

HealthyCommunities

Brentwood~East Kingston~Exeter~Kensington~Newfields~Stratham

The accompanying newsletter, "Whose Kids??...Our Kids" on the topic of *Teens and Sexuality* is the fifth of six to be distributed during the current school year. A community forum for parents on this important topic is scheduled for Thursday, April 12. see details below. Look for the sixth and final newsletter and community forum on **Parent-Teen Communication** in May.

The Upcoming Community Forums for Parents

Teens and Sexuality

April 12th, 2001

7:00-8:30 p.m.

Exeter High School

30 Linden Street

Panel discussion with local Pediatrician, High School Guidance Counselor, Middle School Health Teacher and Mental Health Care Professional.

Parent-Teen Communication

to be scheduled in May.

Exciting extracurricular opportunities for middle school students.

There are a few opportunities for high school students ***

HealthyCommunities works closely with three community groups that provide a rich array of extracurricular activities for youth in the SAU-16 school district: City Year, Outlook Teen Center, and Camp Lincoln. A brochure of all the programs is available by picking one up from the main office of the Cooperative Middle School (CMS), calling the City Year Team office at 773-1860 and requesting that the CMS After School Program brochure be sent to you, (Don't forget to leave your name and mailing address.), or checking the Cooperative School District Website: www.ercsd.k12.nh.us. Most programs are targeted toward middle school students. The Outlook Teen Center does sponsor programs and activities for high school students, contact the Outlook Teen Center directly for more information (Susan Belitsky-***778-3933)

If you have questions about the newsletters or community forums contact Karen Pelletier at Exeter High School, 778-7772, extension 8444.

If you have questions or have any interest in becoming involved with **HealthyCommunities**, contact Jennifer Kinsey, Coordinator at 772-5435 or email: jskb@mediaone.net. (Note: this is a new email address.)



Whose Kids?...Our Kids!

Exeter Region Cooperative School District Teen Sexuality

Recently, the Exeter Region Cooperative School District, Rockingham County UNH Cooperative Extension and community members joined together to learn more about the youth in our community by conducting the Teen Assessment Project (TAP).

Approximately 89% of the students were surveyed in the Exeter Region Cooperative School District. In all, information from 2045 surveys was used for this newsletter.

		Male	Female
399	7 th graders	197	202
392	8 th graders	205	187
377	9 th graders	173	204
359	10 th graders	182	177
289	11 th graders	137	152
229	12 th graders	110	119

"Whose Kids?...Our Kids!" is a parent newsletter series of the Teen Assessment Project (TAP), a program of the University of New Hampshire Cooperative Extension. Support for this project was provided by the New Hampshire Charitable Foundation, Jeffrey Gutin Fund and Safe and Drug Free School and Communities Grants. The Teen Assessment Project (TAP) originated at the University of Wisconsin at Madison under the direction of Stephen A. Small, Ph.D. Exeter TAP in Rockingham County was under the direction of Lynn Garland, UNH Cooperative Extension 4-H Educator in cooperation with Charlotte W. Cross, UNH Cooperative Extension, Youth Development Specialist. For more information about TAP call Charlotte W. Cross at (603) 862-2495 or e-mail at charlotte.cross@unh.edu.

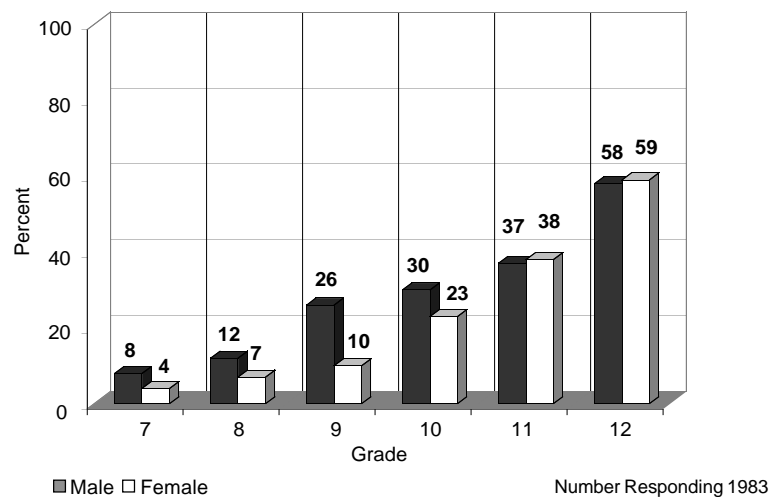
Our survey of local youth covered many areas of concern to adolescents and their parents. This issue of WHOSE KIDS?...OUR KIDS! looks at the topic of teen sexuality.

