



PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

VOL #3, JAN 2013

STARTING A NEW YEAR – HEALTHY

Our New Year's Resolution



Brr, it's definitely a cold start to the New Year! Hope you all had a relaxing and enjoyable holiday season with your family. Typically, we make new resolutions every year, but we will keep the

same one we have had for the past five years- decrease the incidence of risk behaviors associated with HIV, STD, and unplanned pregnancy among school age youth.

Unfortunately young people still may feel invincible to disease. There was a 314% increase in gonorrhea cases in the past year alone. The majority of these increases were in sexually active females, a higher percentage of who were from central Maine. This disease is very curable if caught early and the Maine Center for Disease Control is launching a new campaign at: www.seeMETested.com to focus attention on having sexually active individuals get tested. Please take a few moments to check it out.

Sincerely,

Jean Zimmerman, Program Coordinator

SAD NEWS

Unfortunate event



Dr. Douglas Kirby, an outstanding researcher in comprehensive sexuality

education, died right before Christmas of a heart attack while climbing the world's highest volcano in Ecuador. He was 69 years old. We were so fortunate to have him as a keynote speaker at our annual Comprehensive

Sexuality Education Conference a few years ago.

He was an expert in the prevention of teen pregnancies, as well as HIV/AIDS prevention. He worked for ETR Associates where he served as Senior Research Scientist and director of many projects on adolescent health and risk taking behavior.

He will be greatly missed! ✦

2013 TRAINING OPPORTUNITIES

Feb 27, Mar 13 and Mar 27:

[Best Practices in HIV Prevention Education](#)

Webinar Series

Apr 4: [Comprehensive Sexuality Education Conference](#)

Augusta Civic Center, Augusta, Me (more information to follow)

Click here: [HIV Prevention Trainings](#) for complete listing.



Did you know...

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perception of the mother’s disapproval of contraceptive use.

- A website redesign is planned for our website this year and is currently underway. As a request from the Governor’s office, all state departments’ websites, including Dept. of Education, will be undergoing some changes to improve overall communication and usability. We plan to change the layout and formatting, hopefully making it easier for you to find exactly what you’re looking for, right when you need it. Once changes go into effect, we’ll let you know. As always, please feel free to share with us your suggestions, comments, etc.

- Girls who had lower reading skills were 2.5 times more likely to become a teen parent than students who had average reading skills, as stated in a recent [study](#) conducted at the University of Pennsylvania. The study did go on to say that low literacy is not the main predictor of teen pregnancy and that poverty, lack of access to birth control, and abstinence-only education also play a role.
- The frequency of maternal sexual communication had a significant effect on the teen’s lifetime number of sexual partners, a [research study](#) found. The study went on to say that this effect was moderated by the youth’s

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RESOURCES AVAILABLE

Recently in Nov, we conducted an annual HIV Biomedical Update on HIV/AIDS, STDs and Viral Hepatitis webinar. The slides, with associated notes, are now available online at:

<http://www.maine.gov/education/hiv/resources.html>. (Note: We were unable to record the session, so unable to make it available to those of you who missed it. We apologize.)

STI’S AND BIRTH CONTROL

To improve educator skills on this topic, we are planning to offer a webinar to enhance the Best Practices curriculum by including sexually transmitted infections (STI’s) and birth control components. If you want to receive additional tools to reach your students, this session will be for you! More details coming your way soon.

CONTACT INFO

HIV Prevention Education Program
 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

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](#)