

THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 6

APRIL 2024

TABLE OF CONTENTS

- 1 - 2 Youth Trends: Mocktails
- 2 Positive Youth Channel
- 3 2024: A Year of Connection and Trivia
- 4 Coming Soon: Chatterbox Chats
- 5 April 2024 and a Mindful Moment
- 6 May 2024 and News Alert
- 7 June 2024
- 8 Additional Resources

YOUTH TRENDS: MOCKTAILS



Alcohol consumption is a declining trend driven mostly by Generation Z (Gen Z). Nonalcoholic alternatives, once a niche category, have seen their popularity soar over past five years. This has given rise to a new trend, *sober curious*. Sober Curious means questioning your relationship with alcohol. That might look like drinking less (for those 21 and over) or not at all as a lifestyle choice. Sober Curiosity challenges the normalization of heavy drinking and the stereotypes that those who abstain from drinking are less social or have less fun. This has led to sober bars opening across the country. These bars are filled with mocktails and nonalcoholic drinks such as kombucha. They provide a space for socialization and community, even offering sober events such as book clubs.

Mocktails were popular among youth in 2023. Young people are increasingly expressing a growing interest in healthier options for social drinking.

36%

of Gen Z say they're going alcohol-free for their mental health.

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[Adolescent Health](#)

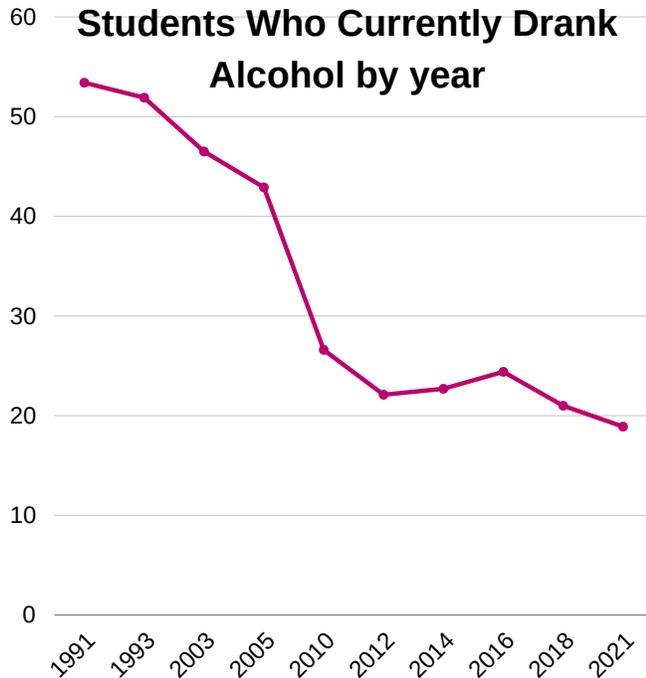
[Reproductive Health](#)

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What does the data say about the sober curious trend? According to the Nebraska YRBSS (shown below) High Schoolers who drink alcohol have been trending downward. Alcohol

Percentage of High School Students Who Currently Drank Alcohol by year



consumption peaked in 1991 showing 53.4% of High Schoolers drinking at least one drink of alcohol, on at least one day during the 30 days before the survey to just **18.9% in 2021.**

45%

Gen Zers say social media is the most effective in learning about new nonalcoholic beverages.

Mocktails are more than just a Shirley Temple. Curious about this movement for yourself but don't know where to start, try this viral TikTok ["Sleepy Girl Mocktail"](#) recipe.



Positive Youth Channel

The Teen Outreach Program® club at Scottsbluff Middle School facilitated by Community Action Partnership of Western Nebraska, decorated kindness and self-love themed posters. To celebrate

Valentine's Day the TOP® youth utilized "mirror" paper on their posters to remind others to love themselves and that they are worthy. The youth hung the posters around their school including in the bathrooms, next to the water fountains, and in hallways. This youth-led service project involved designating club members to communicate with school personnel, creating a supply list, as well as coordinating when to hang them up and take them down.



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2024: A Year of Connection



No adult youth relationship is perfect. Conflict happens in all relationships. What's important is how you handle conflict and work to build your connection with others. **Mutual Trust** is one of the most important things for increasing connection. Make sure to be open and honest.

