



PrEP & Youth Fact Sheet

HIV & Youth

- In the US, 13–24-year-olds represent 21% of all new HIV infections
- A vast majority (81%) of all new diagnoses in youth are in young men; over half of whom are Black and Latinx.
- Sexually active youth of all genders can benefit from PrEP as a tool to support their sexual health and wellness
 - young gay, bisexual and other men who have sex with men (YMSM), youth of trans experience, and Black and Hispanic/Latino youth, young people who use drugs, are experiencing homelessness, who are sexually exploited or engage in transactional sex (such as sex for money, drugs, or housing) are a priority for HIV prevention services, including pre-exposure prophylaxis (PrEP).”

PrEP Options

- Pre-exposure prophylaxis (PrEP) is highly effective and safe for HIV prevention and can reduce transmissions by up to 96% when used consistently.
- **Truvada**® (emtricitabine/tenofovir disoproxil fumarate) as PrEP was approved by the FDA in 2018 for use in adolescents weighing ≥ 35 kg at risk of HIV acquisition.
- **Descovy**® (emtricitabine/tenofovir alafenamide) as PrEP was approved by the FDA in 2019 for use in adolescent men who have sex with men (MSM) weighing ≥ 35 kg at risk of sexually acquired HIV.
- **Apretude**® (cabotegravir long-acting injectable) as PrEP was approved by the FDA in 2021 for use in adolescents weighing ≥ 35 kg at risk of sexually acquired HIV.

Minor Consent & Confidentiality

In the State of California, adolescents aged 12 and over can give their own consent for services related to the prevention of sexually transmitted diseases. Disclosure of this confidential health information to parents is not permitted without the expressed written consent of the minor.

- **AB 499 (2011)** - allows a minor who is 12 years of age or older to consent to medical care related to the prevention of a sexually transmitted disease
- **SB 138 (2013)** - ensures confidential access to sensitive services such as sexual and reproductive health care and other services where disclosure may lead to harm
- **Confidential Health Information Act (CHIA, 2015)** – requires health plans to allow patients or clinicians to request that an Explanation of Benefits (EOB) not be sent to policy holders (e.g. parents/guardians) for sensitive services if the disclosure of this information could endanger the patient. Visit myhealthmyinfo.org for more on how to ensure this.

Considerations for Youth: (adapted from [CDC PrEP and Youth](#))

• Adherence:

Evidence suggests that youth are willing and able to adhere to PrEP when offered sufficient support services. Two major trials in adolescent and young adult MSM, respectively, showed that when visit frequency decreased, so did adherence. Although data are limited, these findings suggest that more frequent visits or counseling on adherence may be needed for PrEP to be taken consistently in this population.

• Sexual History Taking and Disclosure:

Primary care clinicians are less likely to take a sexual history for youth, and as a result, may not identify at risk youth as PrEP candidates. Youth may be more reluctant to disclose sexual behaviors if the provider appears to be uncomfortable or there are confidentiality concerns. Adolescents may feel more comfortable discussing sexual health if the subject is initiated by the provider using a sex-positive approach and if the provider takes time to address confidentiality.

• Bone Health:

Recently, two demonstration studies examined the use of PrEP in youth aged 15 to 17 years and aged 18 to 22 years, respectively. These studies found a small decrease in bone density but no increase in fractures. These studies are continuing to evaluate if bone density will reverse once PrEP has been discontinued in youth as it does in adults.



Best practices:

Best practices for creating youth-friendly PrEP services adapted from youth-focused PrEP programs/research studies include:

- Drop-in access to providers
- Youth-friendly space design & staff
- On-site medication pickup
- Weekly to monthly visits for refills
- Comprehensive STI testing & treatment
- Frequent assessment of PEP needs
- Health Benefits Support
- Text reminders for appointments and dosing
- Adherence tools (pill case, apps, alarm)
- Transportation assistance

Prescribing & Monitoring

For a detailed prescribing guide, the [California DPH/PAETC PrEP Quick Guide](#) offers a comprehensive protocol for prescribing PrEP to patients of all ages. Patients under the age of 18 years are subject to the same eligibility and safety monitoring criteria for PrEP as those patients over the age of 18 years.

Insurance and Medication Coverage

Basic information about coverage options; please note this listing is not comprehensive.

Program	Medication Coverage	Lab & Visit Coverage	Additional Notes
Medi-Cal	✓	✓	<ul style="list-style-type: none"> • Minor-consent Medi-Cal for sensitive services must be renewed monthly to maintain coverage.
California PrEP Assistance Program PrEP-AP		✓	<ul style="list-style-type: none"> • Helps low income [\leq 500% Federal Poverty Line (FPL)] insured patients pay for PrEP-related out-of-pocket costs, such as medical visits and labs • Does not yet include minors (<18 yo)
Ending the Epidemic Ready, Set, PrEP Program	✓		<ul style="list-style-type: none"> • Covers cost of medication for Truvada® or Descovy® for a limited number of patients per year who lack medication coverage • Must provide documentation of negative HIV test and current PrEP prescription
Gilead Advancing Access Program	✓		<ul style="list-style-type: none"> • Adult representative must sign application with minor (prescriber or clinic staff representative ok) • Patient Assistance Program – for uninsured • Co-Pay Coupon program – for out of pocket costs up to \$7200 per year
Patient Advocate Foundation	✓		<ul style="list-style-type: none"> • For individuals who have health insurance that covers Truvada® or Descovy® and with income < 400% FPL, up to \$7500 per year

Brief Resource List

CDC PrEP & Youth: https://effectiveinterventions.cdc.gov/docs/default-source/prep/prep-population-considerations/296359-i_fs_prep9_youth.pdf?sfvrsn=b00d0cd3_2

San Francisco Department of Public Health CBA Webinar on PrEP for Adolescents: <https://getsfcba.org/wp-content/uploads/2017/02/PrEP-For-Adolescents-Webinar-Slides.pdf>

amfAR Issue Brief – Expanding Access to Pre-Exposure Prophylaxis (PrEP) for Adolescents and Young Adults: <https://www.amfar.org/prep-in-youth/>

Minor Consent and Confidentiality in California: <http://www.phi.org/uploads/application/files/kdh41f7xzyowy232wi0qqrtiiboyswx0hpfzpb1owu7na00w.pdf>

Maintaining Confidentiality of Explanation of Benefits: <http://www.myhealthmyinfo.org/>