



## Accessing Sexual and Reproductive Health Care in Chicago

Don't let insurance, income, or immigration worries keep you from the care you need.

### Sexual and reproductive health matters for

**everyone** – people of all ages, life stages, and genders. It's not just for women, and it's **much** more than just birth control.

Testing and treatment for **sexually transmitted infections (STIs) and HIV** is a critical part of this health care, along with annual exams, cervical cancer screenings, mammograms (breast exams), and more.

**Pregnancy** is calculated from the first day of the last menstrual period. Keeping track of your cycle is part of managing your overall health. Anyone can buy over-the-counter (OTC) pregnancy tests, which use urine (pee) to test for pregnancy. A medical provider can also provide pregnancy testing (urine or blood).

★ Under Illinois law<sup>1</sup>, youth aged 12 and older can self-consent to many sexual health care services without parental notice or consent.<sup>2</sup> This includes birth control,<sup>3</sup> including emergency contraception (many people refer to this as “Plan B” or “the morning after pill”;<sup>4</sup>) STI testing and treatment, and more. Encourage the young people in your life to speak about these topics with a trusted adult – it might be you.

★ Any OTC (home) pregnancy test sold legally in the U.S. must be approved by the federal Food and Drug Administration (FDA). Before using a test, always check the expiration date and examine the box to make sure it's not damaged or tampered with. Always read instructions and follow them carefully.

So-called “anti-abortion pregnancy centers” or “crisis pregnancy centers” may advertise free pregnancy tests or ultrasounds. These organizations do not provide the full spectrum of reproductive health care services. They do not provide abortions or referrals to abortion providers.

### Pregnancy test negative?

There are **lots** of birth control options if you want to prevent pregnancy. Pregnant or not, it's important to get yourself and your partner(s) regularly tested for STIs. **Get connected to free or low-cost birth control and STI testing at [onechifam.org](http://onechifam.org)**

### Pregnancy test positive?

There are 3 pregnancy options: parenting, adoption, and abortion. **No one else should be directing your decision.** Not sure? Call the All-Options Talkline 1-888-493-0092.

### I'm pregnant and...

#### I'm continuing the pregnancy.

Planning to **parent** or choosing **adoption**? **Don't wait** to get prenatal care.

Illinois Moms & Babies program covers prenatal care, delivery, and health insurance for the birthing person for 12 months postpartum. Immigration status **does not matter**. Call 1-866-255-5437.

#### I don't want to be.

Find an **abortion** provider: [ineedana.com](http://ineedana.com)  
Get help paying for an abortion:  
Chicago Abortion Fund  
Call 312-663-0338  
[chicagoabortionfund.org](http://chicagoabortionfund.org)

\*For adoption information, call the Illinois Department of Child and Family Services (DCFS) Adoption Support line: 1-877-746-0829

[chicago.gov/repro](http://chicago.gov/repro)

1. This document references Illinois law regarding minors' access to confidential reproductive health care. It is not intended as legal advice.

If you need legal advice, contact a licensed attorney.

2. 410 ILCS 210/

3. 325 ILCS 10/

4. 325 ILCS 10/1

5. 410 ILCS 210/1