



HEALTHY TEEN ORACLE DECK



ACKNOWLEDGMENTS

The original Healthy Teen Oracle Deck (2023) was created with funding support from the Merck Foundation. We later added more cards and questions, with support from the U Choose project.

SUGGESTED CITATION

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Healthy Teen Network



Learn more at HealthyTeenNetwork.org

We are Healthy Teen Network.

We believe every young person has the right to be who they are and love who they love.

And we see you—teachers and educators, counselors and clinicians, caring adults—helping them do this. Every day, providing honest, affirming care and education, and empowering the next generation to lead healthy, fulfilling lives.

At Healthy Teen Network, we know you do your best when you're connected to great opportunities and resources, and with others working in sexual and reproductive health. That's the magic of the Network—and why we're here every day to help professionals learn, improve, create, and advocate.



Learn more at UChooseBaltimore.org

U Choose Baltimore has existed since 2009. This collaboration exists to provide evidence-based sex ed and youth-friendly health services to Baltimore City young people, with the goal of drastically reducing teen birth and STI rates.

This resource was supported in part by Award No. 1 TP1AH000068 from the HHS Office of Population Affairs (HHS-OPA) and Baltimore City Health Department (BCHD). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of OPA-HHS, or BCHD.

BACKGROUND

We created the Healthy Teen Oracle Deck to support young people as they consider their health-related decisions and explore whether they want to make any changes.

Oracle cards are a divination tool that can be consulted for guidance and to prompt introspection. A person draws cards in response to a question, then uses the image and associated word or phrase that each card contains to find their answer.

Unlike tarot, Oracle decks don't rely as heavily on complex, standardized symbolism, making them easier to use and understand.

With the Healthy Teen Oracle Deck, the cards a young person selects can also serve as starting points for discussions with health professionals or other trusted adults. The deck centers around health-related cards, with properties such as uncertainty, ritual, and encouragement.

Use the Oracle deck in 2 ways:

1. Share the digital version with young people on social media.
2. Use the physical card deck in conversations with young people.

HOW TO USE
THIS DECK AS A
TRUSTED ADULT

Start by picking a black Question card, or asking a question of your own, then ask the young person to use the white Oracle cards to find their answers.

1. To pick an answer, ask them to look for an image that resonates with them.
2. Ask them to flip the card over to reveal two contrasting statements.
3. Ask them to place the card down with the one that fits them best at the top.

Some of these questions may open vulnerable conversations. Be sure to follow up with resources, answers to questions, and places to go for more support.

Connect the young person with mental health services and try to help them identify a trusted adult they can turn to after this chat.

HOW TO USE
THIS DECK ON
YOUR OWN

You can use your cards to reflect on your health needs and values. You might also want to talk about it with a trusted adult; these conversations can help you stay up-to-date on your health care and feel your best.

Start by picking a black Question card, then use the white Oracle cards to find your answers.

1. To pick a card, look for an image that resonates with you.
2. Flip the card over to reveal two contrasting statements.
3. Place the card down with the one that fits you best at the top.

WHAT ARE MY
RIGHTS TO CARE
IN MARYLAND?

Young people have the right to confidential sexual health services—it's the law in Maryland.

It can be helpful for young people to talk to an adult they trust about their My U Choose Plan. But young people don't need anyone's permission to visit a health clinic for STI testing, birth control, or a sexual health check.

U CHOOSE BALTIMORE CITY CLINIC FINDER



uchoosebaltimore.org/clinics-and-resources

Resources

ORDER A FREE STI HOME-TEST KIT



iwantthekit.org

Resources

PRINT YOUR OWN DECK

Want to print more decks on your own? We've made it easy to print this deck with the printer of your choice.

First, download the card deck and box files from our website (healthyteennetwork.org/resources/oracle-cards).

Get the printable files



Next, find a printer able to print custom playing cards with a finished size of 2.5 by 3.5 inches.

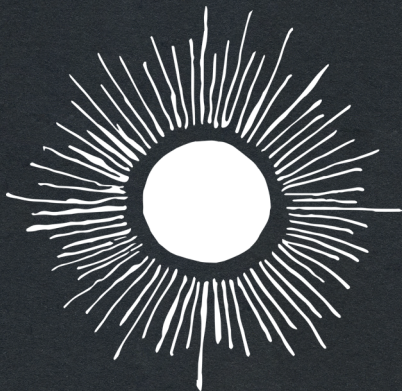
While we cannot endorse a printer, we printed this deck using SmartPress (smartpress.com/offering/playing-cards).

