

Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health

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Creating Cultures of “Askable” Adults: Building the Bridge to Action

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Workshop Objectives

- Explain the concept of “Askable Adults” and how adult and parent education approaches can create askable adults
- Describe at least two approaches for preparing adults to be ‘askable’ and supportive trusted youth advocates
- Demonstrate at least one approach for preparing adult to be ‘askable’ and supportive trusted youth advocates

Conference Objectives

- ❑ Obtain resources and tools to effectively meet the sexual health needs of diverse groups of youth
- ❑ Analyze and respond to emerging trends in teen pregnancy and sexual health

Who is in the room?



WHAT is an “Askable Adult?”



Young People DO Listen!

STATS GAME

- ____% of youth say parents are the biggest influence in their decision to have sex.
- ____% of youth in Colorado say they know where to get reliable information, resources and services about sexual health
- ____% of youth say they WANT to be open with their families about sexual health.
- ____% of youth do not feel they can discuss serious issues with a parent or guardian

Adults AREN'T Prepared!

Stats Game!

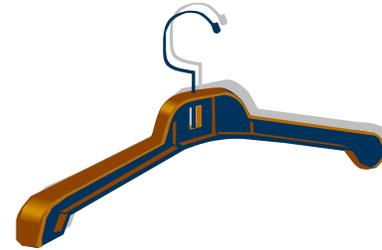
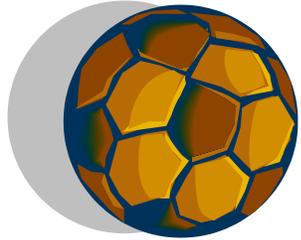
- In Colorado, only ____% of adults say they feel confident providing sexual health information to youth.
- What are the top THREE resources that adults say they rely upon to help educate youth about sex?
- Nationally, ____% of adults agree that parents *should* talk to their kids about sex, but often don't know what to say, how to say it, or when to start.

So why DON'T adults talk to youth about sex?

Throw and Catch Game



Answering sensitive questions can feel a bit like . . .



What do adults need to be 'ASKABLE?'

- Know Self – Values, Beliefs, Perspectives
- Know Laws & Policies
- Skills to answer questions

Values Clarification Activity

- Fill out the worksheet anonymously
- Crumple the worksheet into a ball and toss into the center
- Pick up another crumpled worksheet
- Follow spoken instructions

Reflection: Values Clarification

- ❑ IN PAIRS: What was it like to have to go to the side of the room that didn't represent your values?
- ❑ IN QUADS: Did you think of reasons someone might disagree with you about an issue that you hadn't considered before?
- ❑ IN LARGE GROUP: Do you think this is a useful exercise for understanding our own values and the values of others? Why or why not?

Sexual Health Laws and Policy

Each state has different laws covering youth access to sexual health education and services, but here are some topics to explore:

- **Minor Consent:** what services can young people consent to on their own? Do they need parent consent for any services?
 - Contraceptive services
 - STI testing and treatment
 - Prenatal care
 - Placing a child for adoption
- **Sex Education in Schools:** Is it required? What must be covered?
 - Condoms and contraceptives
 - Abstinence
 - Medically accurate
 - Age appropriate

“Askable” Skills – Answering Questions

Types of Questions

- ❑ Requests for information
- ❑ “Am I Normal?”
- ❑ Permission Seeking
- ❑ Shock Questions
- ❑ Personal Beliefs

"Askable Skills" – The Stoplight



- ❑ STOP! Affirm the question and check for understanding
- ❑ Proceed with CAUTION! Identify the type of question, think of an answer
- ❑ GO! Give facts and resources, then check for comprehension

"I wish someone had told me"



Fill out the worksheet, answering EITHER . .

When I was young, I wish someone had told me:

OR

When I was young, one thing an adult told me that I carried with me until adulthood was:

When you finish, crumple your sheet up and toss it to another person. Toss again, and again!

References and Resources

- ❑ *Youth Sexual Health in Colorado: A Call to Action* – Colorado's State Youth Sexual Health Plan
 - ❑ Available in hard copy (limited numbers)
 - ❑ Available online at: <http://co9to25.org/wp-content/uploads/2012/09/Youth-Sexual-Health-in-Colorado-A-Call-to-Action1.pdf>

- ❑ *With One Voice 2012: America's Adults and Teens Sound Off About Teen Pregnancy* – The National Campaign to Prevent Teen and Unplanned Pregnancy
 - ❑ <http://thenationalcampaign.org/resource/one-voice-2012#>

- ❑ Colorado Youth Matter's *Family Advocate Survey*
 - ❑ Available at http://www.coloradoyouthmatter.org/images/stories/pdf/family_survey_publication.pdf

Questions?

Thank You!

Feel free to contact

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