Sexual Activity Among Local Youth

A fear for many parents is that their children will become sexually active before they're ready. Parents fear an unplanned pregnancy, sexually transmitted diseases (STDs), emotional harm, date rape, and sexual abuse. Most parents feel early sexual experiences will harm their children.

As the following chart shows, about 1 in 5 teens (17%) in the 9th grade have had sexual intercourse. By 12th grade more than half (59%) have had intercourse. The number of youth who have had sex generally increases with age. On the other hand, about 9 out of 10 middle school youth *have never* had sexual intercourse (boys, 90%; girls, 95%). In the high school years, more than 2 out of 3 (68%) *have never* had sex (boys, 64%; girls, 71%).

Teens Who Have Had Sexual Intercourse



Communicating With Our Teens About Sex

Most parents feel nervous and not prepared to discuss sexuality with their teens. Here are some hints to help you talk to your child.

- Get the facts straight. There are many good books to help you learn about adolescent sexuality. Ask the town librarian for recommendations.
- Don't be afraid to admit to yourself and your teen that you are not comfortable with the topic.
- If you don't know an answer to a question your teen asks, say so. No one knows all the answers about sex.
- Listen to yourself as well as to your children. When you talk to your teen, are you telling him/her your values or what you think is most important about sexuality?
- You and your child may disagree. Try to talk about a topic, not argue.
- Try to convey to your teenager you care more about his/her health and happiness than what he/she did on last night's date.

Tips for Parents

What can parents do? We hope you've been able to talk with your children about sexuality as they've been growing up. If not, it's never too late — start now! In her book, *Straight From the Heart*, Carol Cassel offers the following hints for getting started.

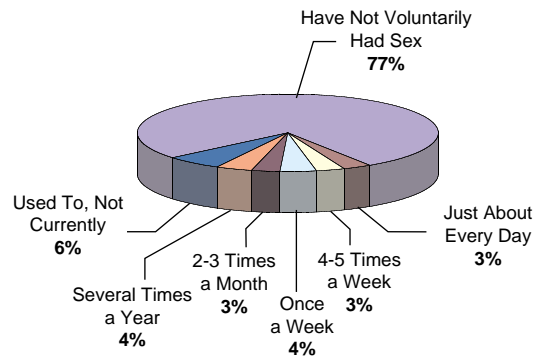
• Seize the moment.

While doing a job together, or watching TV, talk to your child about a sexual issue. Choose a night, choose a TV program (the "soaps" are ideal), and watch with your child. Many of the TV scenes can lead into a good talk about sexuality.

Continued on page 3

One in 16 local youth (6%) used to be sexually active but aren't now. About 1 in 6 youth (16%) are currently sexually active. Another 77% of local youth have never been sexually active (93%, middle school; 68%, high school). The chart below shows how often teens have sex.

Frequency of Sexual Activity



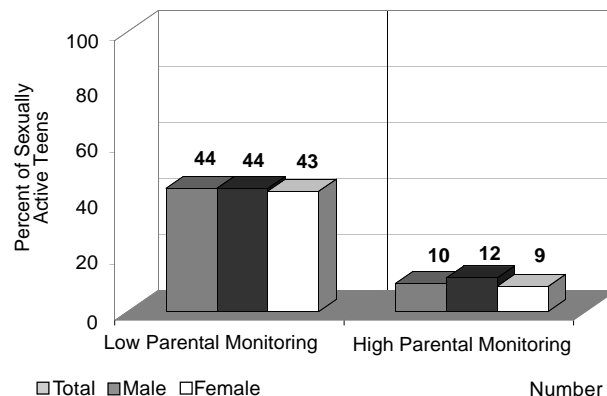
Number Responding 1983

Since many teens are having intercourse, most adults hope they're protecting themselves from pregnancy. Unfortunately, many teenagers don't always use birth control. Over half of the sexually active teens (57%) reported they didn't always use birth control (59%, boys; 56%, girls). More than half (61%) of 12th graders who have sex always use birth control (62%, boys; 59%, girls). This means that a large number of local teens are at risk for pregnancy or sexually transmitted diseases (STDs).