Print where we printed



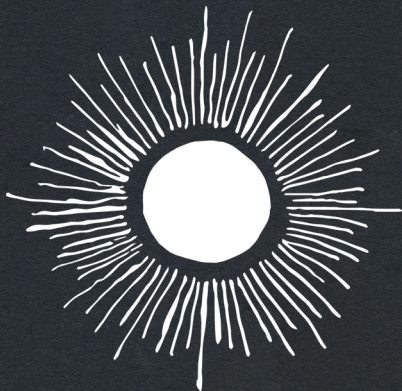
Specifications we selected:

- Paper Stock: 310 GSM Cardstock
- Card Face Styles: Custom Faces
- Packaging Options: Custom Printed Tuck Box



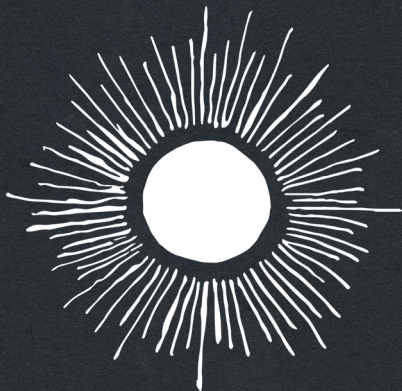
What's important to you
when you're looking for
more information about
your health?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



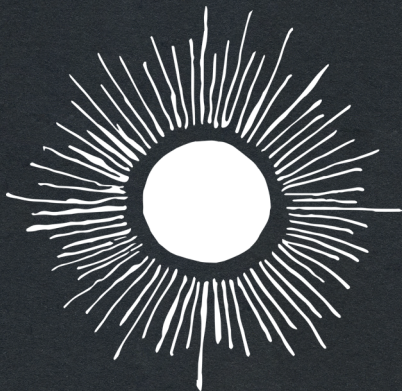
What's important to you
when it comes to getting
health care?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



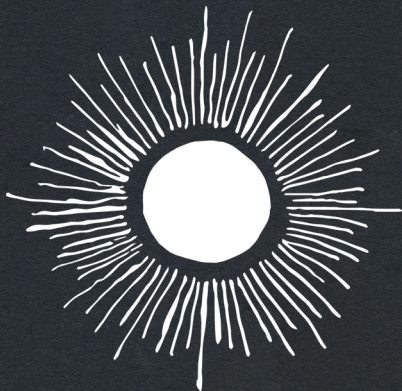
How has your mental
health been lately?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



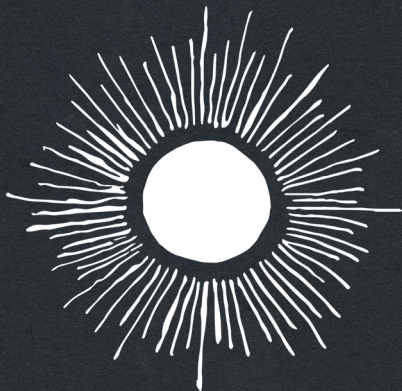
How do you feel in
your romantic or sexual
relationships?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



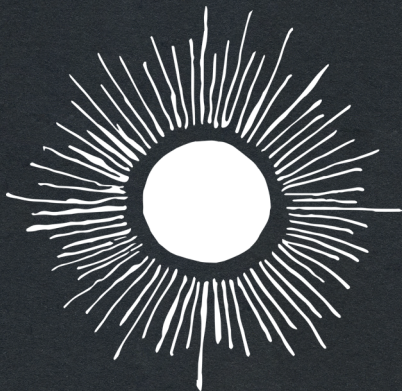
How do you feel about
your health right now?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



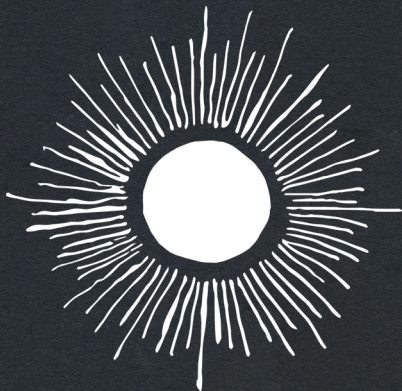
How do you feel about
your friendships?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



