

# Abstinence*News*

NEBRASKA ABSTINENCE EDUCATION PROGRAM

Fall 2006 • Vol. 3 • No. 3

## There are New Kids on the Block . . .

**T**wo new organizations have joined seven other sub recipients of Nebraska's Abstinence Education funding in providing abstinence education programming to youth and adults. Please welcome these new partners to the growing number of youth advocates and abstinence program providers statewide.

**Four Corners Health Department** (FCHD) in York, serving the Nebraska counties of Seward, Butler, Polk and York, has undertaken a multi-pronged approach

to implementing abstinence education in the Four Corners region.

Heidi Gubanyi, RN, Public Health Nurse with FCHD and Project Director of the Four Corners Abstinence Program recently attended a *W.A.I.T. Training (Why Am I Tempted?)* school assembly at Seward High School. "The support within the Seward community for this programming and the interest that it raised in the surrounding counties provided the energy needed to make abstinence-only education a reality in the Four Corners region, said Gubanyi." Now, with the help of grant funding, FCHD plans to build on the

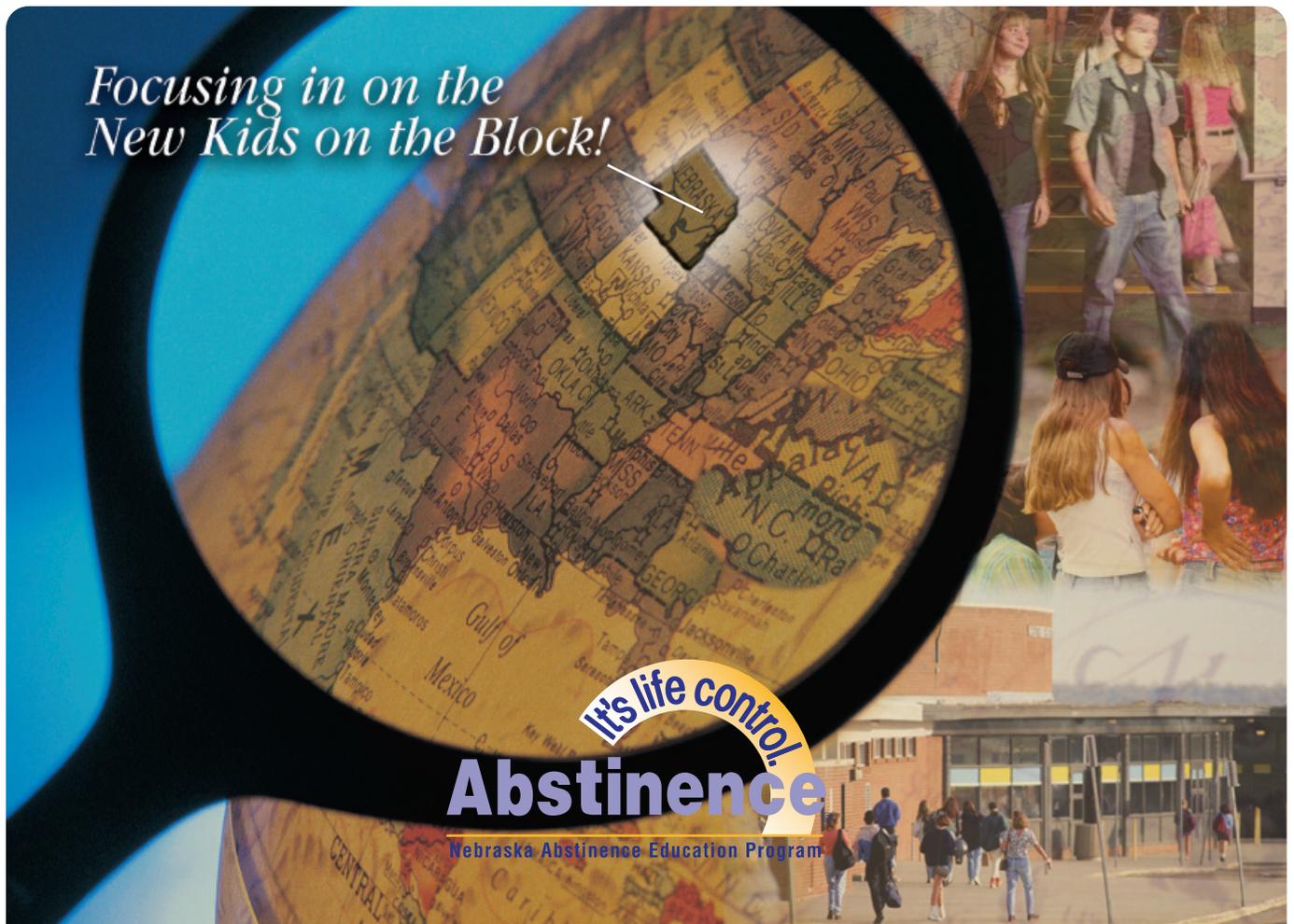
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*Focusing in on the  
New Kids on the Block!*

