

May 6, 2013



May is teen pregnancy prevention month

Hastings Family Planning is recognizing Teen Pregnancy Prevention month in May by encouraging all teens to take an interactive quiz at www.stayteen.org.

The quiz allows teens to create an avatar to represent themselves and think through real world sexual situations. Teens are asked how they would respond when a partner wants to have sex without a condom, when a friend gets drunk at a party and when a partner says hurtful things using social media.

"It gives them a chance to think through these scenarios in a safe place, so they can decide ahead of time how they want to respond," HFP community educator Betsy Herrman said. "We think a big part of teen pregnancy prevention is getting young people to understand that sex has consequences, and helping them think through those consequences before they have sex."

Those who complete the survey can be entered for a chance to win a \$25 iTunes gift card.

Nationwide, about 3 in 10 girls become pregnant by age 20. In Adams County, the teen pregnancy rate for 2007-2011 was about 10 percent, compared to the statewide rate of 8%.

"We would like to see the number of teen pregnancies go down here. A planned pregnancy is usually a safer pregnancy for both the baby and the mother. Having a baby as a teen also makes it more difficult for teens to reach their educational and life goals," Herrman said.

May 1 was the National Day to Prevent Teen Pregnancy, but efforts to raise awareness



Visit www.stayteen.org for more information.

about the issue will be ongoing throughout the month.

So what can teens do? They can choose abstinence, which means waiting to have sex until they can deal with the possible consequences more mature. If a teen does decide to have sex, they can make sure to use birth control. Teens are also encouraged to talk to their parents about sex, since they've been there before and can give the best advice.

Parents play a big role in teen pregnancy prevention. It's vital that parents take time to talk with their kids about sex and protection. Be encouraging and supportive so that kids feel they can talk about anything without fear of punishment. At the same time, make your values clear. Let them know where you stand on sex, and what the rules for your home are.

Parents also can contact HFP for help starting the conversation. We have handouts and tips about the best ways to get started. HFP staff can also help give parents a broad base of knowledge to answer their kids' questions about sex.

May clinics

Wednesday, May 8
5-6 p.m.
Dr. Tyler Adam

Thursday, May 9
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Tuesday, May 14
5-7 p.m.
MEN ONLY
Dr. Daniel Leonard

Thursday, May 16
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Wednesday, May 22
11 a.m. to 1 p.m.
Barb Peckham CNM

Thursday, May 23
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Wednesday, May 29
5-7 p.m.
Dr. Tyler Adam

Thursday, May 30
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Happy Mother's Day on May 12!

We will be closed Monday May 27 for Memorial Day.

Sexually Transmitted Infection of the month: Herpes

Herpes is a sexually transmitted virus that has no cure, but that can be managed.

The virus can be transmitted through oral, anal and vaginal sex. A person could get herpes if their genitals touched the infected skin or secretions (like saliva, during oral sex) of someone who has it. Herpes can be spread even if the infected partner does not have any sores or an outbreak at the time.

Herpes often causes no symptoms, but if someone does have symptoms, they may notice painful sores or blisters on or around the genitals. These sores usually heal within two to four weeks. Other symptoms may include feeling like they

have the flu when sores are present.

The sores may come back several times within a year. The presence of the sores is called an outbreak.

There are two types of genital herpes virus: HSV1 and HSV2. Both can cause sores or blisters on the genitals, but HSV1 can also cause sores on the mouth or lips.

About 16 percent, or 1 in 6 people in the United States from ages 14-49 has herpes.

People with herpes can expect to have several outbreaks (usually four or five) each year. Over time the person will have fewer outbreaks.

There is no cure for genital herpes but

there are treatments for the symptoms. Some medicines can prevent the blisters or make them go away faster.

If a person has several outbreaks in a year, a treatment called daily suppressive therapy can reduce the chance of passing the infection to a sex partner.

The best way to prevent genital herpes is to not have sex or to be monogamous with an uninfected partner.

Condoms can reduce the risk of getting herpes if used every single time a person has sex, but a condom only protects the areas of the body it covers. Areas not covered by a condom could still touch someone's infected skin or genitals and become infected.

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.

Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

Hastings Family Planning

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