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.