Parental Monitoring and Levels of Teen Sexual Activity

Parental monitoring is an important factor in preventing adolescent problem behavior. Parental monitoring means parents supervise their children or know where they are and what they're doing. Higher levels of parental monitoring are related to lower levels of sexual activity in teens. The level of sexual activity of teens is greater when parents don't supervise them closely.

Relationship Between Parental Monitoring and Levels of Teen Sexual Activity



Number Responding 1982

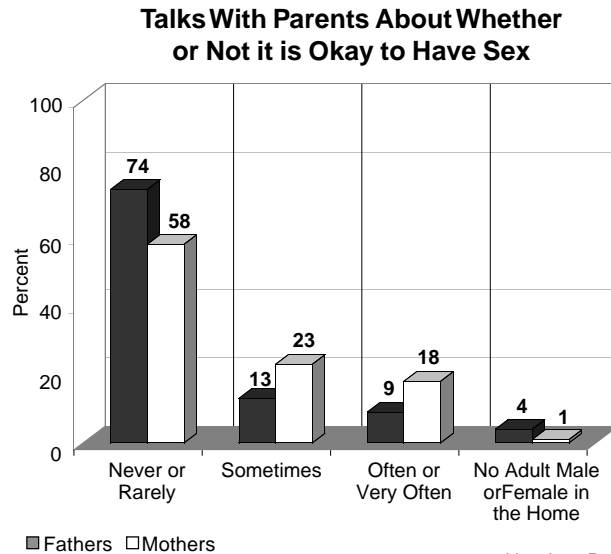
Tips for Parents

- Be alert to moments to teach.**
As your teen’s body is changing, use this chance to discuss the subject. An easy opener could be, “You are really growing up. One of the experiences you may soon have, or already have had, is”
- Get to the point.**
Answer your teenagers’ questions without being too boring or jumping to conclusions. Don’t accuse them of having sex just because they ask a question, they may only be curious. If you don’t know an answer, say so. Offer to find out for them. Buy them their own book on teenage sexuality. Talk with them about the books.
- Honor their privacy.**
What your teenager tells you should remain confidential. Don’t tell your friends or relatives what your teen has told you.
- Be available, but don’t push.**
Answer questions, and ask if there’s anything else your teen wants to talk about.
- Discuss, don’t dictate.**
You can talk about what you think is important while respecting your child’s views. Ask questions to make your teen think. When a boy and girl have intercourse, what does the girl think about the relationship? What about the boy? What could he be thinking?

Be aware of your own values, beliefs, ideas, and fears.

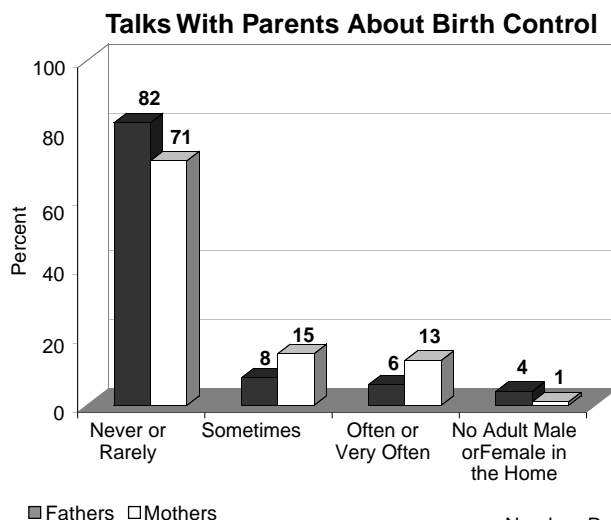
Parent-Teen Communication About Sexuality

How do teenagers learn about sexuality? Do they get education at home, at school, or at church? Do you talk with your child about his/her developing sexuality? We asked teens if their mothers or fathers talked with them about sex or birth control. Many parents don’t talk to their teens about whether or not it’s okay for teenagers to have sex. Over half of all teens (58%) reported their mothers never or rarely talked to them about teen sexual activity. Even more adolescents (74%) said their fathers never talked to them about their attitudes on teen sex.



Number Responding About Fathers 2011 - Mothers 2017

If you haven’t talked with your adolescent about birth control, you aren’t alone. Many teens (71%) reported they never or rarely talked to their mothers about birth control. Even more teens (82%) said they never or rarely talked to their fathers. Although you may find it is difficult, it is important to talk with your teen about sexuality issues.



