Finding Good Sexual Health Information Online

**Good sexual health websites for young people are:**

- **Medically accurate**
- **Youth-oriented**
- **Up-to-date**
- **Unbiased**

**But how can you tell? Here's some clues where to look...**

- **Read the "About Us" or "Who We Are" section**
  - Who created the site? A health organization, or some random person?
  - Are they certified experts? Do they give info about their background?

- **Look at the URL**
  - The title of the website may tell you what the main focus or goal of the site is. Websites with "org" or "gov" may be safer because they are more likely to be reviewed.
  - Does it look like they will be able to answer your question? Are there multiple topic areas, so you know they aren't just focusing on one thing or one point of view? Do they have a chat section, or something where they can answer your questions directly?

- **Check out the menu bar, tabs, or different topic areas**
  - Does the website talk directly to young people? Do they use language that feels clear and easy to understand?
  - Are there pictures of young people who look similar to you? Does it seem like they designed the website with youth in mind?

- **Scan the language for youth-related terms**
  - Skim the writing for signs of bias
    - Does it seem like the website respects your right to information, and respects your personal choices, decisions, and behaviors? Or does it feel like they're not telling you something, or that they're trying to convince you what is right or wrong, or good or bad for you?

- **Check the copyright date and organization at the bottom**
  - How many years ago was this info updated? Do they tell you who published the website, so you can learn more about them and whether they're trustworthy?

- **See what other resources they link to**
  - Do they link to other health organizations you trust, like the CDC, health departments, national organizations like SIECUS, etc.?