Evaluations

Nursing Contact Hours, CME and CHES credits are available. Please visit www.phlive.org to fill out your evaluation and complete the post-test.

Thank you!

Featured Speakers

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  Sexuality Educator & Teen View Co-Advisor,
  Planned Parenthood Mohawk Hudson
• Rob Curry, M.S. Ed.
  Sexual Health Care Consultant and Trainer

 Disclosure Statements

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Teens and Taboo: A Look at the Prevalence and Prevention of Sexually Transmitted Infections

August 15, 2013
Startling Statistics

- 20 million new infections in USA a year
  - 110 million STI's total per CDC
- Annual number of new infections:
  - Adolescent girls: 51%
  - Adolescent males: 49%
- HPV (human papillomavirus) accounts for the majority of STIs in the U.S.

Startling Statistics

- Young people 15 to 24 account for 50% of all new STIs. (25% of population)
- 75% of all reported gonorrhea is found in people age 15 to 29
- Highest infection rates:
  - Females ages 15 to 19
  - Males ages 20 to 24

Startling Statistics

- 46% of American high school students have had sexual intercourse and are at risk for HIV and STIs
- 1 in 4 teens contracts an STD/STI every year
- Nine million new cases of STI's among 15- to 24-year-old youth

Startling Statistics

- 6 in 10 sexually active high school teens reported using condoms at last intercourse
- Almost 18,000 new HIV infections among 13 to 29 year old youth
- Less than half of adults 18 to 44 have been tested for an STD other than HIV/AIDS

Some Things To Think About

- The USA has the highest rates of teen STIs and HIV of all developed countries!
- LGBT Teens are especially at high risk of STIs and HIV (due to many factors)
YRBS Data

<table>
<thead>
<tr>
<th></th>
<th>Ever had sexual intercourse</th>
<th>Had sexual intercourse for the first time before age 13 years</th>
<th>Had sexual intercourse with 4 or more persons (during their life)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>42.0 (39.2–44.9)</td>
<td>5.7 (4.6–7.1)</td>
<td>13.3 (11.4–15.3)</td>
</tr>
<tr>
<td></td>
<td>47.4 (45.0–49.9)</td>
<td>6.2 (5.6–6.9)</td>
<td>15.3 (14.2–16.4)</td>
</tr>
</tbody>
</table>

Disturbing Disparities

- One in four girls in New York State have been diagnosed with an STD (N.Y. Daily News, 2008)
- New York Ranks 1st with number of new yearly STDs in the USA!
- Every County in New York State has a teen STI/STD problem!
### Top Ten States: Syphilis: 2009

<table>
<thead>
<tr>
<th>Rank</th>
<th>Primary and Secondary Syphilis: Rates Per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Louisiana (16.8)</td>
</tr>
<tr>
<td>2</td>
<td>Georgia (9.8)</td>
</tr>
<tr>
<td>3</td>
<td>Arkansas (9.6)</td>
</tr>
<tr>
<td>4</td>
<td>Alabama (8.9)</td>
</tr>
<tr>
<td>5</td>
<td>Mississippi (8.1)</td>
</tr>
<tr>
<td>6</td>
<td>Texas (6.8)</td>
</tr>
<tr>
<td>7</td>
<td>Tennessee (6.5)</td>
</tr>
<tr>
<td>8</td>
<td>North Carolina (6.1)</td>
</tr>
<tr>
<td>9</td>
<td>New York (6.1)</td>
</tr>
<tr>
<td>10</td>
<td>Illinois (5.8)</td>
</tr>
</tbody>
</table>

### Top Ten States: Chlamydia 2009

<table>
<thead>
<tr>
<th>Rank</th>
<th>Chlamydia: Rates Per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mississippi (802.7)</td>
</tr>
<tr>
<td>2</td>
<td>Alaska (752.7)</td>
</tr>
<tr>
<td>3</td>
<td>South Carolina (595.0)</td>
</tr>
<tr>
<td>4</td>
<td>Louisiana (560.4)</td>
</tr>
<tr>
<td>5</td>
<td>Arkansas (502.7)</td>
</tr>
<tr>
<td>6</td>
<td>New Mexico (478.4)</td>
</tr>
<tr>
<td>7</td>
<td>Tennessee (478.1)</td>
</tr>
<tr>
<td>8</td>
<td>New York (472.4)</td>
</tr>
</tbody>
</table>

### Top Ten States: Gonorrhea 2009

<table>
<thead>
<tr>
<th>Rank</th>
<th>Gonorrhea: Rates Per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mississippi (246.4)</td>
</tr>
<tr>
<td>2</td>
<td>Louisiana (204.0)</td>
</tr>
<tr>
<td>3</td>
<td>South Carolina (183.7)</td>
</tr>
<tr>
<td>4</td>
<td>Alabama (160.8)</td>
</tr>
<tr>
<td>5</td>
<td>Arkansas (156.2)</td>
</tr>
<tr>
<td>6</td>
<td>Illinois (154.7)</td>
</tr>
<tr>
<td>7</td>
<td>North Carolina (150.4)</td>
</tr>
<tr>
<td>8</td>
<td>Michigan (147.0)</td>
</tr>
<tr>
<td>9</td>
<td>Alaska (144.3)</td>
</tr>
<tr>
<td>10</td>
<td>Georgia (141.3)</td>
</tr>
</tbody>
</table>