Number Responding About Fathers 2006 - Mothers 2014

National Trends

A recent study from the Centers for Disease Control and Prevention (1998) shows that over half of the U.S. high school students have had sexual intercourse. Over 1 out of 3 freshman (38%) and 3 out of 5 seniors (61%) reported having had sexual intercourse. Nearly 1 of 5 high school students have had four or more sexual partners before their graduation. About half of the sexually active high school youth reported that they or their partners used condoms during last intercourse (63%, males; 51%, females). One in 4 sexually active high school youth reported that they had used alcohol or drugs before last intercourse (31%, males; 19% females).

About one-half of all teenagers use contraceptives the first time they have intercourse. Younger teens are even less likely to use contraceptives. Many teens who plan ahead for first intercourse are much more likely to use contraception. Half of all first pregnancies happen in the first six months of having intercourse. About 1 in 5 first pregnancies happen in the first month.

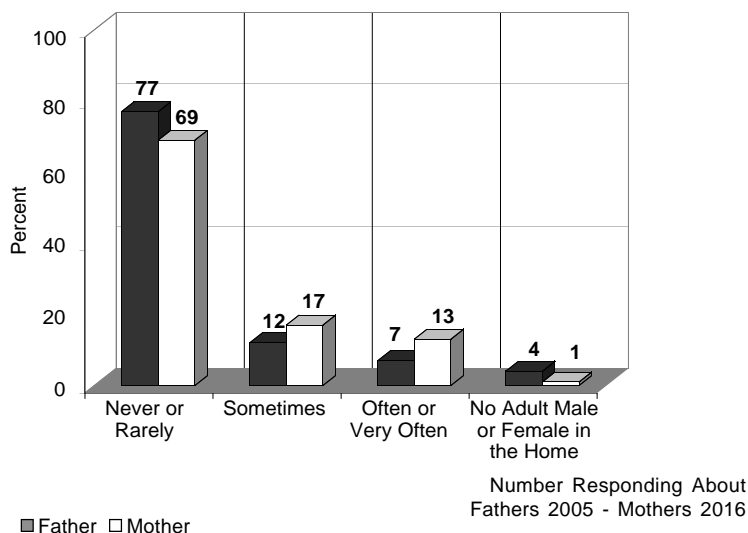
These statistics paint a frightening picture of the risk of unplanned pregnancy. Most girls say they are surprised when they find out they are pregnant. They give many reasons for being surprised. They think they didn't have sex often enough. They were at the wrong point in their menstrual cycle. They were too young. They didn't have an orgasm. The boy had withdrawn before he ejaculated. Some girls forgot to use a method of birth control. Some believed they wouldn't get pregnant.

Sexually Transmitted Diseases

Sexually active teens are at high risk of getting sexually transmitted diseases (STDs). Female teens have a high rate of gonorrhea, chlamydia cervicitis, pelvic inflammatory disease (P.I.D.) and cytomegalovirus. There is growing concern that AIDS victims in their 20's contracted or caught the disease in late adolescence. Teens sometimes use condoms, but not always.

In addition to sexuality and birth control, most parents also don't talk to their teens about the dangers of AIDS and other STDs. Over half of all teens (69%) reported that their mothers never or rarely talked to them about AIDS or other STDs. Again, even more (77%) said their fathers never or rarely talked to them about this subject.

Talks With Parents About the Dangers of AIDS, HIV, or Other STDs



Consequences and Parental Values versus Levels of Teen Sexual Activity

Teens are less likely to be sexually active if their parents talk to them about parental feelings about teen sex. We asked local teens how much they agreed with the statement, "My parent(s) think it is wrong for teens my age to have sexual intercourse." Local teens who feel their parents think it's wrong for teens to have sexual intercourse are much less likely to be sexually active.

Teens were also much less likely to have sex if they felt they would get in trouble at home. Survey results showed that 6 out of 10 teens (62%) were sexually active if they did *not* feel they would get in trouble at home versus 1 out of 16 (6%) if they thought they would get in trouble at home. This is illustrated in the chart on the following page.

