

# Healthy U



A Sexual Health Program for young men ages 12-19

**Take the class and earn \$10!**



## How it works:

- Healthy U is a video education program.
- Complete the program before or after a visit, or schedule an appointment at HOPES!
- The program is about 2.5 – 3 hours long.
- A health educator will cover the main topics and answer any questions you may have.
- Can be completed individually or in groups.

## Topics Covered:

- Puberty
- Birth control
- Unplanned pregnancy
- Sexually Transmitted Infections
- Healthy Relationships
- Condom use and negotiation skills

Call a teen health educator at (775) 997-7590, or text (775) 525-4929 to make your appointment. OR you can bring this flyer to your HOPES appointment and ask for Teen Pregnancy Prevention services.

Nevada Primary Care Association Teen Pregnancy Prevention project is supported by Grant Number 1 TP1AH000127-01-00 through a cooperative agreement from the U.S. Department of Health and Human Services, Office of Adolescent Health. The total program cost supported by Federal funds for this program is \$571,587.00 per year over a five year period. This content is solely the responsibility of the authors and does not necessarily represent the official views of the U.S. Department of Health and Human Services or the Office of Adolescent Health.



580 W 5TH ST | RENO, NV 89503  
(775) 786-4673 | NNHOPES.ORG