

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.

May is Teen Pregnancy Awareness Month

Teen pregnancy rates are declining, and programs such as ours are part of the reason for that. FLCH receives Title X funding which is focused on preventing unintended pregnancy, reducing STIs, and increasing education for youth and adults around reproductive health. Our program empowers youth to make healthy, well-informed decisions, and provides them with the tools and resources to practice safe sex if they feel they are ready to have sex. We aim to remove the negativity that surrounds sexual health and the negative impacts lack of education can have on our community. According to the CDC, teen pregnancy and childbearing have very negative social and economic effects on our society. In 2010, teen pregnancy and childbirth cost at least 9.4 billion dollars in taxpayer money due to increased health care, foster care, incarceration rates, and lost tax revenue due to lower education attainment of teen mothers. Teen pregnancy also increases risk of young women dropping out of high school, with statistics from the CDC stating about 50% of teen mothers will receive their high school diploma by age 22. Children born to teen parents are more likely to have lower school achievement themselves, drop out of school, have worse health, be incarcerated, face unemployment,

and repeat the cycle of being teen parents. Our program aims to promote health equity among youth. We want to empower youth (and adults) to think before engaging in sexual activity. Sexuality is a normal part of healthy development, so we work with caregivers, teachers, youth, and adults alike to ensure that preventative conversations are happening. This month (and always) we aim to continue that work and help empower our community to build each individual's life! If you want to know more about our program, please contact us at any one of our 8 locations.



Partner SPOTLIGHT:

Safe Harbors
of the Finger Lakes
Advocate. Educate. Support.

Sexual Assault By: *Melissa Gilbert*

Sexual assault is any type of forced or coerced sexual contact or behavior that happens without consent. Sexual assault includes rape and attempted rape, child molestation, and sexual harassment or threats. Nearly 1 in 5 women and 1 in 6 men has been raped and/or assaulted. If you have been sexually assaulted, it is not your fault. Safe Harbors of the Finger Lakes offers services for individuals who have experienced any form of sexual assault, coerced sexual contact, sexual harassment, or any unwanted sexual behavior. Safe Harbors provides support with Sexual Assault Forensic Exams Referrals, accompaniment during sexual assault forensic exams and accompaniment through the legal process, along with crisis intervention, and support groups for survivors of Child Sexual Abuse, Sexual Assault and Domestic Violence. All of the services provided are free, immediate, and always confidential.

For more information, please visit our website at SHFLNY.org or call our 24/7 Hotline at 1-(800)247-7273.

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

HEPATITIS C

Hepatitis C is curable and early treatment can prevent severe complications such as cirrhosis or liver cancer.



3 out of every 4 people with hepatitis C do not know they are infected, because they don't look or feel sick.

Hepatitis C is a disease that causes an inflamed liver. Hepatitis C rates are rising in rural areas in women, under 30 due, in part to rates of increased drug use. Hepatitis is spread by contaminated blood, which can be transmitted during IV drug use, unsterile tattoo equipment, or sexual contact. Symptoms may include fatigue, nausea, loss of appetite, and yellowing of the eyes and skin. Hepatitis C can be cured through a medication regimen. Lab tests may be used to check for the virus in someone's blood and to see how long it has been present.

Where Are We (FLCH) This Month?

- **May 7th:** Health & Wellness Fair - Newark High School
- **May 7th:** WARE (Wayne Action For Racial Equality) - Newark
- **May 8th & 10th:** Romulus School Education
- **May 15th & 16th:** Geneva High School Education
- **May 21-23rd, 30th:** Seneca Falls School Education
- **May 22nd:** IEC (Employees only)
- **May 24th:** Seneca County Youth Group
- **May 28th:** Memorial Day observed. All FLCH offices will be closed.

**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 or contact us today to schedule a time!



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