

## Youth Rights

In California, youth age 12 and older\* have the **right to the following confidential services:**

- Abortion services
- Alcohol or other drugs counseling
- Birth control
- Emergency contraception
- Mental health counseling
- Pills to prevent HIV (PrEP/PEP)
- Pregnancy options counseling
- Pregnancy testing
- Prenatal care
- Testing and treatment for STIs (Sexually Transmitted Infections), including HIV.

Youth can get these services without needing permission from their parents/guardians **AND** without parents/guardians being notified. Youth can excuse themselves from school for these visits.  
**IT'S CALIFORNIA LAW\*\***

**For free or low-cost services ask:**

I'm calling to receive confidential services, do you offer Fam-PACT?

\*Age 10 and older for youth in foster care.  
Senate Bill 89.  
\*\*[teenhealthlaw.org](http://teenhealthlaw.org)

## Types of Birth Control



**Pill:**  
A pill taken daily.



**IUD:**  
Inserted by a medical provider.  
Effective for 3-10 years.



**Shot:**  
A shot someone gets every 3 months by a medical provider.



**Implant:**  
Inserted by a medical provider in the arm.  
Effective for up to 3 years.



**Ring:**  
A plastic ring someone will insert into the vagina and replace monthly.



**Patch:**  
A sticker someone wears on their skin that is replaced weekly.



**External/Internal Condom:**  
A barrier someone wears.  
(Prevents pregnancy & STIs)



**Emergency Contraception:**  
A pill someone can take 0-5 days after unprotected sex to prevent pregnancy.  
(condom breaks, missed birth control pill, etc.)

## Confidential Services For Teens, Youth, & Young Adults

North County Santa Cruz  
2024-2025



Teen Health  
Outreach



[teenhealthoutreach@santacruzcountycalifornia.gov](mailto:teenhealthoutreach@santacruzcountycalifornia.gov)  
[santacruzhealth.org](http://santacruzhealth.org)

## S.C. (Emeline) Health Center

1080 Emeline Ave.  
Santa Cruz  
831-454-4100

Route 4:  
Emeline Ave. & Sutphen  
M-F: 8AM-5PM

### Birth Control Options

- Condoms
  - Emergency Contraception
  - Implant
  - IUD
- Patch
  - Pill
  - Ring
  - Shot

### Care & Services

- STI/HIV testing
  - Pregnancy testing
  - COVID-19 vaccine
  - HPV vaccine
- Mental health services
  - PrEP/PEP
  - Spanish speaking
  - Gender-affirming care

### Teen Friendly Features

- Calls your phone
- Same day appointment
- Walk-ins welcome

## Live Oak Health Center

1510 Capitola Rd.  
Santa Cruz  
831-427-3500

M-Thur: 8AM-8PM  
3rd Weds: 12:15PM-6PM  
Fri: 8AM-5PM  
2nd Fri: 12:20PM-5 PM  
Sat: 8AM-1PM

Route 2:  
Capitola Rd. & Leila Ct.

### Birth Control Options

- Condoms
  - Emergency Contraception
  - Implant
  - IUD
- Patch
  - Pill
  - Ring
  - Shot

### Care & Services

- Abortion services
  - Alcohol & Other Drugs services
  - Gender-affirming care
  - HPV vaccine
- Pregnancy testing
  - PrEP/PEP
  - Spanish speaking
  - STI/HIV testing

### Teen Friendly Features

- Calls your phone
- Same day appointments

## S.C. Women’s Health Center

250 Locust St.  
Santa Cruz  
831-427-3500

Near River Front  
Transit Center  
M-F: 8AM-5PM  
3rd Fri : 12:20PM-5PM

### Birth Control Options

- Condoms
  - Emergency Contraception
  - Implant
  - IUD
- Patch
  - Pill
  - Ring
  - Shot

### Care & Services

- Abortion services
  - Alcohol & Other Drugs services
  - Gender-affirming care
  - HPV vaccine
- Pregnancy testing
  - PrEP/PEP
  - Spanish speaking
  - STI/HIV testing

### Teen Friendly Features

- Calls your phone
- Same day appointments

## Mountain Health Center

231 Main St. Suite A  
Ben Lomond  
831-454-4100

Route 35:  
Hwy 9 & Main  
M-F: 8AM-5PM  
Closed 12PM-1PM

### Birth Control Options

- Condoms
  - Emergency Contraception
  - Implant
  - IUD
- Patch
  - Pill
  - Ring
  - Shot

### Care & Services

- Abortion services
  - Alcohol & Other Drugs services
  - Gender-affirming care
  - HPV vaccine
- Pregnancy testing
  - PrEP/PEP
  - Spanish speaking
  - STI/HIV testing

### Teen Friendly Features

- Calls your phone
- Same day appointments