# Are you ready? Sex and your future

### Are you...



### What's your plan?

### This booklet will help you consider:

- Whether or not you want to have children
- How many children you want to have and when you want to have them
- Preventing a pregnancy until you are ready
- Your goals to improve your personal health

### What do you want?

Do you want to have a child (or more children) someday?

□ Yes □ No □

🗖 Not Sure

If you want a child (or more children)

How old do you want to be? \_\_\_\_\_

How many children do you want to have? \_\_\_\_\_\_

How far apart? \_\_\_\_\_

What kind of support will you need to be able to care for your child(ren)?

Where do you see yourself in the next 5 years?

Would you like to be in a committed relationship?

How much education do you want to complete?

What kind of job would you like to do? \_\_\_\_\_

Do you plan to be a stay-at-home parent? \_\_\_\_\_\_

Where would you like to live? \_\_\_\_\_

### Not ready for a baby?

#### I'm not in a serious relationship.

- Remember that half of all pregnancies in North Carolina are unplanned.
- If you are not planning a pregnancy, see a health care provider to discuss different methods of birth control even though you think you might not use them yet.
- Keep condoms with you at all times so you can use them to help protect yourself from an unplanned pregnancy, STDs and HIV.

#### What if my partner doesn't want to use birth control?

- Remember that not using birth control or condoms puts you at risk for an unplanned pregnancy, STDs and HIV.
- Ask your partner what he/she would do if a pregnancy happened.
- Talk to a family planning provider/clinic about birth control methods you can use that your partner does not need to know about.

### **Past pregnancies**

Have you had problems with any past pregnancies?

🗖 Yes

п

П

□ Not Sure

Has this happened with a past pregnancy?

- Miscarriage/ pregnancy ended
- Diabetes or high blood pressure during pregnancy
- Baby born early П

Baby born weighing less than 5 ½ pounds

- п Baby born with birth defects
- П Stillbirth



### What can you do?

#### If you have had problems with other pregnancies:

- Talk with your health care provider about what you can do to increase your chances of having a healthy pregnancy.
- Use a birth control method between pregnancies.
- The 17P is a shot that can help a woman who has had one preterm birth decrease her chances of having another preterm birth. Talk with your health care provider about using the 17P shot with your next pregnancy.
- Take a multivitamin with 400 mcg of folic acid to help improve your health and prevent birth defects.



### How healthy are you?

Do you or your partner have any personal habits that could harm you or future children?

□ Yes	5	🗖 No	□ Not Sure	
Do yo	u or you	ur partner?		
You	Partne	er		
			ne counter or n medication	
		Go without eating, overeat sometimes or don't eat enough healthy foods		
		Drink alcoh	ol	
		Smoke		
		Use illegal drugs		
		Have unprotected sex with multiple partners		
		Experience any kind of domestic abuse		
		Other:		

Do you or your partner have any diseases or conditions that affect your health and possibly your child's health?

□ Yes □ No □ Not Sure

Do you or your partner have?

You	Partner			
		Sickle Cell trait or disease		
		Asthma		
		Infections including STDs and HIV		
		Thyroid problems		
		High blood pressure		
		Diabetes		
		Seizures		
		Depression, anxiety or other mental health issues		
		Other health concerns:		

### What can you do?

#### How can I be healthy? How can I have a healthy baby?

- Talk with your partner about your plan if, when and how often to have children. Decide on a birth control method to help with the plan.
- Consider using condoms now to prevent unplanned pregnancies, STDs and HIV.
- Make an appointment with a health care provider to discuss your health.
- Ask your partner if he/she knows about their family history of any health conditions that could affect your child's health.
- Take a multivitamin with 400 mcg of folic acid each day to prevent birth defects.
- Set aside time to walk. Drink more water, eat more meals at home, and add a fruit or vegetable to every meal.
- Take positive steps to stop smoking and to quit alcohol or drug abuse.



### **Next Steps**

#### What goals can you set for yourself now?

- □ I will talk with my partner about our plan—if, when and how often to have children, and using a birth control method to help us with our plan.
- I will use condoms NOW to prevent unplanned pregnancies, STDs and HIV.
- □ I will make an appointment to see a health care provider for a check-up to discuss my health habits, medical conditions, health history, and a method of birth control.
- □ I will find out how to take positive steps to stop smoking, have better eating habits, increase my physical activity, and to quit alcohol or drug abuse.
- I will take a multivitamin with 400 mcg of folic acid every day!

#### Is there someone you can talk to about your plans and goals?

My Plan:	
To do:	Finish by (date):

### More information on...

## Programs and services, including birth control, insurance coverage and clinic locations:

The N.C. Family Health Resource Line - 1-800-367-2229 or 1-800-FOR-BABY

### Birth control and clinic services:

Health Departments by County - www.ncalhd.org/county.htm Planned Parenthood - 1-866-942-7762 or www.plannedparenthood.org/centralnc/

### Health care services that are free or available at reduced costs:

N.C. Healthy Care Help - www.nchealthcarehelp.org N.C. Community Health Clinic Association - 919-469-5701 or www.ncchca.org N.C. Free Clinics - 336-251-1111 or www.ncfreeclinics.org

### Women's health and social support services by county:

www.nchealthystart.org/RICHES/01RICHES\_map.htm



## Tools and local programs that support healthy living:

NC Prevention Partners 1-888-919-6277 or www.ncpreventionpartners.org

Eat Smart, Move More www.myeatsmartmovemore.com

### Help quitting tobacco use:

N.C. Quitline - 1-800-QUIT-NOW or www.smokefree.gov

#### **Emergency contraception:**

www.NotTooLate.com

HIV testing: 1-888-448-4732

### Domestic abuse:

N.C. Coalition Against Domestic Violence - 1-888-232-9124

Notes:					
NCPH	FOLIC COUNCIL march of dimes				
North Carolina					
Public Health	THE CECH G. SHEPS CENTER FOR HEALTH SERVICES RESEARCH				
State of North Carolina Department of Health and Human Services Division of Public Health Women's and Children's Health Section Women's Health Branch					
www.ncdhhs.gov	919-707-5700				
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