

Reproductive Health Education (RH 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.

## February is **Condom Awareness** Month!

Condom use is shown in cave paintings dating back to 11,000 B.C. From cloth condoms to condoms called glans condoms (which only covered the head of the penis), we have come a long way. The rubber condom was invented in 1839. It was not until 1918 that a judge finally ruled that condoms could be advertised to prevent the spread of disease.

Male or female condoms should be used with every sexual encounter. Condom usage is even encouraged during oral sex when performed on a male, along with the use of dental dams for oral sex performed on a female or anus. February 14th to 21st is National Condom Week. During this week, extra effort is put into making sure that people of reproductive age understand the benefits of condoms.

Condoms help to decrease the chance of pregnancy and transmission of sexually transmitted infections (STI's). Condoms should be used for oral sex, vaginal or anal intercourse. If using lubricant, it is important to use water-based lubricant as oil-based lubricants will cause condoms to break since it breaks down the material.



## Partner **SPOTLIGHT:** Ontario County Youth Bureau

by PattyD'Amico

The **Ontario County Youth Bureau** operates under the Department of Social Services within the Ontario County Government. It assesses the needs for services, supports and opportunities for Ontario County children and youth and channels funds from the New York State Child and Family Services to Community level programs that address the needs in Ontario County. An active Youth Board, which currently consists of eight youth and eleven adults, helps to guide this work. The Ontario County Board of Supervisors appoints this citizens advisory group, which sets priorities, reviews funding applications, and offers guidance to the Bureau. This important community involvement enhances the Bureau's ability to identify and address the on-going needs of children and youth. To learn more about the Bureau, please visit us on the County's website at: [www.co.ontario.ny.us](http://www.co.ontario.ny.us).

## 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

# Ways To Make Your Sweetheart Feel Appreciated

Relationships can be challenging at different stages. The first few months are blissful and filled with joy, excitement and new experiences. After a few months, you start to really see the other's quirks; some people even stop showing his/her partner regularly how much he/she values him/her. This can be detrimental to relationships at any stage. Here are some helpful ways to remind your partner how much you appreciate him/her:

- 1. Be honest.** Honesty is a great foundation for a relationship. Being comfortable in a relationship relies a lot on how honest you feel that you can be with your partner as it allows you to be yourself.
- 2. When it comes to bad habits that you or your partner have,** take note whether it's something that you are willing to change, something you don't want to do around your partner, or if it's something you want to address with your partner. You don't have to love everything about your partner, but you should appreciate him/her for their diversity.
- 3. Be playful.** Never stop having a good time, dating, laughing or enjoying the time and company of your partner. Becoming too comfortable in your relationship may lead to feelings of resentment.



## Where are we (FLCH) this month?

- **February 8:** Council on Alcoholism
- **February 10:** Newark High School
- **February 14-21:** National Condom Week  
*\*Tabling at: FLCC, Hobart & William Smith College, & Keuka College*
- **February 24-25:** Presenting at Parent Group in Canandaigua
- **February:** Teen Dating Violence Awareness Month *\*For more information, visit: <http://www.loveisrespect.org/resources/teendvmonth/>*

Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

*\*For more information go to [www.localcommunityhealth.com](http://www.localcommunityhealth.com) or contact us today to schedule a time!*



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