### HIV Cases in One Year: 2010

**New York Total:** 192,753
- 190,363 new cases
- 2,390 under age 13
- Total: 192,753

**California Total:** 160,293
- 159,606 new cases
- 687 under age 13
- Total: 160,293

**Florida Total:** 117,612
- 116,041 new cases
- 1,571 under age 13
- Total: 117,612

**Texas Total:** 77,070
- 76,674 new cases
- 396 under age 13
- Total: 77,070

**New Jersey Total:** 54,557
- 53,756 new cases
- 801 under age 13
- Total: 54,557

**Georgia Total:** 38,300
- 38,054 new cases
- 245 under age 13
- Total: 38,300

**Pennsylvania Total:** 38,217
- 37,842 new cases
- 375 under age 13
- Total: 38,217

**Illinois Total:** 37,880
- 37,592 new cases
- 375 under age 13
- Total: 37,880

**Maryland Total:** 35,725
- 35,295 new cases
- 330 under age 13
- Total: 35,725
### HIV Cases in One Year: 2010

<table>
<thead>
<tr>
<th>Puerto Rico Total:</th>
<th>United States Total:</th>
</tr>
</thead>
<tbody>
<tr>
<td>32,463</td>
<td>250 MILLION</td>
</tr>
</tbody>
</table>

- **32,407** new cases
- **46** under age 13
- **5%** under age 13

### What Works? Models and Best Practices

- No single, ‘silver bullet’ solution
- View young people as assets, not as problems
- Government support with a national desire:
  - easy access to contraception and condoms
  - consistent sex education
  - widespread public education campaigns
  - paradigm shift

### The European Teen Sex Study Tour

- Adults see intimate sexual relationships as normal and natural for older adolescents
- Educators provide *accurate and complete* information to questions
- Support the role that educators and health care providers make sexual health information and services available to teens

### It takes a village!

- Family discussion with teens about sexuality:
  - Open
  - Honest
  - Consistent

### LGBT and STD’s: 2009 Survey of 7000+

<table>
<thead>
<tr>
<th>Students Ages 13-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Because of their sexual orientation—</td>
</tr>
<tr>
<td>- 8 of 10 verbally harassed at school</td>
</tr>
<tr>
<td>- 4 of 10 physically harassed at school</td>
</tr>
<tr>
<td>- 6 of 10 felt unsafe at school</td>
</tr>
<tr>
<td>- 1 of 5 victim of a physical assault at school</td>
</tr>
</tbody>
</table>

Link between this and STI’s? Self-Esteem
Results of Bullying, Heterosexism, Homophobia:

- Exclusive/hetero-centric language = zoning out of health promotion messaging
- Bullying and violence = missed days of class in school
- Bullying and violence = increase in substance use
- Safer examples don’t include same sex behaviors
- Sex Ed excludes same-sex relationships as valid
- Many teachers are not prepared/competent/comfortable to address same-sex relationship issues

Results of Bullying, Heterosexism, Homophobia:

- No inclusion = denial of risk
- Lesbian and Bisexual teens have higher teen pregnancy risk
- Low self-esteem = low safer sex practices
- Sex Ed needs to include same-sex examples for all students
- Sexuality is fluid—young people experiment!
- LGBT is a health class of its own!!!

Trust Young People

- Support young people to believe that it is ‘stupid and irresponsible’ to have sex without protection
- Teach youth this simple mantra: “safer sex or no sex” (period)

STI Prevalence Among Teens

- One in two sexually active young people will get an STD by the age of 25
- Many STDs are curable and all are treatable
- The only way to know for sure if you have an STD is to get yourself tested.

STI Prevalence Among Teens

- Figure 3. Distribution of New Cases of STIs by Age
- 25 years: 10%
- 15-19 years: 25%
- 20-24 years: 45%
Spread of Infections

Comprehensive Sex Education

• What is it?
• Is it effective?
• Does the community support it?

Comprehensive Sex Education: Outcomes

• 40%:
  • delayed sexual initiation
  • reduced number of sexual partners OR
  • increased condom/contraceptive use
• 30%:
  • reduced the frequency of sex
  • including a return to abstinence
• 60%:
  • reduced unprotected sex

Comprehensive Sex Education

“No abstinence-only program has yet been proven through rigorous evaluation to help youth delay sex for a significant period of time, help youth decrease their number of sex partners, or reduce STI or pregnancy rates among teens.”

– Advocates for Youth

Local Community

• Sex Education in schools: what does it look like?
• National Sex Ed Standards vs. New York State
  – NYS only address HIV education
  – What impact does this have on teachers & students?

State Sex Ed Guidelines

• Emphasis on HIV education
• Does not prohibit influence of religion in classroom sex education
### Do Parents Support Sex Education?

**Most Americans want:**
- A broad sex education curriculum
- Teach the basics, including:
  - how babies are made
  - how to put on a condom
  - how to get tested for STIs

### % of Parents that Want the Following Information Included in Sex Ed:

**Information on:**
- 99% Other STIs in addition to HIV
- 98% HIV/AIDS
- 96% Basics of “how babies are made”
- 94% How to get tested for HIV and other STIs

### % of Parents that Want the Following Information Included in Sex Ed:

**Information on:**
- 93% “waiting to have sexual intercourse until married.”
- 83% How to put on a condom.
- 71% That they can “obtain birth control pills from family planning clinics without permission from a parent”

### Educator Perspective

**What am I implementing at Planned Parenthood Mohawk Hudson?**
- Trends in the classroom
- Objection to Sex education
  - Desire to censor information

### STIS & LGBTQ Youth

- LGBTQ: Lesbian, Gay, Bisexual, Transgender, Queer/Questioning
- STI rates rising among LGBTQ youth
- Importance of inclusive education
- Focus on more than just HIV education

STIs are passed on during sex. The most common STIs are Chlamydia, Gonorrhea, Genital Warts and Herpes and they can affect both boys and girls.
Prevention

(STDS)

Evaluations

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