

Family  
Planning  
Tasmania.



# My Choice - Sexual Health App for Youth, Parents & Families

My Choice provides easy access to  
information about Sexual &  
Reproductive Health

It is designed to allow you to  
Get Informed and Take Control

Features include

- Easy to understand text
- Contraceptive choices and reminders
- Sexual health information e.g. STI's, Consent etc
- Reproductive health i.e. periods etc
- Period & Mood Calender

To access the My Choice  
App go to [fpt.org.au](http://fpt.org.au) or  
scan the QR code:

