

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.