*It's life control!*

**Abstinence**

Nebraska Abstinence Education Program



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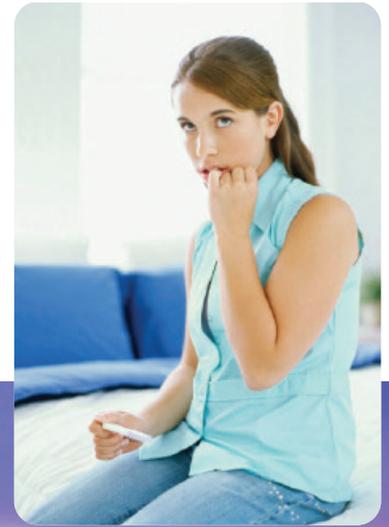
education that has already begun in Seward county and expand the training into the other three counties served by FCHD.

High school and middle school youth will be targeted in the abstinence-only message presented by Shelly Donahue, National W.A.I.T. Trainer through youth assemblies in the schools. Parents and community members will have an opportunity for training in evening assemblies. And, to increase the number of abstinence-only educators within the area, FCHD will hold a two day W.A.I.T. Training curriculum certification workshop for teachers, health care providers, youth workers and advocates and others within the community concerned about youth.

**Answers and Alternatives Crisis Pregnancy Center** in Hastings is the second new sub grantee for FY 2007. Annie Consbruck of the Hastings Children and Adolescent



Clinic is the Project Director of the abstinence education “GIFT” program which stands for *Greatest Individual Freedom for Teens*.



By imparting all aspects of abstinence education into the lives of teens they will experience more freedom than the world would have them think. Adults can “gift” to kids through abstinence education giving them the knowledge, power and determination to be an individual free of anxiety and pain.

GIFT program plans include WAIT Training community mobilization assemblies, curriculum certification including Quinceañera, school assemblies and eighth grade Mother/Son and Father/Daughter Banquets. Additional emphasis is being placed on enhancing and expanding community-wide support for the abstinence message and advocacy of the principles of youth development as a foundation for youth programming.

We welcome **Four Corners Health Department and Answers and Alternatives Crisis Pregnancy Center** to the abstinence-only arena and applaud their efforts in bringing abstinence-only education to York, Hastings and surrounding regions!

# “GIFT”

# Three Daily Priorities for Teens.

**C**reating three daily priorities for teens can help them set goals and keep them from focusing so much on themselves. As your teen gets ready in the morning, help him or her get into the habit of setting three simple goals for that day. Areas to focus on include school, self and service to others:



- What is the most important thing he needs to focus on at **school** that day (test, assignments, a difficult subject)?
- What is one important thing she can do for **herself** that day (eat right, exercise, get to bed earlier)?
- What is something your teen can do for **someone else** (play with a sibling, be nice to someone at school who is always picked on, give compliments, help out around the house)?

