



A photograph of a person's lower legs and feet. They are wearing blue denim jeans with the cuffs rolled up and bright pink sneakers with white laces and white soles. The person is standing on a light-colored concrete sidewalk. The background is a wall with a rusty, brown, and orange patina. The entire image is overlaid with a pattern of yellow and orange paint splatters. The text 'Take Control...' is written in a large, bold, white sans-serif font, slanted upwards from left to right. Below it, the text 'Think about your life plan today.' is written in a smaller, white sans-serif font, also slanted upwards.

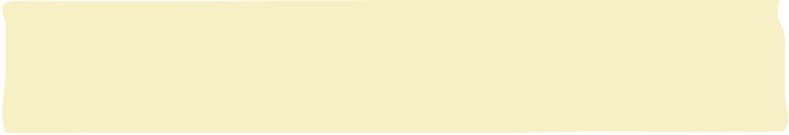
**Take
Control...**

Think about
your life plan
today.

MY LIFE. MY DREAMS. MY PLAN.

I can achieve my goals and dreams by
planning for my future.

My Name:



Three words that describe me best are:

BRAVE HONEST PATIENT A LEADER

COMPASSIONATE FORGIVING FUNNY

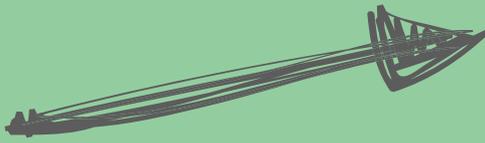
RELIABLE SINCERE FRIENDLY KIND BOLD

HARD WORKER CREATIVE BEAUTIFUL

SMART OPTIMISTIC ORGANIZED STRONG



**DARE
TO
DREAM**



The future
belongs to those
who believe in the
beauty of their
dreams.

- ELEANOR ROOSEVELT



THE CHOICES I MAKE WILL HELP ME REACH MY DREAMS.

Write my own story.

I am good at:

When I grow up, my dream job is to be:

I will achieve my dream job by:

My dream family would include:

Where I want to live with my dream family:



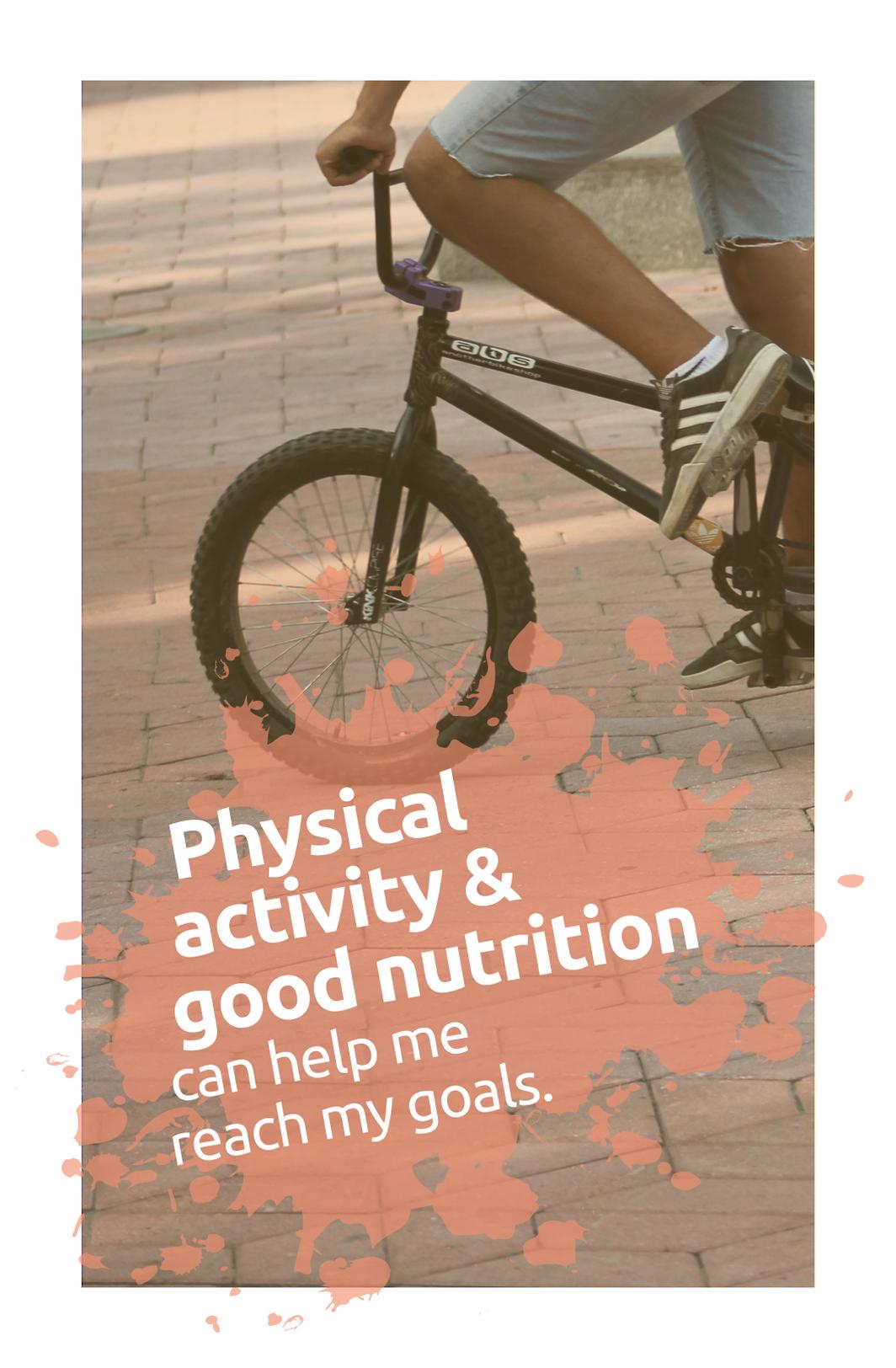
Goals will help me achieve my dreams.

