



Resources for Teens Seeking Emergency Contraception

Emergency Contraception (EC) is:

- A type of birth control pill that you can take to prevent pregnancy after sex.
- Sometimes called the “morning-after” pill, Plan B®, or EC.
- Safe and effective. It is more effective the sooner you use it.

Emergency Contraception (EC) is NOT:

- EC should not take the place of other types of birth control like “the pill,” condoms, the birth control shot, etc. Plan B is about 89% effective.
- EC is NOT the abortion pill or RU-486. It will not work if you are already pregnant. It will not hurt your body or your pregnancy if you took it before you knew you were pregnant.
- EC is NOT protection against sexually transmitted diseases (STDs), including HIV/AIDS. Use condoms every time you have sex to protect yourself against STDs and HIV/AIDS.

Women under 18 years old can get EC from several places:

- 1) Go to a specially trained pharmacist who can provide you with EC directly. Go to www.massECnetwork.org to find a pharmacist who is trained to provide EC to women of all ages, including teens.
- 2) Talk to your own doctor or health care provider.
- 3) Go to a local family planning clinic. Family planning clinics can give you EC and information on other types of birth control. EC is often provided to teens at low-cost or no-cost. To find a family planning program call 617-624-6060 (M-F, 9-5) or go to www.massECnetwork.org/wheretogot/.

The nearest family planning clinic is _____
and their phone number is _____.

- 4) Go to a local community health center. Community health centers can give you EC and information on other types of birth control. EC is often provided to teens at low-cost or no-cost.

The nearest community health center is _____ and their phone
number is _____.

- 5) To get a prescription for EC by phone, call EC On-Call at 1-800-892-0234 (weekends) or Planned Parenthood at 1-800-258-4448 (weekdays). Planned Parenthood also offers EC online at www.pplm.org.
- 6) If you were raped or forced to have sex, call the Boston Area Rape Crisis Center at 1-800-841-8371 (English) or Llamanos Y Hablemos at 1-800-223-5001 (Spanish) for help.

Teens in Massachusetts are guaranteed confidential family planning services. This means that you do not need your parent's permission to get EC.