



# PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

VOL #2, APR 2012

## THE COLLEAGUE CORNER

### Comprehensive Sexuality Education Works!

As some of you face controversy trying to fully implement sexuality education programs, research continues to support the importance of providing comprehensive sexuality education to teenagers. The Guttmacher Institute recently released the results of a [study](#) that found respondents who had received instruction on both abstinence and birth control were older at first sex and were more likely to have used condoms or other contraceptives at first sex than their peers who had received no formal instruction other than abstinence only.

Other support comes in an indirect way from pregnancy-aversion programs like Baby Think it Over™ which have been both popular and costly (\$250-\$500 per doll). The major criticism of this program (other than cost) is that the program shows what it is like to have a baby but not how to prevent one in the first place. Our young people need a

positive approach to learning which emphasizes what to do to be healthy.

You all know the importance of evidence-based instruction. I encourage you to research and figure out strategies to gain even more support for your programs. I am available to provide technical assistance and would welcome your calls (624-6687) or emails ([jean.zimmerman@maine.gov](mailto:jean.zimmerman@maine.gov)).

**I would also like to invite you to attend the 7<sup>th</sup> Annual Comprehensive Sexuality Education Conference this coming Thursday, April 5 at the Augusta Civic Center. Final deadline is the 3<sup>rd</sup> so register now at the link below.**

Sincerely,

Jean Zimmerman, Program Coordinator

**7<sup>th</sup> Annual Comprehensive  
Sexuality Education Conference**

**Crossroads of Sexuality and Technology:  
Sexuality in the 21<sup>st</sup> Century**

April 5, 2012

**[Conference flyer](#)**

## TRAINING OPPORTUNITIES

Apr 5: [Comprehensive Sexuality Education Conference](#), Augusta, Me

May 3, 2012: [Comprehensive School Health Education Spring Conference](#), Morgan Hill Event Center, Hermon, Me

May 9-10, 2012: [Reducing the Risk/Making Safer Choices](#) curriculum training (7/8th grades), Augusta, Me

May 23, 2012: [Booster](#) session (7/8th grades), Augusta, Me

Click [here](#) for complete list.



Did you  
know. . .  
?????

**FACT #1: The life expectancy for people living with HIV has gone from 10 years in 1996 to 20 years in 2003 to much longer in 2012.** While this is great news, prevention efforts have not had the same success because the annual number of people infected with HIV, 56,000, has **NOT** changed in 12 years.

**FACT #2: Approximately 20% of all major infectious diseases began in primates.** HIV is thought to have originated over 100 years ago in Central Africa. It first began in monkeys and had little impact on their health. Chimps then acquired the disease from monkeys through their hunting practices. At some point, the disease spread from chimps to human through our hunting practices. A virus usually becomes much more potent as it spreads from species to species.

## CHECK IT OUT!

### Great resources for health educators

Online workshops and webinar series like *“What About the Boys: Teaching Sexuality Effectively to Adolescent Boys”* are available from Answer, Rutgers University. For more info about online professional development opportunities, visit their [website](#).

## CONTACT INFO

HIV Prevention Education Prog.  
Me. Department of Education  
23 State House Station  
Augusta, Me 04333-0023  
(physical: 111 Sewall St)  
<http://www.maine.gov/education/hiv>  
Phone: (207) 624-6692  
Email: [hiv.doe@maine.gov](mailto:hiv.doe@maine.gov)

## STD AWARENESS

### In the month of April

Sexually Transmitted Diseases (STDs) often have no symptoms, which is why getting tested is so important. The [Centers for Disease Control and Prevention](#) promotes April as STD Awareness Month to call attention to the impact of STDs and to promote [STD testing](#) across the country. Adolescents and young adults are particularly vulnerable to STDs and account for nearly half of all STD cases.

For free resources, see [Avoid STD Fact Sheet](#) and [Chlamydia Testing Fact Sheet](#) from ETR Associate.

## QUICK LINKS

[Family Planning Association of Maine](#)

[HIV/AIDS Info Resource](#)

[HIV, STD, and Viral Hepatitis Program, MCDC](#)

[Maine Integrated Youth Health Survey](#)

[Teen and Young Adult Health Program, MCDC](#)