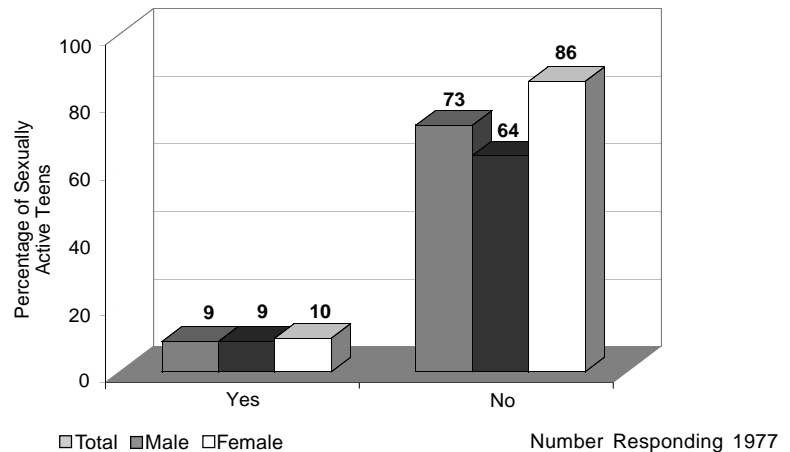
Why Are Teens Sexually Active?

There are many reasons why teens are sexually active. Obviously, teens are going through changes in their bodies. For example, changes in hormone levels cause breast development, hair growth, and the deepening of male voices. The hormonal changes may increase teens' sex drive, thus contributing to sexual activity.

In addition to the physical changes taking place, teens are also starting a period of greater independence. The teen is balancing parental beliefs, peer group influences, media messages, body changes, and personal values. All of these things contribute to his or her sexual behavior. Researchers have found the following about teen sexuality.

- Teens who can't talk with their parents are more likely to have sex early. They're also more likely to begin smoking and drinking earlier.
- Teens whose parents supervise them closely are likely to begin intercourse later. These parents know where their teenagers are and who they are with. They check to see if there is adult supervision when appropriate.
- Some fathers may believe sex is okay for boys, but not girls. This gives girls and boys different messages.
- The more often parents talk to children about sexuality, the later teens are likely to begin sexual intercourse.
- What kids *think* their peers are doing affects early intercourse *more than* what their peers are *actually doing*.
- Teens who are not doing well in school or don't care about education are more likely to have sex at an early age.

“If your parent(s) knew you were having sex, do you think you would get in trouble at home?”



Have You Talked to Your Adolescent About Sex?

Have you talked to your teen about the topics in the box below? Are you embarrassed? Do you know about all the topics? Do you know how you feel about the topics? Do you know how to discuss the subject? Are you put off when your teen says, “Oh Mom, I know that!” **YOU ARE NOT ALONE.** Don't give up! Try a new approach, buy a book, or talk to a friend. Find a way to talk with your teenager.

Think how much you have talked about the topics listed below with your teen. If you have not discussed the subjects below with your adolescent to the degree that you would like, decide when you will.

	Never	Somewhat	Enough
Body changes during puberty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menstruation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wet dreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homosexuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peer pressure to be sexually active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gender roles (what does it mean to be male/female)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conception/reproduction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anatomy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Masturbation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contraceptives/birth control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your values/beliefs about the above topics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Resources For Parents

- Acker, L., Goldwater, B. & Dyson, W. (1992). **AIDS-Proofing Your Kids: A Step-By-Step Guide.** Hillsboro, OR: Beyond Words Publishing.
- Boston Women's Health Book Collective. (1992). **The New Our Bodies, Ourselves: A Book By and For Women.** Old Tappan, NY: Simon & Schuster.
- Griffin, C.W., Wirth, M.J., & Wirth, A.G. (1996). **Beyond Acceptance: Parents of Lesbians and Gays Talk About Their Experiences.** New York: Prentice Hall
- Reiss, I. L. (1990). **An End To Shame: Shaping Our Next Sexual Revolution.** Buffalo, NY: Prometheus.

Resources For Young People

- Bell, R. (1988). **Changing Bodies: Changing Lives.** New York: Random House.
- Hein, K. & DiGeronimo, T.F. (1993). **AIDS: Trading Fears for Facts-A Guide for Teens.** Fairfield, OH: Consumer Reports Books.
- Heron, A. (1995). **Two Teenagers in Twenty: Writings by Gay and Lesbian Youth.** Boston: Alyson Publications.
- Johnson, E. (Magic). (1993). **What You Can Do to Avoid AIDS.** San Francisco: Chronicle Books.
- SIECUS. (1992). **Talk About Sex: A Booklet for Young People on How to Talk About Sexuality and HIV/AIDS.** (Available for \$2 from SIECUS, 130 West 42nd St., Suite 2500, New York, NY).