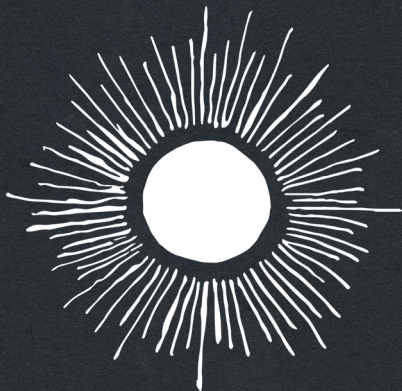
How do you feel about
what you know about
your body?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



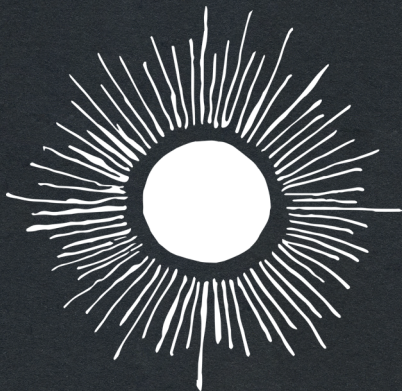
How do you feel about
your health education?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



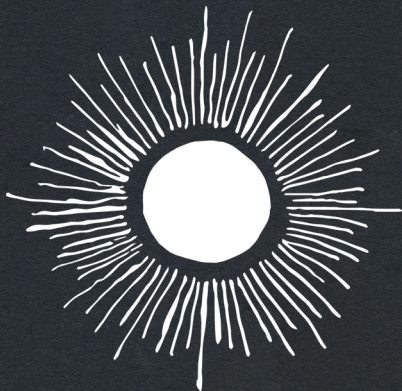
What's important to you in
a healthy relationship?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



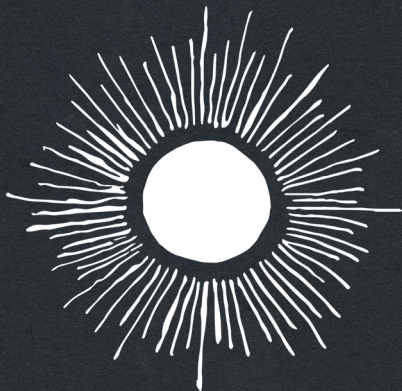
What helps you take
care of yourself when
you're feeling stressed
or overwhelmed?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



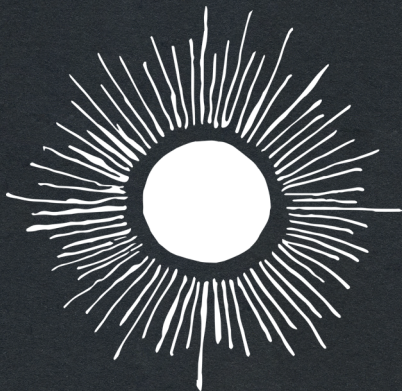
What helps you feel
confident in your body?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



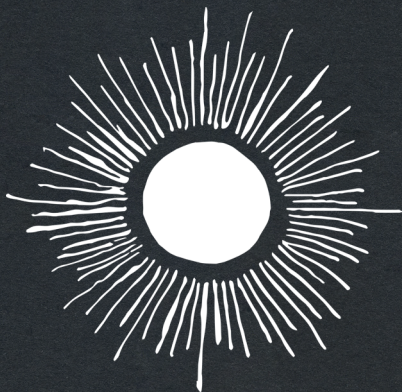
What part of your
experiences do you wish
others would understand
more deeply?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



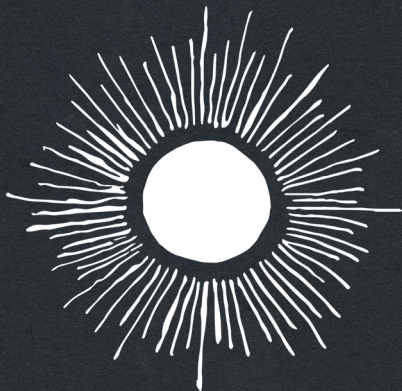
How do you feel about
asking for support when
you need it?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



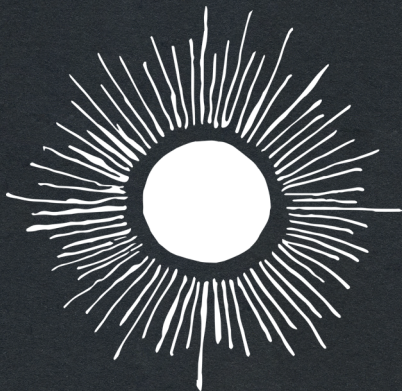
How do you feel about
expressing your needs in
your relationships?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



