

Reproductive Health

How about we do some Hymen/Virginity Myth Busting?



This is what a hymen really looks like. It surrounds the opening to the vagina; it is not a solid tissue that covers it. If it looks “intact” it is just because the tissue from one side has overlapped the tissue from the other side and stuck to it. As soon as there is more moisture or even just a position change, it will “unstick”!

Since it is never a solid piece of tissue over the opening to the vagina, it can’t be broken or popped!

Watch this video, “Adam Ruins Everything: The truth about hymens and sex” for more information.



How can teens obtain Birth Control?

Ideally, teens can have an honest conversation with their parents and discuss this concern with them. Parents can help find a trusted medical provider and help you decide what the right method of birth control might be. Even if you think you know what you want, you will still need to talk with your medical provider to make sure it is the best choice for you.

However, we all know that not all parents are comfortable having this conversation with their kid, or they just flat out don’t agree with you going on birth control. In Colorado, any minor can access birth control from a medical provider, without their parents’ consent. It doesn’t mean though that they won’t find out. If you use your insurance, you parents will receive the statement that says you received care, but won’t necessarily provide details about what care you got.

You can access care locally at your Primary Care Physician, Women’s Health at Valley View Hospital, Planned Parenthood in West Glenwood Springs, or Community Health Services in Aspen, in addition to numerous other women’s health providers.

If it is important to be able to access birth control without your parents knowing, you can get care at a Title X Clinic. They are not allowed to give any information to your parents without your written consent. The nearest Title X clinics are in Aspen or Edwards.

Emergency, Emergency (CONTRACEPTION)!

Did you know that you can take an emergency contraception (EC) pill (AKA the morning-after pill) within 120 hours (5 days) to help protect from getting pregnant if:

- you didn't use a condom or other birth control method when you had vaginal sex
- you made a mistake with your regular birth control (forgot to take your birth control pills, change your patch or ring, or get your shot on time) and had vaginal sex
- your condom broke or slipped off after ejaculation (cumming)
- your partner didn't pull out in time
- you were forced to have unprotected vaginal sex

There are two types of EC pills:

A pill with ulipristal acetate. There's only one brand, called ella.

- ulipristal acetate requires a prescription. It is best to talk to your health care provider in advance and have a prescription that you have filled ahead of time, so you have immediate access to it if you need it.
- You can take ella up to 120 hours (five days) after unprotected sex — but it's best to take it as soon as you can.
- It's better to take ella as soon as you can. But ella is more effective than Plan B, no matter when you take it.
- If you weigh 195 pounds or more, ella may work less well.

A pill with levonorgestrel. They come in many brand names, but a popular one is Plan B One Step.

- You can buy levonorgestrel morning-after pills over the counter without a prescription in most drugstores, pharmacies, and superstores.
- These types of morning-after pills work best when you take them within 72 hours (3 days) after unprotected sex, but you can take them up to five days after. The sooner you take them, the better they work. Plan B doesn't work nearly as well after three days (72 hours).
- If you weigh more than 165 pounds, levonorgestrel morning-after pills may not work as effectively.

If you use EC correctly after you have unprotected sex, it makes it much less likely that you'll get pregnant. EC pills are safe, don't cause any long-term side effects, and won't affect your ability to get pregnant in the future. But using them as your only regular birth control isn't a great idea because they're not as effective — or as affordable — as regular, non-emergency birth control methods.

- If you have health insurance or Medicaid, there's a good chance you can get emergency contraception for free — you just have to ask your medical provider for a prescription so that your health insurance will cover them.
- You can get a fast confidential medical consultation and EC prescription via video, phone or in-person consultation through bc4u.org.

Other reliable sources for any sex/sexuality questions you may have:

<https://sexetc.org>

<https://goaskalice.columbia.edu>

<https://www.advocatesforyouth.org>

<https://www.whatsok.org/>