

Family Planning Education (FP Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

August is **Immunization Awareness Month!**

Gardasil vaccine is a series of three shots administered over 6 months to, both, boys and girls ages 9-26. This series helps to protect the patient against the top strains of Human Papilloma Virus that cause cancerous cells. These cancers can include cancer of the vagina, vulva, anus, mouth, throat and penis.

For more information on immunizations recommended at all ages, visit: <http://www.cdc.gov/vaccines>



Provider Spotlight!



Frank Giannelli, PA
Finger Lakes Community Health

The Most Awkward Conversation **EVER!**

“ When I think back to my teenage years and my first “talk” about sex, it involved a gym teacher standing up in front of a large gymnasium full of students. He told us that if we have sex, we could get an STD or get pregnant. It was abrupt, short, and as awkward as could be. He followed up the talk with mass distribution of condoms. The talk wrapped up with an “Any questions?” comment as he was walking out of the room. “Hmm,” I thought, “Well, yes. But I don’t want to ask you.” I can’t tell you how unengaging that conversation was.

Healthy People 2020 has set educational goals. The first is to increase the proportion of sexually active persons aged 15 to 19 years who use condoms and hormonal or intrauterine contraception to both effectively prevent pregnancy and provide barrier protection against disease. The second is to increase the proportion of adolescents who received formal instruction on reproductive health topics before they are 18 years old. The third is to increase the proportion of adolescents who talk to a parent or guardian about reproductive health topics before they are 18 years old.

As a clinician, I always ask my teenage patient if they have a trusted adult that they can ask questions to about sex. I am shocked at how many teens answer no. I reflect back to my first "talk" and learn from it. My goal is to try to make the conversation about reproductive health as "normal" as possible. Treat it like any other question a patient may have. There are no silly or wrong questions. We discuss the risks of engaging in sex, of course, but most important I empower patients to have "positive" experiences. Sex is not a "gross" or "dirty" thing, and it shouldn't be awkward to talk about it. It is a thing we may choose to do at some point, and when the time comes, we as leaders of this discussion need to empower our teens to have a safe experience. Remember, with the right attitude and proper education, sex doesn't have to be a bad thing. ”

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

How **MEDIA** Influences Reproductive Health

Did you know that over 50% of all media has sexual content? Reproductive health is a normal, important part of our overall health and talking to your children about your personal values and expectations on sexual health is crucial. Yet talking about reproductive health and prevention and educating our loved ones does not come so easily. Keep in mind that these “media moments” can be a great tool in helping to get the conversation started or to ask our loved ones their thoughts on the subject and/or engage parents.

Increasingly, we are also experiencing problems with sexting in schools. Sexting can involve pictures and/or explicit messages sent from one person to another. This aspect of media use can lead to legal repercussions for those involved and damage their reputation.

Some facts you should know:

- ◆ 72% of teens think watching TV with a lot of sexual content influence their peers behavior somewhat or a lot.
- ◆ Programs with sexual content average 4.4 scenes per hour.



- ◆ On average, music videos contain 93 sexual situations per hour, including 11 hard-core scenes depicting behavior like intercourse and oral sex.
- ◆ Between 1998 and 2005, the number of sexual scenes on TV nearly doubled.
- ◆ Watching a lot of sexual content on TV and listening to sexually explicit music lyrics increases the chances that a teen will have sex at an earlier age.
- ◆ 60% of female video game characters are presented in a sexualized fashion.

(Source: *Thegreatschools.org*)

Where Are We This Month? This month our FLCH health advocates will be visiting the Goulds Health Fair, Bath Health Family Fair, Bible Baptist Church, Newark Farmers Market and Glove House. Are you interested in having our advocates come in to your program/agency to offer lessons on pregnancy prevention, birth control options, sexually transmitted infections, healthy relationships and more?

Please contact us today to schedule programming! (Contact info can be found below.)

Upcoming ~ Save These Dates!

August 1st - 7th: World Breastfeeding Month

For more information, visit <http://worldbreastfeedingweek.org/>

August 28th: World Hepatitis Day

October 22nd: 15th Annual Adolescent Health Conference

Hosted by Finger Lakes Community Health. Join us at the Holiday Inn in Waterloo, NY as we network and discuss the most up-to-date reproductive health information.



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