By focusing your teen on these priorities, he or she can begin to set and achieve goals. Your teen may also begin to overcome



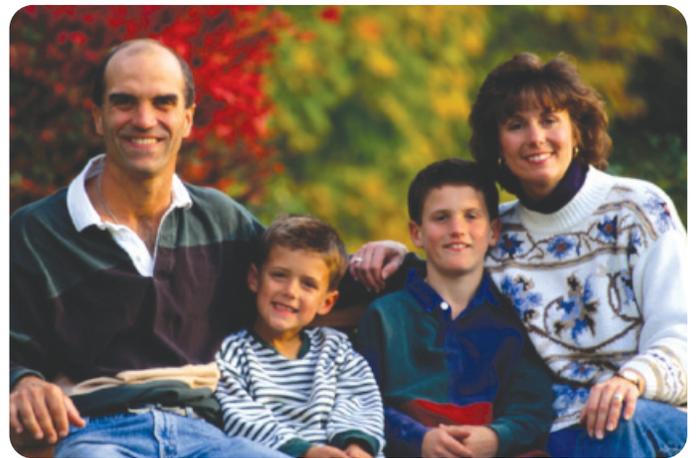
normal insecurities and worries. In essence, your teen is learning to take control and not focus so much on things that cannot be controlled. It also will give you insight into your child's life and provide opportunities to give praise and encouragement each day.

*Teaching Your Children Values*, Linda and Eyre, Simon & Schuster, 1993.



## Ten Specific, Practical Tips from Teens.

*What they want their parents to know*



### TELL MY PARENTS. . .

- 1 To love each other.
- 2 To keep talking to me.
- 3 To be my example.
- 4 To listen to me.
- 5 To have the courage to say no. . .and why they said it.
- 6 To learn more about me and my friends.
- 7 Not to do everything for me.
- 8 To help me find my heroes.
- 9 To train me to make good decisions.
- 10 To train me to confide in them.

Adapted from the *Patterns Curriculum*, Kenosha County Health Department, Kenosha, WI.

# RESOURCES for PARENTS

## **The Primal Teen: What the New Discoveries About the Teenage Brain Tell Us About Our Kids**

By Barbara Strauch

For anyone who has ever puzzled over the mysterious and often infuriating behavior of a teenager comes a groundbreaking look at the teenage brain written by the medical science and health editor for *The New York Times*. While many members of the scientific community have long held that the growing pains of adolescence are primarily psychological, Barbara Strauch highlights the physical nature of the transformation, offering parents and educators a new perspective on erratic teenage behavior. Using plain language, Strauch draws upon the latest scientific discoveries to make the case that the changes the brain goes through during adolescence are as dramatic and crucial as those that take place in the first two years of life and that teenagers are not entirely responsible for their sullen, rebellious and moody ways.

Featuring interviews with scientists, teenagers, parents and teachers, *The Primal Teen* explores common challenges – why teens go from articulate and mature one day to morose and unreachable the next, why they engage in risky behavior – and offers practical strategies to help manage these formative and often difficult years.

Boys Town Press

## **Raising Children Who Think for Themselves**

By Elisa Medhus, M.D.

This book offers a new approach to parenting that has the power to reverse the trend of external direction in our children and help parents bring up empathetic, self-confident, moral, independent thinkers. Children who are externally directed make decisions based on peer groups, violent movies and rap lyrics that permeate their lives. When children are self-directed, on the other hand, they use their power of reason like a sword to cut through the jungle of external influences. Fortunately, the author shows us it is never too late to foster our children's ability to weigh options, consider sources and think for themselves.

Filled with real-life examples, humorous anecdotes and countless interviews with parents, children and teachers *Raising Children Who Think for Themselves*.

- Identifies the five essential qualities of self-directed children.
- Outlines the seven strategies necessary for parents to develop these qualities in their children.
- Addresses nearly 100 child-raising challenges – from body piercings to whining wars – and offers solutions to help encourage self-direction.

Boys Town Press

## **A Chicken's Guide to Talking Turkey with Your Kids About Sex**

By Dr. Kevin Leman and Kathy Flores Bell

Learn how to create a home environment to grow sexually healthy teens. This book can help you build a strong, trust-filled relationship with your child to prepare you for the intimate

talks you'll need to have during the pre-adolescent years, ages 8 to 14. Those conversations that are so vital for children's health and happiness don't have to be difficult, if you're prepared.