UNH Cooperative Extension Resources:

- **Publication Series:**
Living with your Teenager
- **Workshop Series:**
Family Focus: Parenting the Adolescent

Helpful Resources

In-School Help

School District Switchboard.....	775-8400
High School.....	775-8402
High School Guidance.....	775-8417
Middle School.....	775-8700
Middle School Guidance.....	775-8706

Abuse

Division for Children, Youth and Families (to report)	1-800-894-5533
after hours helpline:	1-800-852-3388
Safe Place (Domestic Violence)	436-7924
Sexual Assault support Services (SASS)	1-888-747-7070

Alcohol and Drug Abuse

AD Care Hospital	1-800-252-6465
Al-Anon/Alateen	1-877-825-2666
Alcoholics Anonymous (AA)	1-800-593-3330

Counseling Services

Center for Eating Disorders Management	742-0047
ParentLine	1-800-640-6486

Crisis Hot Lines

24 hr. Crisis Referral Hotline (Drug & Alcohol only)	1-800-888-9383
Boys Town Hotline	1-800-448-3000
TeenLine (confidential, for any problem)	1-800-639-6095
Youth Crisis Hotline (17 years and younger)	1-800-448-4663

Family Planning/Health Services

Birthright (24 hr.)	1-800-550-4900
Portsmouth office	436-5558
Planned Parenthood.....	772-4326

Information and Referral

Info Link	1-888-499-2525
Poison Control Center	1-800-562-8236

Runaway

Child & Family Services of NH Group Home	224-9313
National Runaway Switchboard.....	1-800-621-4000

Sexual Identity

Seacoast Outright	431-1013
PFLAG (Parents, Families & Friends of Lesbians and Gays) .	1-800-750-2524

Sexually Transmitted Diseases

AIDS Hotline	1-800-752-2437
STD/HIV	594-3355

Suicide and Depression

Exeter Hospital	1-800-443-1119
or	778-7311
Riverbend	1-800-852-3323
Seacoast Mental Health (24 hour)	772-2710

UNH Cooperative Extension

Rockingham County, Family and 4-H Youth Development.....	1-800-248-6672
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Also see the "Self-Help Guide to Human Services in N.H." at the front of your telephone book

This newsletter was based on a publication by Donell Kerns, University of Wisconsin at Madison. The UNH Cooperative Extension newsletter "Whose Kids?...Our Kids!" was edited by Charlotte W. Cross, Extension Specialist, Youth Development and Mary W. Temke, Ph.D., Extension Specialist, Human Development, with technical assistance from Carolyn L. Miller, Research Assistant, UNH Cooperative Extension. Desktop publishing provided by UNHCE Educational Marketing & Information Office.

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HealthyCommunities

East Kingston-Exeter-Brentwood-Kensington-Newfields-Stratham

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The attached newsletter, *Whose Kids??...Our Kids!!!!*, is brought to you through a collaborative effort between the UNH Cooperative Extension Service, the SAU-16 School District, and Healthy Communities. The newsletters are sent to all homes of teens in the SAU-16 School District who attend 6th-12 grade. Copies of the newsletter are also distributed to staff, faculty and administrators of the middle and high school. Each of the elementary school principals receives copies and has the option of distributing the newsletters more widely.

HealthyCommunities is a **community-based substance abuse prevention** collaborative targeting teens who live in the 6 towns of the SAU-16 Cooperative School District. **HealthyCommunities** is composed of individuals and groups representing the area schools, parents, youth, clergy, businesses; and recreation and social service agencies that serve youth, and their families.

HealthyCommunities initiatives are partially funded by a three-year state incentive grant; the SAU-16 school district is the fiscal agent for this grant. This current copy of *Whose Kids??...Our Kids!!!!* is the 5th of 6 newsletters, each on a topic of interest to parents of teens:

1. Working Together: Youth, Families, Schools, and Communities
2. Teenagers: Use of Alcohol and Other Drugs
3. Teen Depression and Suicide
4. Parent-Teen Relationships
5. **Teens and Sexuality**
6. Parent-Teen Communication

Each newsletter presents information collected from SAU-16 teens in the Teen Assessment survey administered in October of 1999. The newsletters provide suggestions and a list of resources to the topic highlighted.