

## BATHROOM BETTY AND JOHNNY ANSWERS

### 1. Can I get birth control without my parents knowing?

Yes, you can get birth control without parental or guardian permission. You have the right to access birth control if you want. That's one of the reasons Teen Clinics exist!

Teen Clinics offer birth control for low-cost or even free. They do it on a sliding scale based on what you can (or cannot) afford. You do not need an appointment and all their services are confidential. Check out [teenclinic.ca](http://teenclinic.ca) to find the one closest to you.

### 2. I like someone, but they don't like me. What can I do?

It can feel tough when we like someone who doesn't like us back. Rejection doesn't feel good and that's ok. At some point, everyone who is interested in dating develops a crush on someone who does not return the feelings. While it's okay to feel hurt or frustrated, you do not get to make the other person feel bad for not liking us in the same way. You also can't try to force the person to like us.

It's important to figure out how to deal with any difficult feelings you may be having. It can help to find a mix of things to distract you and things that give you time to reflect on your experience. Having a mix is important because if you only distract yourself you may not be working through your feelings, while only reflecting on things may start to feel overwhelming. Distractions come from things that give us a break from our thoughts and are fun. This could include hanging out with friends, watching movies or Netflix, playing sports and playing video games. These are just a few examples. Reflecting activities give you a chance to think about and start to release your feelings. Some examples include writing, journaling, art, creating or listening to music and talking with someone you trust.

### 3. I'm feeling really stressed. What can I do?

Stress is a part of life, but sometimes it can get to be too much. When this happens it can affect how we feel, how we act, and how we cope. It can also change how our bodies work by doing things like increasing tension, causing headaches, affecting sleep and eating habits.

When we feel really stressed it's important to take time for self-care/fun to let some of that stress go. This may also mean taking a step-back from some commitments like friends, work, sports or school work. It's always okay to talk with a teacher about getting an extension or a coach about missing some practices. In fact, sometimes this can be really important.

Sometimes talking about it with someone you trust and look up to can help make the situation easier to manage. Spending time with supportive people who make you feel good about yourself can also reduce stress. It can also help to make a list of things you like to do, maybe hanging out with friends, doing something creative, listening or playing music, reading, whatever you like to do. Try to make time for doing things you like as often as you can, it can help relieve stress.

CHECK OUT [TEENTALK.CA](http://TEENTALK.CA) TO LEARN MORE