



# Royal Throne

Prevent. Promote. Protect.



May 2014

## National Teen Pregnancy Prevention Month

May is National Teen Pregnancy Prevention Month. It's a month long campaign that recognizes the effects of unintended teen pregnancy and early childbearing.

### Did you know?

- **In the U.S. 750,000 teens experience pregnancy, and 400,000 give birth each year.**
- **An estimated 55,800 young women aged 13-19 need publicly funded contraceptive supplies and services in Iowa.**
- **The cost of teen childbearing in the state of Iowa is estimated to be \$99 million (2008 dollars).**

### Sexually Transmitted Diseases (STDs)

Iowa teens (15-19 years) account for 26% of chlamydia cases and 20% of gonorrhea cases.

### Get Connected

#### For Adults:

- [www.EyesOpenIowa.org](http://www.EyesOpenIowa.org)
- [www.TheNationalCampaign.org](http://www.TheNationalCampaign.org)
- [www.ParentFurther.com](http://www.ParentFurther.com)
- [www.CommunityActionKit.org](http://www.CommunityActionKit.org)

#### For Kids/Teens:

- [www.KidsHealth.org](http://www.KidsHealth.org)
- [www.StayTeen.org](http://www.StayTeen.org)
- [www.SexEtc.org](http://www.SexEtc.org)
- [www.AskTxTina.org](http://www.AskTxTina.org)



### Are YOU an Askable Adult?

To be "Askable" means that young people see you as approachable and open to questions. Being "Askable" is important! Research shows that when teens are able to talk with a parent or other significant adult about sex and about protection, they are less likely to engage in early and/or unprotected sexual intercourse than are teens who haven't talked with a trusted adult.

#### Tips to talk with young children:

- ♥ **Remember that if someone is old enough to ask, she/he is old enough to hear the correct answer and to learn the correct word(s).**
- ♥ **Be sure you understand what a child is asking.**
- ♥ **Answer the question when it is asked.**
- ♥ **Answer slightly above the level you think your child will understand, both because you may be underestimating him/her and because it will create an opening for future questions.**
- ♥ **Remember that, even with young children, you must set limits. You can refuse to answer personal questions.**

#### Talking with Teens:

- ♣ **Recall how you felt when you were a teen.**
- ♣ **Remember that teens want mutually respectful conversations.**
- ♣ **Don't assume that a teen is sexually experienced or inexperienced, knowledgeable or naïve.**
- ♣ **Don't underestimate your teen's ability to weigh the advantages and disadvantages of various options.**

### The most important key of being an "askable" adult is to LISTEN!

#### New Opportunities Community Adolescent Pregnancy Prevention Program (CAPP)

The Community Adolescent Pregnancy Prevention Program (CAPP) advocates regionally mobilizing teens, parents and communities to reduce teen pregnancy and Sexually Transmitted Infection (STI) rates. The program is guided by a collaboration of community members who work with and/or care about adolescents, the complexities of their generation and helping them to make healthy choices. Key components of the program include providing state-approved curriculum in area schools, community awareness events, parenting education and increased access to health services. The CAPP program extends to Audubon, Carroll, Greene, Guthrie and Pocahontas counties and addresses social media dangers, sexual risks, dating violence, drug and alcohol trends, and bullying.

CAPP services are free of charge to help schools comply with the state-mandated Human Growth and Develop curriculum (HF 611) which was signed into law in 2007. This law requires that schools include age-appropriate and research-based information regarding sexually transmitted diseases including the human papilloma virus (HPV) and the availability of a vaccine to prevent the virus.

For more information or to schedule a free school or community presentation, please call the CAPP Coordinator at (712)792-9266 ext. 202 or 1-800-642-6330.

*IN 2013, nearly 1,000 students were reached through direct programming*

**You are free to choose, but you are not free from the consequence of your choice.—Pinterest**

#FACT: OVERALL, THE MAJORITY (56%) OF ALL HIGH SCHOOLS STUDENTS HAVE NEVER HAD SEXUAL INTERCOURSE! DON'T LET PEOPLE TELL YOU EVERYONE IS DOING IT!