



"Health begins where you live, learn, work, and play"

P.O. BOX 626 112 WEST 5TH STREET LEADVILLE, CO 80461
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Promoting Safe & Healthy Sexuality in Youth

A key component to positive child development is parental involvement and acknowledging the value of children. Research done by AdvocatesForYouth.org shows that positive communication between parents and their children can help young people establish individual values and make healthy decisions. Because engaging youth in positive actions and providing accurate education is a shared goal of the Lake County School District and The Lake County Public Health Agency, the sex education program will continue to emphasize abstinence and parental involvement, as well as providing information on safe sex and contraception.

According to the CDC, 47% of adolescents reported having been engaged in sexual intercourse at some point in their lifetime. Another study done by the World Health Organization found that "access to counseling and contraceptive services [including condoms] did not encourage earlier or increased sexual activity." If parents are not talking to their children about sex, they may seek answers from other sources which could give incorrect information on sexual health. Therefore, it is important to be open and approachable in order to give youth accurate and honest information regarding sexuality. Keeping students healthy will keep them in school and will increase opportunities and health for the rest of their lives.

Here are some reliable website resources for parents and kids:

These contain information on how to be involved with sex education in schools and at home; they also provide accurate information about reproductive health, and contraception options.

www.advocatesforyouth.org → Parents Sex Ed Center, "Rights, Respect, Responsibility" motto

www.BeforePlay.org → "to help people think, talk about and take action on some of life's biggest decisions," information on contraception and sexuality

www.TheNationalCampaign.org → "To prevent teen and unplanned pregnancy"

www.StayTeen.org → Information about sex tailored to teen needs and questions

www.sexetc.org → Sex education "by teens, for teens" (Run by Rutgers University)

www.iwannaknow.org → Information from the American Sexual Health Association

<http://www.advocatesforyouth.org/publications/449-school-condom-availability#13> → specific information about condom programs in schools



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Facts about Teen Pregnancy, Sex Education & Contraception in Schools

- Lake County continues to be above the Colorado average for teen pregnancy (*Colorado.gov*)
- Lake County ranked 17th highest (out of 64) in the state for Chlamydia (STD) in 2010.
- Making contraception available for free caused a drop in teen birth rates and decreased abortions by 50% (American College of Obstetrics and Gynecology).
- Females aged 10-14 are the highest group for unplanned pregnancy according to the Centers for Disease Control (CDC).
- The most recent statistics show Colorado having a teen pregnancy rate of 162,462 for 10-14 year olds and 97,252 pregnancies in females aged 15-17 (CDC).
- Sexually transmitted diseases are also highest in people aged 14-24 (CDC).
- A study of New York's school condom availability program found that:
 - There was an increase in condom use among sexually active students
 - There was **NO** increase in sexual activity
- The World Health Organization reviewed studies on sex education and found that access to counseling and contraceptive services did **not** encourage earlier or increased sexual activity.
- Adolescents face the most obstacles when trying to get condoms.
- The American Medical Association urges schools to implement sex education programs and make condoms available to students.
- Summit County High School has had great success with providing students with contraceptive methods, including condoms on the school campus.
- The American Academy of Pediatrics states that "in the interest of public health, restrictions and barriers to condom availability should be removed. Schools are an appropriate site for the availability of condoms."
- In 98% of schools with condom availability programs, students may receive counseling which includes information on abstinence. In 49% of these schools, counseling is mandatory. Lake County Public Health Agency comes in to the high school twice a year and the middle school once a year to provide counseling, as well as providing free counseling in our office.
- Each year, an estimated 3 million adolescents are infected with STDs
- Parents play an important role in healthy sexuality in students by providing open, honest communication to their children regarding waiting for intimate sexual relationships until they are mature, responsible, and ready.
- Young women who are teen mothers are less likely to graduate high school or get their diploma by age 22; less than 2% of teen mothers complete college by age 30.

Revised by J. Heins, RN on April 2014