

Ten Ways to do “it” or FP without condoms!

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April 2009
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Objectives

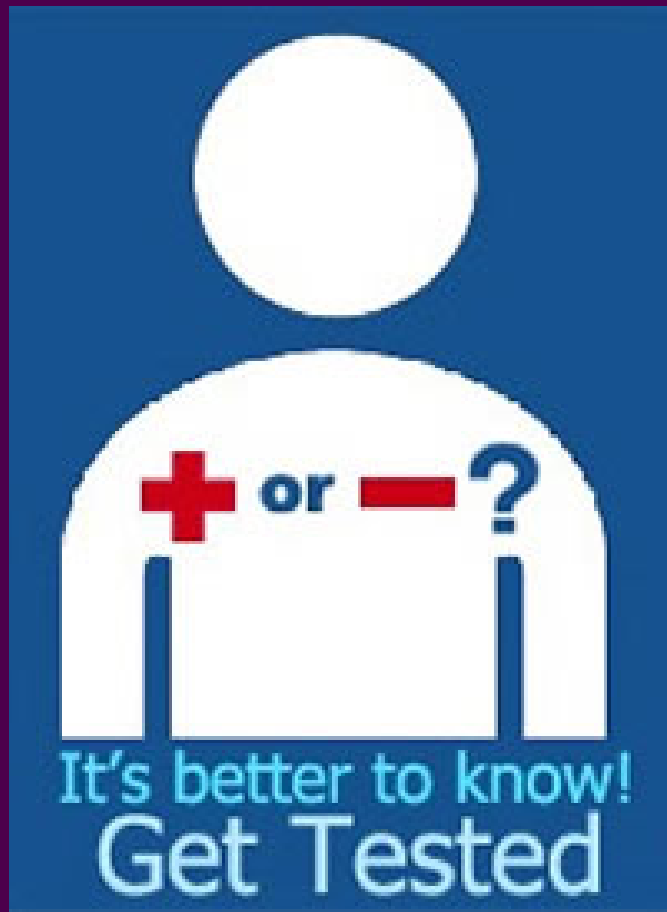
- Strategies to address FP/RH
- Case examples
- Power of Permission

Disclaimer: Teens in clinic setting

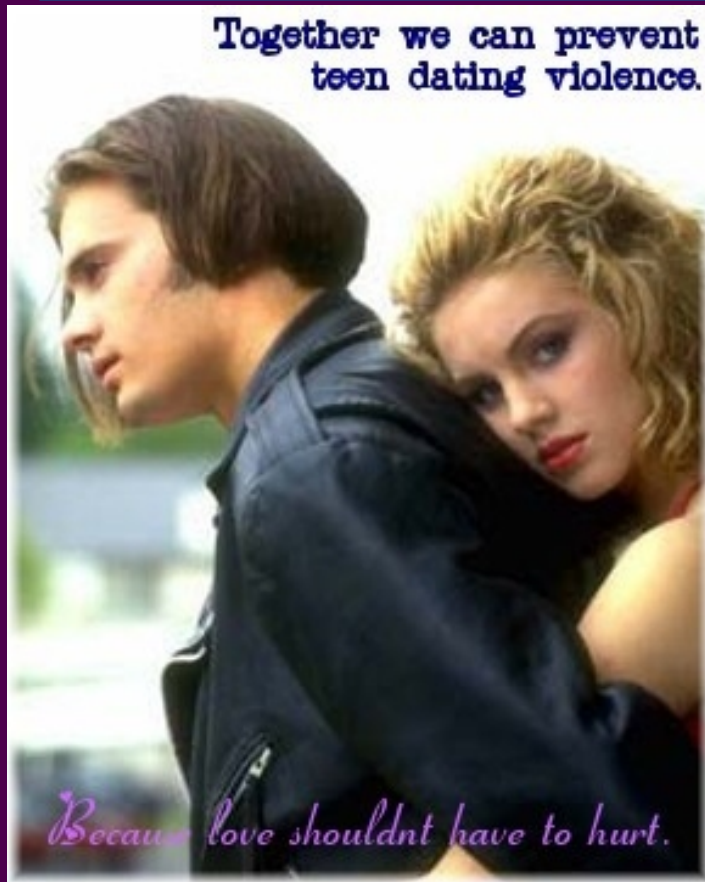
1. Post the Issues

- Confidentiality
- Sexuality
- Pregnancy
- STI / HIV Risk and Testing
- HPV vaccination
- Dating Violence

HIV Testing



Relationships



**YOU ARE
NOT HIS
PROPERTY.**

If it doesn't feel right,
it probably isn't.

For help or more information, call:
1-800-942-6906 English
1-800-942-6908 Spanish
24 / 7

In NYC call 311.

Extreme jealousy and possessiveness
are not signs of love. They are signs
of control, and they can lead to
emotional and physical abuse.

