

Your Health Your Rights

At a time when reproductive health care is under attack, it's important for providers and the people they serve to know that our state has some of the nation's strongest laws guaranteeing sexual and reproductive health services. Californians have the right to confidential birth control, STI testing, abortion, and many other important services. Those who can't afford these services also have the right to free or low-cost care. For that reason, the ACLU of California and ACCESS Women's Health Justice have improved the [Your Health Your Rights](http://www.yourhealthyourrights.org) website (www.yourhealthyourrights.org) and also made it mobile responsive. We've updated information about state laws, and we've created an easy way to navigate the many programs and services. The information is available in both English and Spanish, and has specific information for young people as well as adults



[Your Health Your Rights](http://www.yourhealthyourrights.org)

www.yourhealthyourrights.org

California has some of the strongest laws that guarantee your rights to reproductive and sexual health care. Many programs can help you pay for care.

We hope you'll share the website with as many people as possible so we can increase Californians' access to these important services. We partnered with Planned Parenthood Los Angeles youth to create these videos about common experiences: [Birth Control](#), [Emergency Contraception](#), and [Access to Medical Services](#). We also partnered with ACT for Women & Girls to create printed materials to direct folks to the site. Please help us get the word out about these new sexual health resources on Snapchat, Instagram, Twitter, and Facebook — and use the hashtag #YourHealthYourRights! Click [here](#) to retweet ACLU of Northern CA.

Sample language (please customize for your own audiences)

- Young people in CA have the right to birth control, pregnancy tests, prenatal care, and abortion services.
- In California, pharmacists can prescribe and fill most birth control prescriptions.
- You don't need anyone's permission to access birth control in California.
- You have the right to accurate info about all your sexual & reproductive health care options.
- In California you have the right to free or low-cost reproductive health care.

We are eager to provide you, as organizations with a commitment to ensuring people know their rights and can access health services, with resources. Please contact Ruth Dawson (rdawson@aclusocal.org) if you can make use of the following:

- Physical materials:
 - Wallet cards (per our research, youths' preference)
 - Post cards
- Webinar training for your team, other advocates, or health providers

And finally, here's a sample of the kind of information you can find on the site.

Q: I'm 16 and I want a prescription for birth control, but I don't want to tell my parents. I'm afraid that if I go to my family doctor, she will tell my parents. Can I get birth control without my parents knowing?

A: <http://www.yourhealthyourrights.org/index.php/for-teens/birth-control/>

Q: I have been working at my company for five years and recently found out that I'm pregnant. I just got promoted and I'm worried that taking time off after my baby is born will put my job at risk. How do I ensure that my job will still be there when I get back?

A: <http://www.yourhealthyourrights.org/index.php/know-your-rights/having-a-baby-pregnancy-birth/>.

Q: I decided I am done having children and I want to go on birth control. My husband has strong beliefs that I should not use birth control and is the policyholder of my insurance. Can I make sure my birth control prescription stays confidential?

A: <http://www.yourhealthyourrights.org/index.php/know-your-rights/private-insurance/>

Q: I'm pregnant and I don't feel ready to have a baby. I want to get an abortion but I'm under 18 and I don't want my parents to find out. What rights do I have to an abortion, where do I go, and how can I get help paying for it?

A: <http://www.yourhealthyourrights.org/index.php/for-teens/abortion/>

Q: I want to get tested for HIV, and I want to reduce my risk of HIV infection by getting on PrEP. How can I use my parents' insurance to pay for it while protecting my privacy?

A: <http://www.yourhealthyourrights.org/index.php/for-teens/stds-stis/>