Communication is a skill. It involves being intentional in what you say as well as being an active listener. **Limits and Expectations** are driven by adults wanting to keep young people safe yet youth naturally want more independence. It's important to have open discussions to find a balance between expectations and opportunities for growth. With increased **Independence** comes increased responsibility. Consistently following through with commitments shows responsible decision making. **Warmth and Emotional Support** is key in feeling valued and is the basis of strong relationships. **Involved** families and relationships thrive when they spend time together. So don't forget to schedule some fun!



[How to Connect with Parents / Caregivers.](#)

Too Much of a Good Thing?

Tony's mom thinks he spends too much time playing videogames instead of doing his homework. Read more about how Tony and his mom resolve this conflict and other scenarios with the below tip sheet.

[Dealing With Conflict The Healthy Way](#)



Last edition's answer:

What is the smallest cell in the human body?

A Sperm Cell



What summer fruit relaxes and dilates the blood vessels the same way Viagra does?

- A) Watermelon
- B) Raspberries
- C) Peaches
- D) Plums

**Answer in next edition*



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Chatterbox Chats: Meaningful Conversations For Young People And Adults



Pictured above, a completed Chatterbox with a groovy retro youth trend theme.

The Adolescent and Reproductive Health (ARH) team are excited to announce, Chatterbox Chats: Meaningful Conversations for Young People and Adults. This is a resource for parents, caregivers, and trusted adults to support their ability to have meaningful conversations with the young people in their lives. The ARH team envisions a world where all young people will grow and become happy, healthy, and thriving adults. We bet you want the same for the young people you know. To achieve this vision, we've created the Chatterbox to help facilitate meaningful conversations between adults and young people. Adults are key providers of information to young people. Engaging in

conversations with the young person/s in your life provides the opportunity to share accurate information, discuss values, and learn skills. This may surprise you, but young people want to have important conversations about health topics with the adults in their lives!

You may be wondering why the Chatterbox is not digital. It is printable to facilitate vital in person one-on-one connection and allows us to take a break from our screens. Further, the hands-on game experience that the Chatterbox provides can help young people better engage, learn, and retain health information.

There are several versions of the Chatterbox on a variety of topics, each containing eight different questions. These questions are based on adolescent health topics that are relevant to young people. Keep a lookout for the forthcoming release of Chatterbox Chats!

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Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Knowing how to manage stress can improve mental and physical well-being as well as minimize the exacerbation of health-related issues. For youth the end of the school year is approaching which introduces new stressors like group projects, exams, tournaments, tryouts, graduations and next steps, as well as summer plans!



So what is a good prescription for stress? [Finding Your Nearest Tree](#) may be the answer! Over the years, a consistent and growing body of research has proven that regular access to trees and nature makes us happier and healthier. They restore our sense of calm by improving memory and attention span, enhancing cognitive functioning, lowering blood pressure, reducing cortisol levels, and lengthening of the lifespan. Trees are an essential part of human beings thriving. Don't forget to hug your favorite tree to honor Nebraska's State holiday all about trees, Arbor Day, on Friday April 26th, 2024.

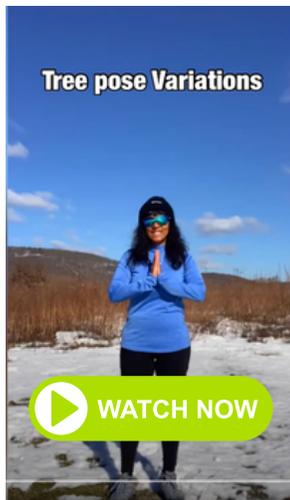


MINDFUL MOMENT

Explore movement as a stress reliever by learning and practicing yoga's

[Tree Pose](#) (Vrksasana).

This pose is good for improving balance, concentration, and focus. This video is beginner friendly!



Did you know?

-  Living within 100 meters of a tree reduces rates of depression.
-  City dwellers with access to adequate green space experience 31% less psychological distress.
-  For every 1% increase in green space, urban residents have a corresponding decline in stress levels.
-  Children who live near sufficient green space have a lower risk of developing mental health issues in adulthood.

