Teen Sexual Health

URL of this page: http://www.nlm.nih.gov/medlineplus/teensexualhealth.html

During your teens you go through puberty and become sexually mature. If you're a girl, you develop breasts and begin to get your period. If you're a boy, your penis and testicles become larger. If you have sex, you could get pregnant or get someone pregnant. Whether you choose to have sex or not, it is a good idea to know about safe sex and how sex affects your health. Besides pregnancy, having sex puts you at risk of getting a sexually transmitted disease, such as herpes or genital warts, or HIV, the virus that causes AIDS.

The only way to be completely safe is not to have sex. If you choose to have sex, however, latex condoms are the best protection against sexually transmitted diseases (STDs). Condoms are also a form of birth control to help prevent pregnancy.

Start Here
- Sexual Health [http://kidshealth.org/teen/sexual_health/] (Nemours Foundation)

Overviews

Latest News

Diagnosis/Symptoms
- Estrogen Test [http://labtestsonline.org/understanding/analytes/estrogen/tab/test] (American Association for Clinical Chemistry)
- Testosterone Test [http://labtestsonline.org/understanding/analytes/testosterone/tab/test] (American Association for Clinical Chemistry)

Specific Conditions
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/delayed_puberty_esp.html]

Related Issues
- Dating and Sexual Feelings [http://www.girlshealth.gov/body/sexuality/dating.html] (Department of Health and Human Services, Office on Women's Health)
- Especially for Teens: Birth Control [http://www.acog.org/~/media/For%20Patients/faq112.ashx] (American College of Obstetricians and Gynecologists) - PDF

Also available in Spanish [http://familydoctor.org/familydoctor/es/teens/puberty-sexuality/homosexuality-facts-for-teens.printerview.all.html]


• Making Healthy Sexual Decisions: Talking with Your Partner [http://www.youngwomenshealth.org/talking_about_sx.html] (Children's Hospital Boston)


• Sex Education: Talking to Your Teen about Sex [http://www.mayoclinic.com/health/sex-education/CC00032/METHOD=print] (Mayo Foundation for Medical Education and Research)

Also available in Spanish [http://familydoctor.org/familydoctor/es/teens/puberty-sexuality/sex-making-the-right-decision.printerview.all.html]

• Sexual Attraction and Orientation (Guys) [http://kidshealth.org/teen/sexual_health/guys/sexual_orientation.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/teen/en espanol/sexual/sexual_orientation_esp.html]

• Talking to Your Partner about Condoms [http://kidshealth.org/teen/sexual_health/contraception/talk_about_condoms.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/teen/en espanol/sexual/talk_about_condoms_esp.html]


• Teen Talk: Commonly Asked Questions about Sexually Transmitted Diseases (STDs) [http://www.hhs.gov/opa/pdfs/teen-talk-vol-2.pdf] (Office of Public Health and Science, Office of Population Affairs) - PDF

Also available in Spanish [http://kidshealth.org/teen/en espanol/sexual/virginity_esp.html]

Health Check Tools

• Teen Sexual Behavior Calculator [http://www.healthcalculators.org/calculators/teen_sexual_behavior.asp] (University of Maryland Medical Center)

Anatomy/Physiology

Also available in Spanish [http://kidshealth.org/teen/en espanol/sexual/female_repro_esp.html]

Also available in Spanish [http://kidshealth.org/teen/en espanol/sexual/male_repro_esp.html]

Clinical Trials

• ClinicalTrials.gov: Teen Sexual Behavior [http://www.clinicaltrials.gov/search/open/term=%22sex+behavior%22+OR+%22sexual+behavior%22+OR+%22sex+risk+behavior%22)+AND+(teen+OR+adolescent)] NIH (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)


• Article: Risk of substance abuse and dependence among young adult sexual...
Organizations

- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

Statistics

- Sexual Health of Adolescents and Young Adults in the United States [http://www.kff.org/womenshealth/upload/3040-05-2.pdf] (Henry J. Kaiser Family Foundation) - PDF
- Sexual Risk Behavior: HIV, STD, & Teen Pregnancy Prevention [http://www.cdc.gov/HealthyYouth/sexualbehaviors/] (Centers for Disease Control and Prevention)

Teenagers

- Telling Your Partner You Have an STD [http://kidshealth.org/teen/sexual_health/stds/stds_talk.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/stds_talk_esp.html]

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