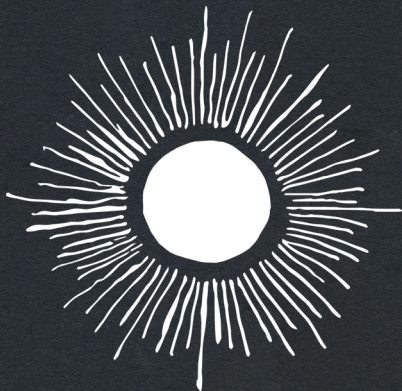
How do you feel about
handling disagreements in
your relationships?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



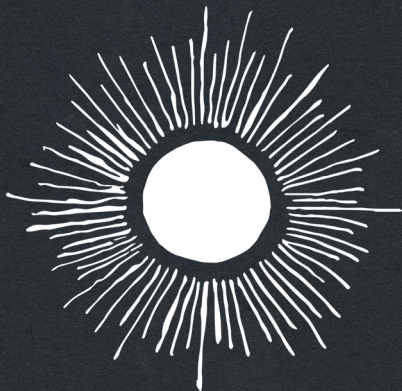
How do you feel about
talking to a healthcare
provider about your sexual
health?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



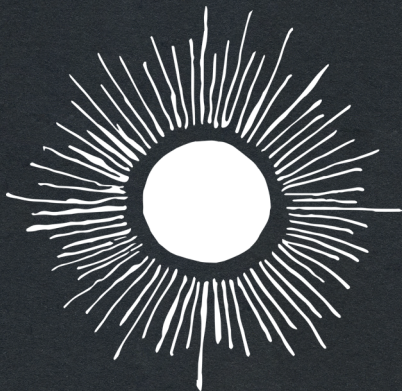
How comfortable are
you when it comes to
talking about your
health and body?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



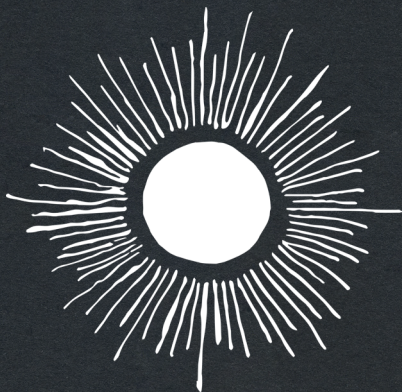
What's important to
you when you're looking
for more information
about your health?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



What's important to you
when it comes to listening
to your body?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



How do you feel about
building relationships with
others?

Pick 3 Oracle cards and then choose
the description on the back of each
card that fits you best.



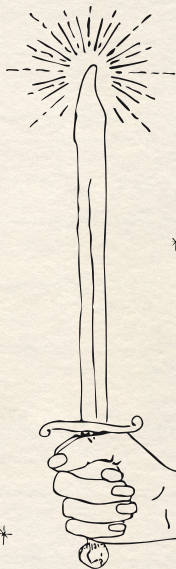
abundance

I have everything I need to get
care that works for me.

abundance

abundance

There are things making it hard for
me to get care.



action

I am the kind of person who likes
to make a plan and follow it.

action

action

I am the kind of person who likes
to live in the moment and take
things as they come.



clarity

I have a good sense of what I
need to do to take care of my
body and my health.

clarity

clarity

I want to learn more about
how to take care of my body
and my health.



connection

I have close, supportive
relationships in my life.

connection

connection

I'd like to work on building closer
connections in my life.



discovery

I have the space and support I
need to figure out who I really am.

discovery

discovery

am.

Other people's ideas play a role in
how I'm figuring out who I really



ease

I've been getting time to relax,
rest, and play.

ease

ease

down.

I've been going through a lot
lately. I wish my life would calm



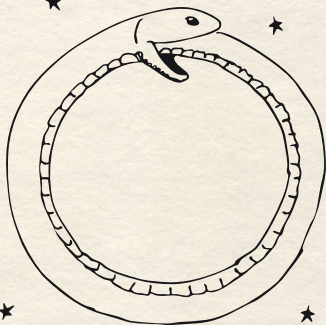
encouragement

I have supportive people in my life
who encourage me to take care of
myself.

encouragement

encouragement

I wish I could get more support
and encouragement from others to
help me thrive.