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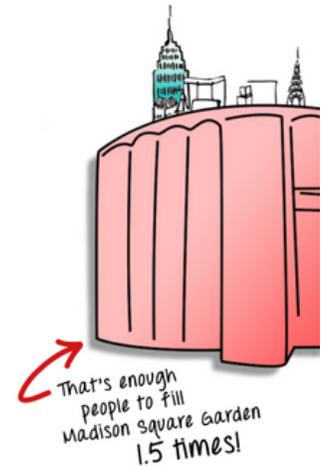
MAY 2024

Sex Ed for All month

Do you suffer from a fear and/or loathing of teenagers also known as [ephebiphobia](#)? This irrational fear of teens is described as an “inaccurate, exaggerated, and sensational characterization of young people.” A negative perception of young people may be rooted in and reinforced by undermining messages you’ve heard and seen from the media depicting youth as wild, reckless, and irresponsible. Movies such as *Animal House*, *Fast Times at Ridgemont High*, and *American Pie* reinforce these negative youth stereotypes. Ephebiphobia is seemingly contagious and typically happens through poor communication and the spread of misinformation. The good news is you can resolve this negative mindset with positive adult-youth interactions. In honor of Sex Ed for All Month, take this opportunity to dispel this fear and talk to the youth in your life about the Human Papillomavirus (HPV).

HPV is the most common STI in the United States but perhaps one of the most misunderstood. HPV, is a group of more than 200 viruses, of which around 40 are spread through sexual contact. There are nearly 14 million new cases of HPV diagnosed every year between the ages of 15 and 24. These youth and young adults account for nearly 50% of HPV diagnoses. In fact, it is estimated that

Every year, approximately
19,400
Women and
12,100
men are affected by cancers caused by HPV.



8 out of 10 people will get HPV at some point in their lives. While in most cases HPV goes away on its own, it can cause health problems, such as genital warts and cancer. Every year, thousands of people are affected by cancers caused by HPV. Unfortunately, there is no cure for HPV, which is why it is important to practice safer sex, including abstinence, limiting the number of sexual partners, consistent use of condoms, and if possible, complete the HPV vaccine series.

To learn more about HPV to dispel myths:

[Answer Youth Questions about HPV](#)



[Opill is now being shipped to retailers](#) as the first U.S. over the counter birth control pill. Opill will be available for purchase online and in-stores. Opill is a progestin only hormone pill, often called a “mini” pill.

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JUNE 2024

Olympic Day June 23

The Olympic Spirit is about making the world a better place through sport. Many Olympic Athletes are youth themselves and they become excellent role models to young people for dedication, teamwork, and resiliency. This year is extra exciting since it is the Summer 2024 Olympics in Paris, France! Stay tuned for the next youth sport phenom, there could be another Simone Biles out there.



You may not be an Olympic Athlete but anyone can participate in Olympic Day. Olympic Day is a celebration of sport, health, and being together. It invites everyone around the globe to be active and move together with purpose. [Try this custom workout with Olympians!](#)



Want to take your love of sport to the next level, The Cornhusker State Games is a statewide amateur sports festival for all Nebraskans. The purpose is to provide top-quality amateur competition in a wide range of activities. The 40th Anniversary of the Games are scheduled for July 11-21, 2024 at more than 70 sites in Lincoln, Omaha, and surrounding communities. The Games offer a wide range of competitions from traditional Olympic sports such as Track and Field, Gymnastics, and Swimming as well as non-traditional events such as Cornhole, Mallwalk, and Chess. For more information visit: [Nebraska Sport Council](#)



Large sporting events are great opportunities to raise awareness of human trafficking. Whether you live or work in the host city, are attending the game(s), or even watching at home, you can play a role in stopping this crime. Because when it comes to stopping human trafficking, we're all on the same team.



[Learn How You Can Stop Human Trafficking](#)



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ADDITIONAL RESOURCES

2021/2022 Nebraska YRBS Results - [Graphs](#)

[Gen Z's Interest in the Sober Curious Movement](#)

Live Science - [11 Surprising Facts About the Reproductive System](#)

National Institutes of Health (NIH) - [National Stress Awareness Month](#)

[The Rise of the Mocktail](#)

[What Does It Mean to Be Sober Curious?](#)

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