David A. Paterson, Governor
Amy Barasch, Executive Director

NEW YORK STATE OFFICE for the PREVENTION of DOMESTIC VIOLENCE

*Silence
breeds
Violence*

Relationships Shouldn't Hurt

If you or someone you know has been a victim of
dating violence, don't let another day go by. Please call.

New York State Domestic & Sexual Violence Hotline.....1-800-942-6906	The Retreat.....329-2200	SC Coalition Against Domestic Violence.....666-8833
VIPS.....360-3606	Brighter Tomorrows.....395-1800	RESPONSE 24 Hour Hotline.....751-7500

Your information will be kept strictly confidential

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Suffolk County Executive Steven Levy's Task Force to Prevent Family Violence

101

WAYS TO

Make Love Without Doin' It™

1 Tell the other person that you love them ♥ Give or get a hug 3 Make the other person feel important and respected ♥ Kiss 5 Have fun together ♥ Tell the other person that you care 7 Hold hands ♥ Go for a long bike ride 9 Give a special gift ♥ Be there when a friend is needed 11 Spend time together ♥ Go to a movie 13 Walk arm in arm in the woods ♥ Make a special tape of love songs 15 Talk openly about your feelings ♥ Share dreams with each other 17 Snuggle up together ♥ Sit together in the park 19 Take a walk together ♥ Go out to eat 21 Have a picnic ♥ Play a game of frisbee 23 Give compliments ♥ Relax in a whirlpool 25 Go swimming ♥ Just be close 27 Go grocery shopping ♥ Cook a meal together 29 Touch each other in a loving way ♥ Do homework together 31 Plan and go on a road trip together ♥ Throw a party together 33 Bake cookies ♥ Go to the library 35 Browse in a museum ♥ Just be there 37 Find out what's special for the other person, and do it ♥ Exercise together 39 Gaze at each other ♥ Wash each other's cars 41 Go fishing ♥ Talk to each other 43 Listen to hurts ♥ Do a work project together 45 Choose a special, favorite song ♥ Listen to joys 47 Hold one another close ♥ Use eye contact to share a private thought 49 Write each other letters ♥ Talk on the telephone 51 Trust one another ♥ Give or receive a promise ring 53 Meet each other's family ♥ Go hiking together 55 Make sacrifices for each other ♥ Send candy 57 Respect each other ♥ Go for a moonlight walk 59 Hide a love note where the other will find it ♥ Give each other sexy looks 61 Write a poem ♥ Send flowers 63 Eat dinner by candlelight ♥ Go to a concert 65 Watch the sunrise together ♥ Take a drive together 67 Give each other pet names ♥ Go sightseeing 69 Rent a video ♥ Do things for each other without being asked 71 Propose marriage ♥ Whisper something nice into the other's ear 73 Be best friends ♥ Take a carriage ride through the park 75 Go out dancing ♥ Play music together 77 Flirt with each other ♥ Laugh

2. Exploit Opportunities

- Comprehensive Health Visit
- Acute Care
- Sports PE
- Classroom
- Conversation

Comprehensive Well Care

- Reproductive Health Care
- Developmentally appropriate
- Culturally sensitive
- Strength Based
- Parental engagement

Bright Futures: AAP and MCH

Acute Care make a link...

- 16 yo male
- Sore throat
- Strep negative

➤ Oral Sex?

?Confidentiality
? STI risk
? Sexual partners
? HIV testing

3. Recognize Risks

- Adolescencehood
- Family pattern
- Sexually active friends/sibs
- Pregnant friends/sibs
- Depression
- **Poor school record**
- Abuse
- Substance Use
- Early Puberty
- Homelessness
- Decision making

Adolescent ... “ism”



One risky behavior is a risk
for another risky behavior.

Alcohol : YRBS 2007

- During past 30 days
 - 45% drank
 - 26% binge > 5 / row
 - 23% used alcohol / drugs with sex



HEADSS...risks and strengths



- Home
- Education
- Activities
- Drugs
- Suicidality
- Sexual Relationships...

15 yo ♀ 9th grade

- Presents with URI
- Requests school excuse
- Frequent absences
- “Home”
 - 17 yo sister and her baby

Assets and Strengths

- Exploit an opportunity
- Recognize Risks
- Acknowledge Assets
- Promote strengths