Describe my goals:

What are 3 things I can do to reach my goals?

How can I track my progress?

Who can help me reach my goals?



**Physical
activity &
good nutrition
can help me
reach my goals.**

A HEALTHY BODY AND MIND WILL HELP ME REACH MY GOALS.

Circle the things I can do every day to be healthy.

EAT FRUITS &
VEGETABLES

EXERCISE

TAKE A
MULTI-VITAMIN

AVOID RISKY &
UNPROTECTED
SEX

AVOID
ALCOHOL &
DRUGS

NOT SMOKE
OR USE
TOBACCO



Caring for my mind is as important as caring for my body.

What are 3 things I can do to feel happy and relaxed?

When I feel sad or stressed, who can I talk to? Check all that apply.

- MOM UNCLE GRANDPARENT OTHER:
 DAD FRIEND TEACHER _____
 AUNT COACH PRINCIPAL _____

How do I calm myself down if I am angry, anxious or worried?

Franklin County Psychiatric Crisis Line: For crisis situations that are not life-threatening, mental health and substance abuse crisis services. Available 24/7.
For youth & adolescents 17 & under - (614) 722-1800
For adults ages 18 & older - (614) 276-CARE (2273)



Do something

today

that your

future self

would

thank

you for.

HAVING SEX OR THINKING ABOUT IT? THEN HAVE A PLAN TO PREVENT PREGNANCY.

Would having a child now
make it harder to achieve
my goals in the future?

Yes

No

If I or my partner became pregnant now, how would it impact my life plan?



How can I prevent pregnancy until I'm ready? Check all that apply.

- I will not have sex because that is the only 100% way to prevent pregnancy.
- I will ask my doctor about birth control, including low maintenance options that are reversible and last a long time like an IUD or the implant.
- I will always wear a condom because it is the ONLY way to prevent Sexually Transmitted Infections (STIs) and HIV.
- I will always wear a condom and use birth control together to best protect myself and my partner against unplanned pregnancy and STIs.

Who can I talk to about my options? Circle all that apply.

PARENT	TEACHER	SCHOOL NURSE	OTHER:
GRANDPARENT	FRIEND	DOCTOR	_____
PUBLIC HEALTH CLINIC	BROTHER/ SISTER	AUNT/ UNCLE	_____

Most birth control is available for free.

Learn more at www.celebrateone.info/healthy-women-teens

NOTES:

A large white rectangular area with rounded corners, framed by a thick, light orange border. The interior of this area is filled with horizontal dotted lines, providing a guide for writing notes.

Free or Low-cost Birth Control

For an appointment to receive free or low-cost birth control, contact:

Columbus Public Health - Women's Health Family Planning Clinic
240 Parsons Ave., Columbus, OH 43215 / 614-645-1850

PrimaryOne Health
1905 Parsons Ave., Columbus, Ohio 43207 / 614-645-5500
3781 S. High St., Columbus, Ohio 43207 / 614-645-5500

BC4Teens at the Livingston Ambulatory Center
380 Butterfly Gardens Dr., Suite 3A, Columbus, Ohio 43215 / 614-722-6200

Local Pregnancy Resources

For information on safe spacing, pregnancy resources and family planning, contact:

Columbus Public Health Pregnancy Resources
240 Parsons Ave., Columbus, OH 43215 / 614-724-BABY
*Programs include: My Baby & Me; Ohio Infant Mortality Reduction Initiative; and
Pregnancy Support Services*

Moms2B Program
700 Ackerman Place, Suite 440, Columbus, OH 43202 / 614-307-6709

Crisis and Mental Health Support for Teens

For help when you feel hopeless or afraid, contact:

Love is Respect: www.loveisrespect.org
24/7 hotline 866-331-9474 or text "loveis" to 22522

National Suicide Prevention Lifeline Network
24/7 Crisis Hotline: 1-800-273-TALK (8255)

Crisis Text Line: crisistextline.org or text "Start" to 741-741

National Runaway SafeLife: 1-800-Runaway

Trevor Project: 1-866-488-7386

Netcare: 614-276-CARE

Huckleberry House Crisis Line: 614-294-5553 or www.huckhouse.org

Star House: 888-879-3128 or www.starhouse.ehe.osu.edu

Kaleidoscope Youth Center Crisis Line: 614-224-4663 or www.kycohio.org

This handout is adapted from "Set Your Mind, Set Your Goals" by Delaware Health & Social Services and Cradle Cincinnati's reproductive life guide; Rev 5/2017.