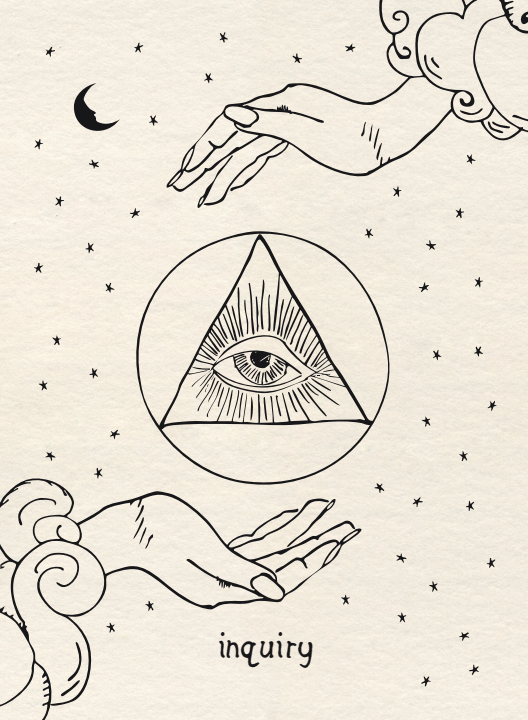
growth

I like to challenge myself with big
goals, even if they are hard to
reach.

growth

growth

I like to make slow and steady
progress toward achievable goals.



inquiry

If there's something I don't
understand, I feel confident asking
questions.

inquiry

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I'm more comfortable asking
questions if people first ask me if
I understand.



openness



I feel comfortable sharing personal
information with my family, friends,
and trusted adults.

openness

openness

My privacy is important to me,
and I need to build a lot of trust
to feel comfortable opening up.



routine

I regularly make time to take care
of myself and check in on what I
need.

routine

routine

It's hard to find time for myself
and what I need.



struggle

I have the strength and support I
need to handle the challenges I'm
facing.

struggle

struggle

I'm having a hard time handling the
challenges in my life right now.



transition



When it comes to taking care of
my health and well-being, I feel
ready to make some changes.

transition

transition

When it comes to taking care of
my health and well-being, I'd like
things to mostly stay the same.



uncertainty

I am unsure what the future holds
for me.

uncertainty

uncertainty

I'm on a steady path and I know
where I want to go.



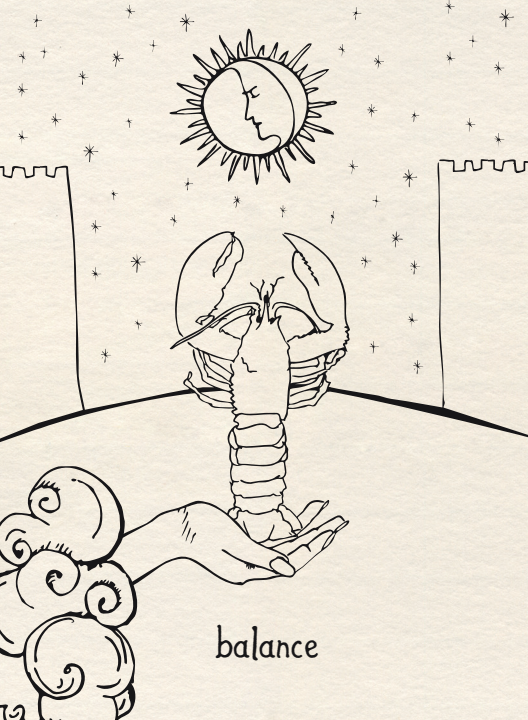
vulnerability

I feel safe being fully myself and
sharing my feelings with the people
in my life.

vulnerability

vulnerability

I usually keep sensitive or
uncomfortable feelings to myself.



