

## Adolescent Sexual History Algorithm

### Setting the stage

- “I talk to all of my patients about puberty and sex because they are important parts of health. Everything we talk about is between us, unless you tell me you might hurt yourself, might hurt someone else, or that someone has been hurting you.”
- (Relationships) “Some of my teen patients are exploring new relationships. Do you have a crush on anyone? Are you dating or seeing anyone?”
- Consider including this discussion during conversations about menstruation or puberty

What questions do you have about your body and/or sex?



Have you ever had sex with someone?  
By "sex" I mean vaginal, which is penis in vagina, oral, which is penis or vagina in someone's mouth, or anal, which is penis in butt.



#### If No:

- (1) Do you have someone you can talk to when you feel ready to have sex?
- (2) You can come back and talk to me about sex at any time.
- (3) At least once a year we test young people who are having sex for STDs because they are really common and don't usually have any symptoms. California law says we can do this without telling your parents, if you need us to.

#### If Yes:

- (1) Test for chlamydia/gonorrhea.
- (2) Proceed to questions on back page.

Intro language: "I'm going to ask you several questions about your experiences with sex, so that I can help you in making/keeping these experiences positive and healthy."

## Adolescent Sexual History Algorithm

### Setting the stage

- “I talk to all of my patients about puberty and sex because they are important parts of health. Everything we talk about is between us, unless you tell me you might hurt yourself, might hurt someone else, or that someone has been hurting you.”
- (Relationships) “Some of my teen patients are exploring new relationships. Do you have a crush on anyone? Are you dating or seeing anyone?”
- Consider including this discussion during conversations about menstruation or puberty

What questions do you have about your body and/or sex?



Have you ever had sex with someone?  
By "sex" I mean vaginal, which is penis in vagina, oral, which is penis or vagina in someone's mouth, or anal, which is penis in butt.



#### If No:

- (1) Do you have someone you can talk to when you feel ready to have sex?
- (2) You can come back and talk to me about sex at any time.
- (3) At least once a year we test young people who are having sex for STDs because they are really common and don't usually have any symptoms. California law says we can do this without telling your parents, if you need us to.

#### If Yes:

- (1) Test for chlamydia/gonorrhea.
- (2) Proceed to questions on back page.

Intro language: "I'm going to ask you several questions about your experiences with sex, so that I can help you in making/keeping these experiences positive and healthy."

### Example Risk Assessment Questions: The 5 P's

<b>Partners</b>	How many people have you had sex with? In the last year, how many people have you had sex with? Do you have sex with guys, girls or both?
<b>Practices</b>	What kind of sex have or have you had? Genital (penis in the vagina)? Anal (penis in the butt)? Oral (mouth on penis, vagina, or butt)?
<b>Protection from STD's</b>	The last time you had sex, did you use a condom? If no: What made it difficult to use a condom in that situation? If yes, reinforce condoms are a great way to protect yourself against STDs. How often do you use condoms? Do you have any other questions about how to protect yourself from STDs?
<b>Past History of STD's</b>	Have you ever had an STD before? When?
<b>Prevention of Pregnancy</b>	Are you concerned about getting pregnant or getting your partner pregnant? If yes/don't want to get pregnant: Do you want to talk about birth control options today? If no: If you decide you do not want to be pregnant/get your partner pregnant, you can come talk to us at any time about birth control options. Your parent does not need to be involved in this conversation if you do not want them to.

### Example Risk Assessment Questions: The 5 P's

<b>Partners</b>	How many people have you had sex with? In the last year, how many people have you had sex with? Do you have sex with guys, girls or both?
<b>Practices</b>	What kind of sex have or have you had? Genital (penis in the vagina)? Anal (penis in the butt)? Oral (mouth on penis, vagina, or butt)?
<b>Protection from STD's</b>	The last time you had sex, did you use a condom? If no: What made it difficult to use a condom in that situation? If yes, reinforce condoms are a great way to protect yourself against STDs. How often do you use condoms? Do you have any other questions about how to protect yourself from STDs?
<b>Past History of STD's</b>	Have you ever had an STD before? When?
<b>Prevention of Pregnancy</b>	Are you concerned about getting pregnant or getting your partner pregnant? If yes/don't want to get pregnant: Do you want to talk about birth control options today? If no: If you decide you do not want to be pregnant/get your partner pregnant, you can come talk to us at any time about birth control options. Your parent does not need to be involved in this conversation if you do not want them to.