

Hastings Family Planning

www.hastingsfamilyplanning.com

402-461-5687

Aug. 14, 2012



Back-to-school perfect time to talk 'birds and bees'

As students head back to school and reconnect with friends and activities, their social lives kick into high gear.

That makes this a great time to talk to teens about dating, relationships and their sexual health and safety.

These can be tough conversations for any parent, but according to a study conducted earlier this year by The National Campaign to Prevent Teen and Unplanned Pregnancy, 62 percent of teens said they wish they could talk more openly with their parents about relationships, while 8 percent said they wanted to

talk more openly about sex, and 18 percent said they wanted to talk more openly about birth control options.

Start by creating an open environment. Be sure your kids know they can come to you to ask questions on any subject freely and without fear of consequence.

Remember to talk about more than just "the birds and the bees." As a parent you can communicate your values to your children. Make sure they know where you stand.

Listen to your child. Give them your undivided attention, and ask them questions to get an idea of where they're

coming from.

Be honest and patient. If you don't know an answer, look it up together.

Use everyday opportunities to talk. TV shows, movies or even the local news can give you an opportunity to discuss big issues.

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August clinics

Wednesday, Aug. 15

11 a.m. to 1 p.m.

Barb Peckham, CNM



Monday, Aug. 20

5-7 p.m.

Dr. Tyler Adam

Thursday, Aug. 23

11:45 a.m. to 12:45 p.m.

Barb Peckham, CNM

Wednesday, Aug. 29

11 a.m. to 1 p.m.

Barb Peckham, CNM

Thursday, Aug. 30

11:45 a.m. to 12:45 p.m.

Barb Peckham, CNM

Herrman is HFP's new community educator

Betsy Herrman joined the Hastings Family Planning staff Aug. 2 as the new community educator.



Herrman previously worked as the government reporter for the Hastings Tribune. Prior to that she spent four years as

the regional reporter and editor for the Kearney Hub.

An Algona, Iowa, native, Herrman now lives in Hastings with her husband, Tony.

She has a bachelor's in English from Coe College in Cedar Rapids, Iowa.

"I'm excited to be part of an organization that does so much good for women and

families," she said. "I'm already learning so much."

Herrman said she hopes to expand HFP's reach outside Adams County. She also looks forward to using social media and her journalism background to improve community relations and knowledge of HFP.

Contact Herrman at 402-463-5687.

Parents aren't sex education experts, just because they're parents.

— Pepper Schwartz, "Ten Talks Parents Must Have with Their Children"

Back to school, continued

While it's always good for parents to talk with their kids about sex and dating, in most cases they won't be in it alone.

Most schools have health education that includes discussion about these tough subjects.

Hastings Family Planning's community educator, Betsy Herrman, also has connections with several area schools and works to provide teens with accurate and honest information about abstinence, refusal skills, birth control options, sexually transmitted in-

fections, self esteem and other issues.

Herrman has begun working to contact schools in HFP's area, which includes Adams, Clay, Franklin, Harlan, Kearney, Nuckolls, Phelps and Webster Counties.

These presentations can be a good opportunity for parents to discuss what their student is learning, and any questions they may have.

For more information about talking to teens, or about HFP's school presentations, call 402-463-5687.

Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

CDC issues new gonorrhea guidelines

With options shrinking to a single antibiotic that can fight resistant strains of gonorrhea, U.S. health authorities issued revised guidelines for treating the sexually transmitted bacteria last week.

According to HealthDay News, The U.S. Centers for Disease Control and Prevention now recommends that the injectable antibiotic Rocephin be the first-line treatment for this sexually transmitted disease, supplanting Suprax.

Strains of gonorrhea that are resistant to Suprax have increased globally.

"We are very concerned about the possibility of the potential for untreatable gonorrhea," said Dr. Robert Kirkcaldy, a medical epidemiologist with the CDC's Division of STD Prevention. "Facing this threat of drug resistance, the CDC is taking the critical step to preserve the last remaining

drug that we know to be effective. We're hoping that the actions taken now will prevent that from becoming a reality."

Neisseria gonorrhoeae is a particularly "crafty" bacteria that has progressively become resistant to every antibiotic used against it since the 1930s, Kirkcaldy said.

Although rates of gonorrhea are at historic lows, Kirkcaldy said, it is still the second most commonly recorded infection with more than 700,000 new U.S. cases annually.

Symptoms can include burning when urinating or a discharge from the penis or the vagina. Too often, gonorrhea produces no symptoms at all. If left untreated, gonorrhea can result in chronic pelvic pain, ectopic pregnancy, infertility and an increased risk of HIV infection.

*Information courtesy
www.healthfinder.gov.*

Hastings Family Planning

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