

Royal Throne

Trifecta of programs rally to reduce risky behaviors of adolescence.



March 2016

Family Planning, Community Adolescent Pregnancy Prevention (CAPP), and Teen Outreach Program (TOP) work hand in hand to bring medically accurate sexual health information, values clarification, and community service learning to teens in area schools. All three programs focus on access to health care, prevention of high risk behaviors, and communication with a trusted adult, ideally a parent. CAPP covers 15 school districts in 6 counties (Audubon, Calhoun, Carroll, Greene, Guthrie, and Pocahontas), Family Planning covers those same counties plus Dallas and Sac, and Greene County was the only eligible county for the TOP program. New Opportunities assisted 1,500 teens through these programs this past year.

Community Adolescent Pregnancy Prevention (CAPP) Program aims to promote healthy decision making by teens regarding relationships & social pressures. Delaying sexual activity, disease protection and communication with trusted adults are hallmark features of the program.

Teen Outreach Program (TOP) is designed to prevent teen pregnancy and school dropout for both males and females by having students volunteer in their communities and participate in classroom discussions and educational sessions. Fundamental elements of the program include learning life skills, understanding social and emotional issues important to teens, discussing feelings and attitudes about a variety of subjects, and participating in volunteer opportunities in the community. Although pregnancy prevention is a main focus of the program, less than 10% of the curriculum would be considered sex education, and material is



incorporated into more general discussions of how to make good life decisions. TOP has resulted in reductions in teen pregnancy rates throughout its 35 year history. TOP currently runs in Greene County but may be expanded.

TOP raised \$300 for American Heart Association!

Teen Birth Rates Drop

The 2014 teen birth rates are now available from the Iowa Department of Public Health's Vital Statistics Division. The numbers represent births to mothers aged 15-19 and reflect the county of residence as opposed to the county in which the birth occurred. New Opportunities Community Adolescent Pregnancy Prevention Program, Family Planning and TOP Program staff is excited about the trending. "We are seeing teen birth rates in our program area decline up to 60% in some counties. This gives our youth an opportunity to finish their education and pursue goals that might otherwise be elusive."

When teen births are very low (5 or less) they are considered "unreportable" and four of the five counties served by the CAPP Program (Audubon, Greene, Guthrie, and Pocahontas) were unreportable in 2014. The largest declines were in Greene County with over a 60% decrease and Carroll County with at least a 45% reduction. It should also be noted that Guthrie County decreased over 37%. Pocahontas and Audubon have remained at 5 or less for the past several years. Those numbers were calculated using the highest possible unreportable births (5), in other words, the declines could reasonably be much higher than these estimates.

A combination of accurate sexual health education in the middle and high schools, increased access to health care, and collaboration with other community providers is the key. But staff caution that progress must continue, as "we continue to feel that teens need more opportunities to engage in prosocial activities at the local level and we need to continue to promote good communication between youth and their trusted adults".

What is Consent?

When it comes to sex

Silence **is not consent**

Flirting **is not consent**

Being in a relationship **is not consent**

Consent for one thing **is not consent** for everything

Dressing in sexy clothing **is not consent**

Have had sex before **is not consent** now

Being passed out **is not consent**

If a person is underage, it **is not consent**

Being afraid to say "no" **is not consent**

"Maybe" **is not consent**

"No" **is not consent**

Sexual activity without consent is sexual assault.

Consent is a

Voluntary, Conscious and Mutual Agreement to engage in sexual activity.

STOP. ASK. LISTEN. GET CONSENT.

- Journeyworks