

Birth Control and Your Rights in Texas

[TexasLaw Help](#) [1]

Need Birth Control?

This article is by Jane's Due Process.

Let's talk about birth control. If you're sexually active—even if you have had sex only once—you are at risk of contracting a sexually transmitted infection, or becoming pregnant. Jane's Due Process provides legal help to pregnant minors in Texas. The two most common reasons that Jane's Due Process's clients became pregnant are that they thought they needed parental consent to get birth control, or that birth control was too expensive.

The good news is that, even as a minor, you have the power to protect yourself. While abstaining from sex is the best way to avoid pregnancy, there are several options available to prevent an unwanted pregnancy—and they may be easier to access than you thought. Please click the link below for more information from Jane's Due Process on birth control.

[BIRTH CONTROL](#) [2]

Birth Control and Health Insurance

From Healthcare.gov: Plans in the Health Insurance Marketplace must cover contraceptive methods and counseling for all women, as prescribed by a health care provider.

Plans must cover these services without charging a copayment or coinsurance when provided by an in-network provider—even if you haven't met your deductible. Please click the link below for more information.

[HEALTH INSURANCE](#) [3]

Healthy Texas Women

HealthyTexasWomen.org makes it easier to get information about the healthcare services that Texas Health and Human Services offers, including information on programs to help you get birth control.

Women must apply for the programs and be approved to get services. The three programs featured on this website are Healthy Texas Women, the Family Planning Program, and Breast and Cervical Cancer Services. Please click the link below for more information.

[HEALTHY TEXAS WOMEN](#) [4]

© TexasLawHelp.org - **Source URL:** <https://texaslawhelp.org/article/birth-control-and-your-rights-texas>

Links

[1] <https://texaslawhelp.org/directory/legal-resource/texaslaw-help>

[2] <https://janesdueprocess.org/need-birth-control/>

[3] <https://www.healthcare.gov/coverage/birth-control-benefits/>

[4] <https://www.healthytexaswomen.org/about-healthy-texas-women>