Upbeat and frank, this book shows you how to deal with what goes on above the neck as well as below the waist. Because every child grows in a unique way, the authors tell you what to teach but let you determine when. Parents will help kids understand their growing bodies and how to cope with the social pressures that go with them. Hygiene, reproduction, dating relationships, sexual activity, abstinence, and STD's are some of the topics covered.

Practical, expert and down-to-earth, *A Chicken's Guide* is a powerful resource, not only for moms and dads, but also for pastors, counselors and anyone with a heart for kids. Here's how to help children face struggles, questions, wonders and rewards of their developing sexuality.

Boys Town Press

## **Our Family Meeting Book:**

### **Fun and Easy Ways to Manage Time, Build Communications and Share Responsibilities Week by Week**

By Elaine Hightower and Betsy Riley

In most families today, everyone's running in different directions. Kids are more involved than ever in activities, lessons, sports and school. Chances are, both parents work. How can you find time to sit down together and talk? Time to set goals, solve problems, make plans, applaud achievements, share values and create traditions?

Open this book to find 52 simple, enjoyable agendas for weekly family meetings. Don't worry; they won't take long – as little as 15 minutes each week. This small commitment can bring big results and rewards, like deeper family communication, stronger family bonds, positive self-esteem in kids, mutual love and respect, character development, responsibility and much, much more.

The agendas aren't just for reading and discussing. They're also for writing on. There are:

- Places to record family members' accomplishments and expectations.
- Spaces for noting things you talk about, decide or want to address next time.
- Weekly planners that help you track and coordinate family activities.
- Menu planners for jotting down ideas or assignments for the week's meals.
- Bonus pages to help you plan family vacations, celebrations and summer fun.

The more you use this book, the more it becomes a written history of your family's life together – and a treasured keepsake. Families come in many different types and sizes. Any family can benefit from regular meetings. This friendly, colorful book can make your family meetings meaningful, manageable and enjoyable for everyone.

Boys Town Press

# The Medical Institute's Statement on HPV Vaccine.

**T**he HPV (human papillomavirus) vaccine received FDA approval in June 2006. HPV is a virus that can cause genital warts and cervical cancer. This vaccine is intended to provide immunity against four common HPV types—16, 18, 6 & 11.



Scientific evidence on immunization with the quadrivalent vaccine suggests that it:

- Substantially reduces the risk of pre-cancer and cancer of the cervix caused by HPV types 16 & 18 (responsible for ~ 70 percent of all cervical cancers in the U.S.)
- Substantially reduces the risk of genital warts caused by HPV types 6 & 11 (responsible for ~90 percent of all genital warts in the U.S.)
- Is cost effective when administered to adolescent females.

• However, there is no evidence to suggest that the vaccine:

- Reduces the risk for cervical cancers caused by other HPV types (responsible for ~30 percent of all cervical cancers in the U.S.).
- Reduces the risk of other sexually transmitted infections.
- Offers any protection against the other consequences of nonmarital sexual activity such as pregnancy and emotional damage.

## Furthermore,

- Currently the duration of immunity following immunization is unknown.