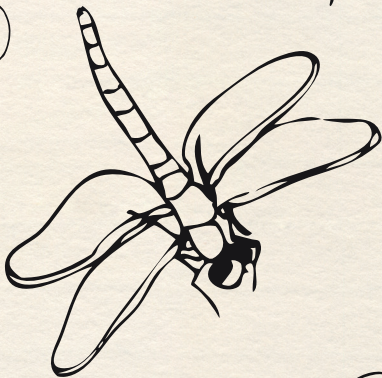
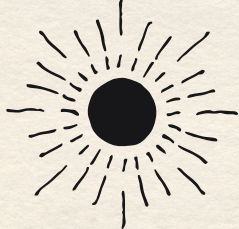
balance

It's exciting when my life feels
full of many activities and growth
opportunities. Too few can get
boring.

balance

balance

I prefer to give my time and
attention to a small set of things.
Too many can feel overwhelming.



boundaries



I say no when I don't feel okay
about doing something, even if it
disappoints someone.

boundaries

boundaries

I want to make people happy, so
sometimes I go along with things I
don't want.



spontaneity

I love thinking of new ideas and
sharing my opinions with others.

spontaneity

spontaneity

share my opinions.

I like to take time to think before I



expression

I share who I am, even if it goes
against the grain.

expression

expression

parts of me.

It's most important for me to fit
in and feel like part of the group,
even if it means holding back some



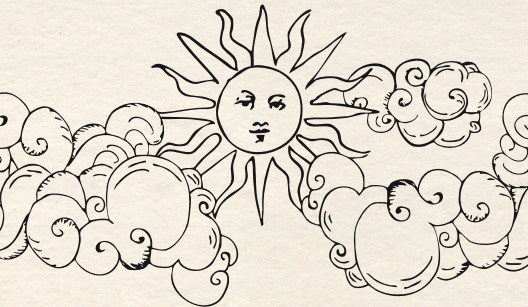
identity

I know who I am and love sharing
what's important to me with others.

identity

identity

I want to spend more time
exploring who I am and how I fit
into the world.



joy

I notice moments of pleasure or
contentment in my life.

joy

joy

My life moves so quickly that I
feel like I don't have time to slow
down and take time to appreciate
the little things.



safety

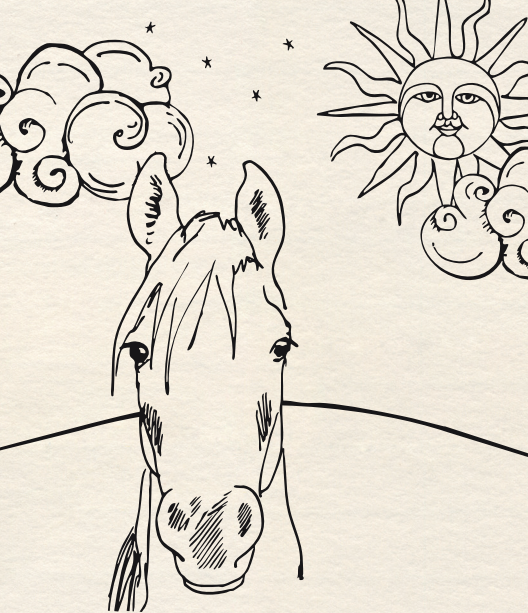


I feel emotionally and physically
safe and can express my emotions
when I want.

safety

safety

I need more support to feel secure
and safe in my body and freely
express my emotions.



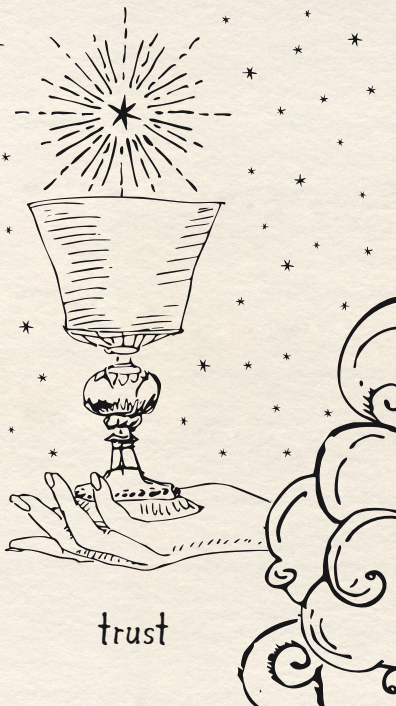
worth

When I feel down, I love to
pump myself up and give myself a
confidence boost.

worth

worth

I tend to feel shy when the
spotlight is on me or when people
give me compliments.



trust

I believe in myself and others,
and I can rely on others to follow
through for me.

trust

trust

I prefer to rely on myself and my
own abilities rather than asking
others for help.

TELL US WHAT YOU THINK



Your input makes a difference—share your thoughts!

LEARN MORE



Learn more about the Oracle Deck, including how to
print your own decks, should you wish.