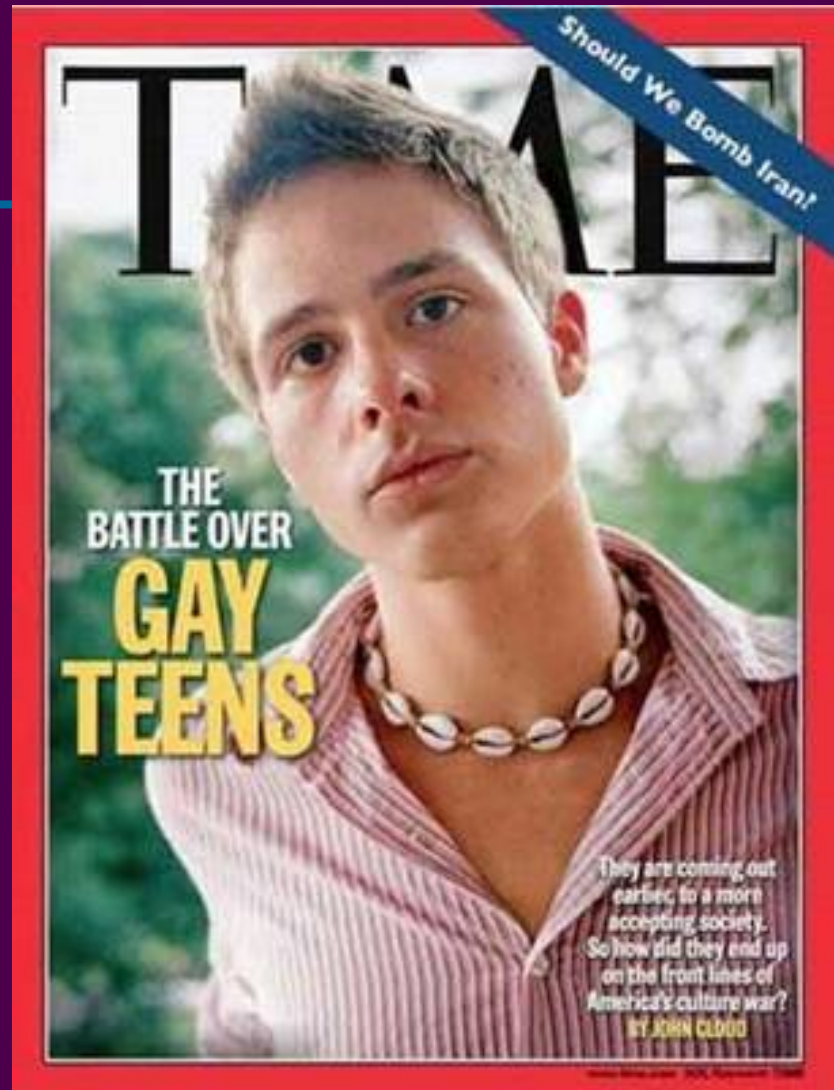
4. Make no assumptions



- Sexual Identity
- Sexual behavior
- “Partner”

GLBQ Youth

- Suicide
- Victim of Abuse
- Substance Abuse



5. “I” The LMP is a VITAL sign

- Date
- Timing
- Character
- Pattern
- Medications
- Vaccinations

Pregnancy

Miscarriage

STI

Chronic Disease

16 yo ♀ Acne

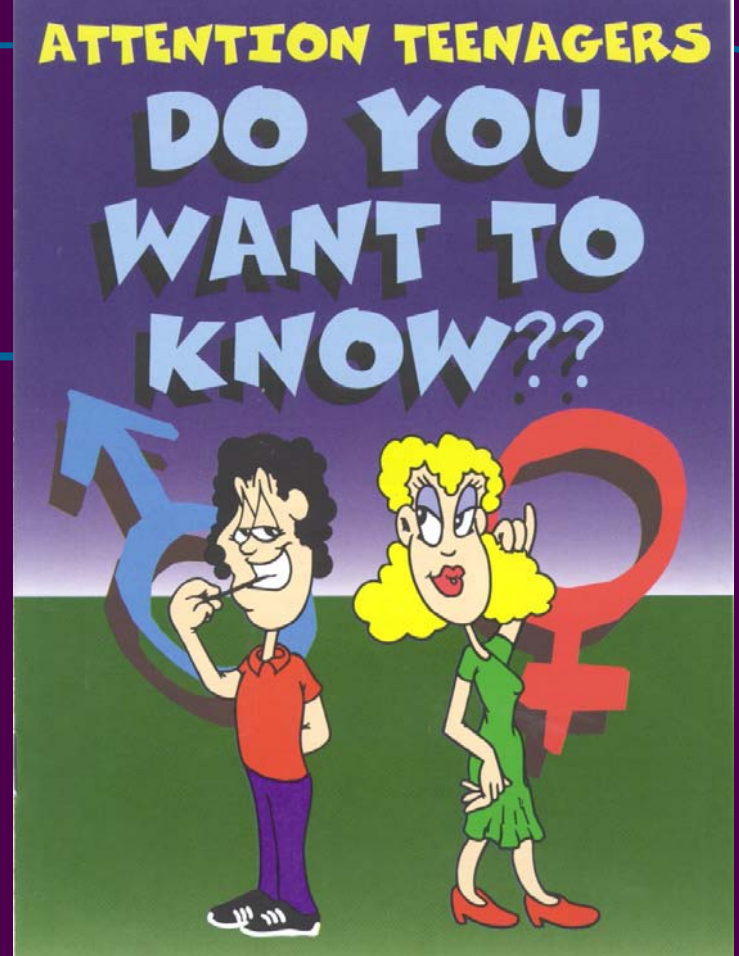
- Irregular periods; Rx OCPs
- LMP: late = 6 weeks ago
- Lost her OCPs
- ? Sexually Active
- ? Condom use
- ? Emergency Contraception

