Beyond Just the Birds and the Bees

Presenters:
Bethany Evans - Program Manager
Eleni Pacheco - Health Educator
Did you know??

Let’s take a quiz on teen sexuality
Is teen pregnancy... increasing or decreasing?

2006 - 2016 SAN ANTONIO, TEXAS, & U.S.
TEEN BIRTH RATES PER 1,000 FEMALES • AGES 15 TO 19

THE TEEN BIRTH RATE IN SAN ANTONIO DECLINED 53% SINCE 2006 BUT REMAINED 49% HIGHER THAN THE U.S. RATE

* 2016 data not available for Texas
Question 1
In 2016, how many babies were born to females ages 10-19 in Bexar County?

A. Under 750
B. About 1,400
C. About 2,000
D. About 3,500
2,044 was the 2016 total number of births to females ages 10 to 19 in San Antonio. About 39 teen births per week.
Question 2
Which age bracket has the highest teen births by percentage?

A. 10-14 year olds
B. 15-17 year olds
C. 18-19 year olds
D. Both B and C tie
Answer 2

% OF TEEN BIRTHS
BY AGE OF MOTHER

AGES 18 - 19
1,403 BIRTHS
69%

AGES 15 - 17
604 BIRTHS
29%

AGES 10 - 14
37 BIRTHS
2%

Courtesy of:
City of San Antonio Metro Health District’s Teen Pregnancy in Bexar County 2016 Report
Question 3

How many sexually active teen girls have had an STD that can cause infertility and even death?

A. 1 in 10 girls
B. 4 in 10 girls
C. 9 in 10 girls
4 in 10 sexually active teen girls have had a sexually transmitted disease.

Question 4

Teens say their decisions about sex are most influenced by…?

A. Their parents
B. Their friends
C. TV and the internet
Their Parents!!

Parents Can Make a Difference

Why it Matters

- It’s important to help teens stay healthy
- Teens are sexually active

Health Risks from Having Sex Too Early

- Pregnancy
- Sexually Transmitted Infections and HIV/AIDS
- School Dropout
Tips for Communicating... with Your Teen

- Put Yourself in Your Teen’s Shoes
- Show Your Interest
- Be Direct
- Express Respect & Admiration
- Appeal to Common Goals & Emphasize Support for Each Other

- Listen
- Control Your Emotions
- Avoid Debates
- Use Body Language

Healthy Futures of Texas
Big Decisions - Key Messages
...to help you stay HEALTHY and reach your GOALS and DREAMS

- Having sex with someone is a BIG DECISION
- ABSTINENCE is the most effective way to avoid both pregnancy and STIs
- Teen who have sex need to:
  - Use latex* CONDOMS, correctly, every time, to reduce the risk of HIV and other STIs; and
  - Use effective CONTRACEPTION to prevent pregnancy

*or polyurethane or polyisoprene, if allergic to latex

Healthy Futures of Texas’ suggested tips to give to youth
Families Talking Together Session

- Designed for parents/guardians/trusted adults who have adolescents ages 10-14 years
- Session length
  - One time at 3 hours
  - Two sessions at 1.5-2 hrs each
  - Sessions can be morning, afternoon or evening; weekday or weekends
  - Ideal class size: 5-12 participants
- Materials included:
  - Parent booklet
  - Extra pamphlets on sexual health topics
Key Conversations Session

- Designed for parents/guardians/trusted adults who have adolescents ages 12-17 years

- Session length
  - Two sessions at 1.5-2 hrs each
  - Sessions can be morning, afternoon or evening; weekday or weekends
  - Ideal class size: 6-15 participants

- Materials included:
  - Parent booklet
  - Extra pamphlets on sexual health topics
SESSION 1:
The Power of Parents

Objectives
- Personalize the risks that your teen faces
- Describe what you can do to help your teen make healthy decisions
- Identify strategies for talking with your teen about relationships and sex
- Practice talking with your teen through role-play with other parents
- Prepare for talking with your teen

Activities
1.1 Introduction - 15 minutes
1.2 Teens and Risk - 15 minutes
1.3 What Parents Can Do - 15 minutes
1.4 Strategies for Talking - 15 minutes
1.5 Talking with Teens Role-Plays - 25 minutes
1.6 Homework: Talk with Your Teen - 5 minutes

SESSION 2:
Parenting Our Teens

Objectives
- Reflect on your experience talking with your teen
- Identify strategies for monitoring your teen
- Plan for your teen’s preventive health care
- Practice talking with your teen in challenging situations
- Celebrate completion of the Key Conversations program

Activities
2.1 How Did It Go? - 20 minutes
2.2 Limits and Monitoring - 20 minutes
2.3 The Importance of Health Care - 15 minutes
2.4 Challenging Situations - 25 minutes
2.5 Celebration and Evaluation - 10 minutes
It’s never *just* one talk.... But a lifetime of discussions.