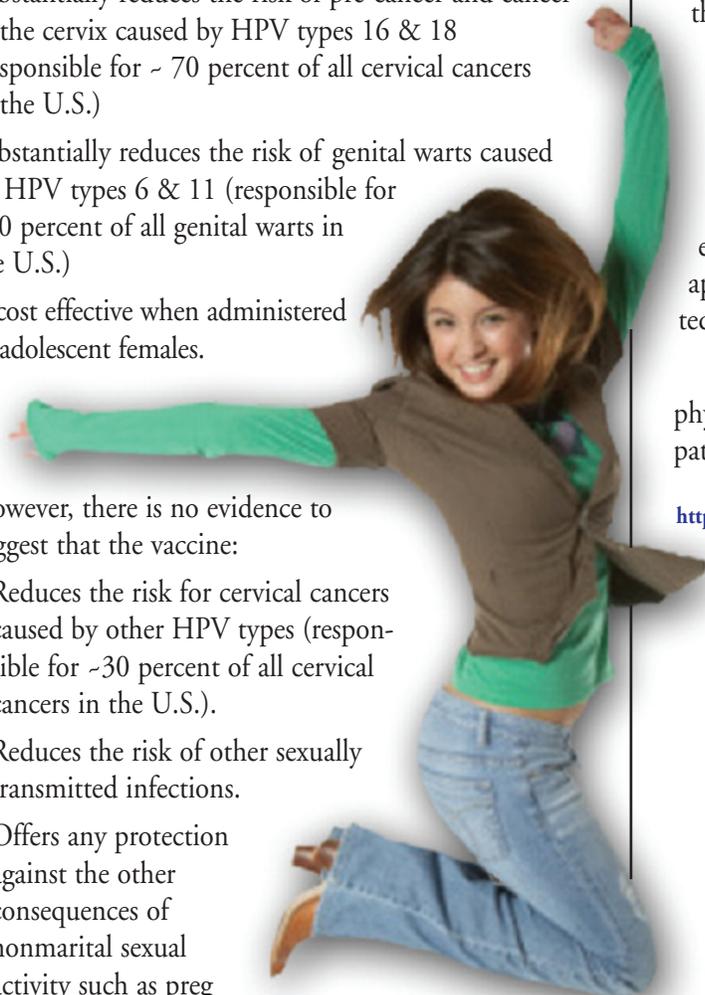
- The role of the vaccine for males is uncertain.

## Therefore, we

- Promote abstinence for unmarried persons as a primary method to prevent pregnancy, sexually transmitted infections including HIV and the emotional consequences of sexual activity.
- Promote monogamy as a primary method to prevent sexually transmitted infections including HIV.
- Also support the development and widespread use of vaccines against HPV and other sexually transmitted infections.
- Encourage further research into the duration of immunity and the optimal timing of immunization.
  - Recommend continued regular health screening and counseling including pelvic examinations, Pap tests and appropriate sexually transmitted infection screenings.

Finally, we encourage physicians to counsel all their patients regarding sexual health.

[http://medinstitute.org/about\\_us/news\\_archive.html](http://medinstitute.org/about_us/news_archive.html)



*Abstinence  
Save Sex  
Until Marriage*

# Fact Sheet: Positive Youth Development

**T**he Positive Youth Development approach suggests that helping young people achieve their full potential is the best way to prevent them from engaging in risky behaviors. Organizations and communities that promote Positive Youth Development give youth the chance to exercise leadership, build skills and get involved. The self-confidence, trust and practical knowledge that young people gain from these opportunities help them grow into healthy, happy, self-sufficient adults.



## Positive Thinking Leads to Positive Results

When community members and policymakers harness the positive energy and initiative of youth, good things happen:

- Youth believe they can be successful instead of internalizing the negative stereotypes about them that often appear in the media.
- Youth engage in productive activities that build job and life skills and reinforce community-mindedness.
- Youth grow comfortable questioning and exploring their roles as citizens in participatory democracy.

In addition, adults who work closely with youth—and therefore see their dedication, responsibility and willingness to learn—tend to view youth positively.

## A Role for Everyone

Everyone has a role to play in helping his or her community promote Positive Youth Development:

- Neighborhood leaders and community members can involve young people in measuring how well the community supports youth, and then work together to improve services.
- Policymakers can engage youth in discussions about policies that affect them.
- Business leaders can teach young people the skills they will need for successful employment.



- Youth service organizations can encourage youth participation in every aspect of their work.
- Members of the media can encourage youth participation in every aspect of their work.
- Treatment providers can engage adolescent treatment recipients in service to others, for instance, as peer educators.
- Teachers and school administrators can ensure that school policies, procedures and teaching methods engage young people fully.



- Faith-based institutions can involve young people in community activities.
- Parents can strive to engage their children in positive activities that nurture their talents, skills and interests.

## Contact

For more information on Positive Youth Development in Nebraska, visit <http://www.hhss.ne.gov/fah/PositiveYouthDevelopment> or the National web site at <http://www.acf.hhs.gov/programs/fysb/content/positiveyouth/factsheet.htm>

## NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



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