6. Set the Stage

- Receptionist
- Nurse
- Office

Define the Practice

- Healthy body
- Emotional well being
- Safe Behaviors



- Confidentiality
- Parental Engagement
- Community Resources

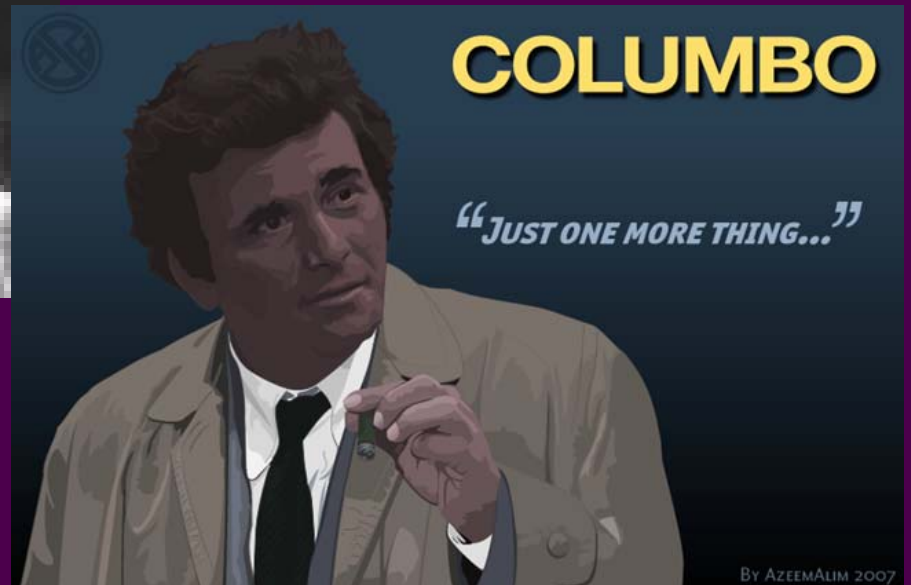
7. Scout friends, places...

- User friendly providers and places
- Nurture contacts
- Facilitate access
 - Phone #
 - Directions
 - Rules
 - Expectations

8. Inquire with respect



- Foster Decision Making



Dating... Serious Partner

Females

78% steady

Males

73% steady



First Sexual Intercourse

9. Offer Options

- No one provider/place “fits” all
- Alternatives are not intuitive
- Parental Engagement

10. (K) Now your stuff

Guidelines

- Bright Futures: AAP / MCH
- SAM
- ACOG
- USPS
- CDC / MMWR

● Facts vs Myths

Not all teens
sexually active

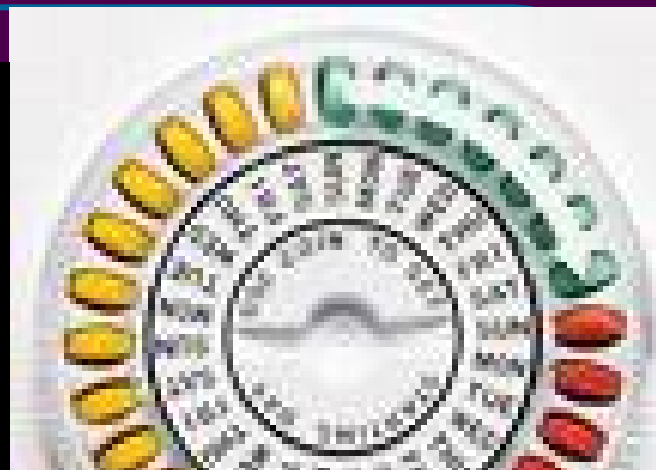
Parents are
important influence

"Abstinence is
my choice..."



ABSTINENCE

Responsible Sex Education Matters



Power of Permission

Enhances the Relationship

- Re-Focus
- Respect
- Trust

First step Motivational Interviewing

- Comfort level

Power of Permission

1. Post the issues
2. Exploit opportunities
3. Recognize Risks
4. Make no assumptions
5. IThe LMP is a VITAL Sign
6. Set the stage
7. Scout friends, places, the web
8. Inquire: Weight the weights
9. Offer options
10. N (K)now your stuff