



PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

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THE COLLEAGUE CORNER

Awareness is key for sexual health



May is an important awareness month for both teen pregnancy and hepatitis. There are brief articles on both in this month's newsletter, along with great links to resources. We

encourage you to look through the information and share it with your students, co-workers, and parents.

We're nearing the end of another school year and ask that you provide feedback by taking a short 8-question [survey](#). It will greatly help us tailor programming to your needs in the future, AND you could win a free prize! Thank you for your input.

Sincerely,

Jean Zimmerman, Program Coordinator

AWARENESS

Sex education to share with youth

As part of [The National Day to Prevention Teen Pregnancy](#) beginning May 1, teens nationwide were asked to go to [StayTeen.org](#) to participate in the National Day to Prevent Teen Pregnancy Quiz. The quiz challenges them to think carefully about what they might do "in the moment" through a series of interactive scenarios.

This year, for the first time, teens will be able to insert themselves and their friends directly into the quiz by creating personalized avatars (a graphical representation of the user).

There has been a 42% decline in teen pregnancy since 1990. The National Campaign to Prevent Teen and Unplanned Pregnancy likes to refer to this decline as the "The Greatest Story Never Told." Research makes it clear that there is much parents can do to help their children avoid teen pregnancy. The teen birth rate is down 49% since 1991. Yet, few Americans are aware of this great national success story.

Only 18% of adults believe the U.S. teen pregnancy rate has declined. Fifty percent

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TRAINING OPPORTUNITIES

May 14:

[Comprehensive School Health Education Conference](#)

Plugging Health Education into the Digital World, Thomas College, Waterville

May 22:

[Partners in Prevention: Sexuality Education for Students with Special Needs](#)

Burton Cross Office Building, Augusta

Jun 24-26:

[Maine Schoolsite Health Promotion \(Wellness\) Conference](#)

Sugarloaf Mountain Resort



Did you know...

--Did You Know continued

- Nearly one in five teen births is a repeat birth, according to the newest [Vital Signs](#) report. A repeat birth is a second (or more) pregnancy resulting in a live birth before the age of 20. Though data from CDC's National Vital Statistics System show that teen birth rates in the U.S. have declined, there were almost 67,000 repeat teen births among teens aged 15–19 years in 2010; highest among American Indian/Alaska Natives (22%), Hispanics (21%), and non-Hispanic blacks (20%), and lowest among non-Hispanic whites (15%).
- Although Maine's teenage pregnancy rate is the fifth-lowest in the nation, there are still communities across

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the State with teen pregnancy rates and teen birth rates that are far higher than the State average. One hundred forty-four of Maine's communities have teen pregnancy rates above the State average and 15 Maine towns are above the U.S. rate. (source: Family Planning Association of Maine)

- From teen birth data, it can be estimated that there are approximately 3,100 mothers under the age of 21 years old in Maine. The rate of unintended births for women under the age of 25 years old is 52% compared to 29% for 25-34 year olds. Of all women that did not intend to get pregnant, over half of them had less than a high school diploma as reported in the [Pregnancy Risk Assessment Monitoring System](#) (2007). Unfortunately, minority populations have disproportionately higher teen pregnancy rates, 45.2% for Native Americans and 30.3% for Black/African Americans compared with 24.1% Caucasians per 1000 population. †

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incorrectly believe the rate has increased while 24% think the rate has stayed about the same. A startling 68% ages 18-34 incorrectly believe the teen pregnancy rate has increased (a percentage higher than any other age group).

May 19th is recognized as **Hepatitis Testing Day** in the U.S. Viral hepatitis is a silent epidemic in the U.S. with more than 4 million Americans living with chronic hepatitis B or chronic hepatitis C, and up to 75% who don't know they are infected. Find a [testing site](#) near you. †

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QUICK LINKS

- [Family Planning Association of Me](#)
- [HIV/AIDS Info Resource](#)
- [HIV, STD, and Viral Hepatitis Program, MCDC](#)
- [Maine Integrated Youth Health Survey](#)
- [Teen and Young Adult Health Program, MCDC](#)