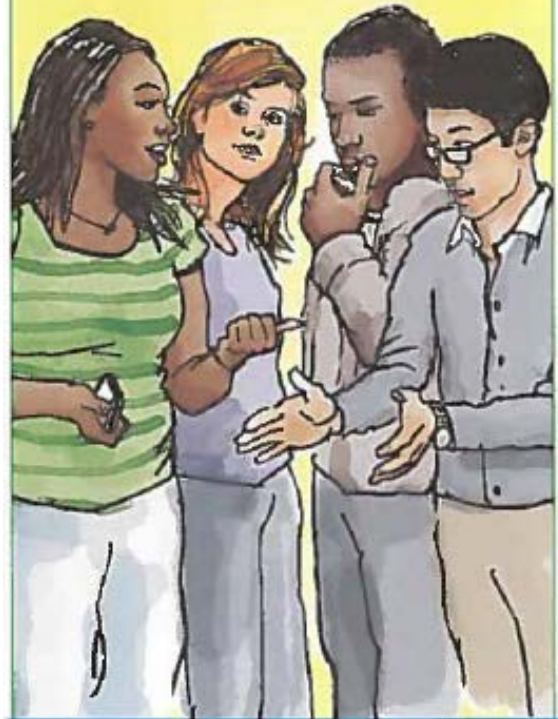
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