

NM SHARE

NEWSLETTER

Highlights:

- NM SHARE Summit 2004 Review
- Garth Brooks' "Right Now" Lyrics
- Did You Know?
- HIV/AIDS Update
- NMTPC Reports

NM SHARE Summit 2004 - A Success!

The NM SHARE Summit 2004 was held on March 3 & 4 in Albuquerque and was heralded as a wonderful learning experience. It was the second annual statewide conference sponsored by the collaborative, which is directed by the New Mexico Teen Pregnancy Coalition (NMTPC) and is funded by the NM Public Education Department through a grant from the CDC. The goal of the Summit, entitled "Kids in the Middle: Some Facts of Life Caring Adults Cannot Ignore," was to provide a safe and equitable environment for communication and collaboration on principles of prevention related to the reduction of risky sexual behavior among school-age youth.

The Summit was attended by a community of more than 70 abstinence and abstinence-plus comprehensive sexuality educators, public health workers, social workers, school nurses, psychiatric health care providers, researchers from the UNM Center for Health Promotion & Disease Prevention, APS teachers and administrators, and representatives from the NM Public Education Department and the NM Department of Health. All of the participants were key players in the collaborative development of a worthy common ground for principles of prevention in sexual health education.

Jacquelyn Sowers, M.Ed., of Sowers Associates in Hampton NJ, delivered the Keynote Address. A nationally renowned speaker and facilitator, Ms. Sowers brought her 35 years of expertise working as a consultant in human resource development, health promotion, and education. She is a writer, curriculum developer, and trainer of trainers on topics related to health promotion and education who has worked with educators, state departments, parents, clergy, health professionals, and community leaders in 47



Jacquelyn Sowers, M.Ed.

states and abroad. Her special expertise in adolescent and adult development, sexuality education, substance abuse, suicide, AIDS, violence prevention, and the development of moral and ethical reasoning was especially appreciated by her audience. The Keynote Address centered on how caring adults can recognize and work with the current trends in youth sexual activity and related behaviors, including abstinence.

Ms. Sowers began by pointing out that "mixed messages are a fact of life in the 21st century." Within the cultural backdrop of sexuality education, these messages are parallel, yet polar opposites: for example, "save sex" vs. "safe sex," and "true love waits" vs. "true love dates and mates." Both sides of each message carry with them equally weighted connotations. "If sexual experiences were viewed as dirty and immoral at one end of the continuum" Ms. Sowers explained, "then on the opposite end the experience can be viewed as uplifting and profound." The song "Right Now" by Garth Brooks was played to the audience to illustrate the barrage of mixed messages present in today's world (see inside). In the face of so many mixed messages, it becomes more difficult for an individual to recognize and make the most appropriate choices for oneself. Ms. Sowers illustrated her point with an analogy: "Like fire, [a sexual experience] can be warm and safe or it can burn. Therefore, we need to figure out how to live in a world where both interpretations are true."

The key to dealing with the mixed messages is to teach kids to become critical thinkers, emphasized Ms. Sowers. That task can only be accomplished through honest

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You Are Invited to
Attend the Next Quarterly

YIPESHARE MEETING

Y.I.P.E.S.
Youth Intervention Prevention
Education in Schools

NM SHARE
Sexual Health and Risk
Education

Friday,
June 4, 2004
10:00 AM to
12:00 NOON

Cooperative Education Services
4216 Balloon Park Road NE • 344-5470
Please join all of the people and
organizations working to reduce risky
sexual behavior among school-age
youth in New Mexico

LEARN & PLAN
Draw Strength from
One Another

For more information contact
Linda Brooks

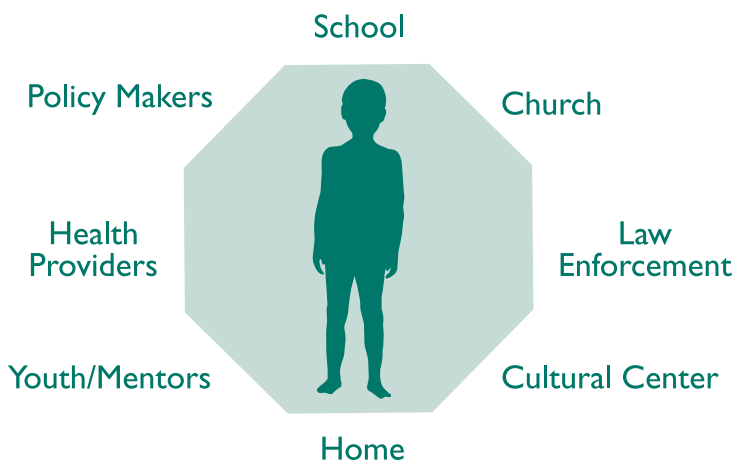
NM SHARE Collaborative Coordinator
Phone: (505) 286-5366
Email: share@nmtpc.org
for directions go online to:
www.nmshare.org

NM SHARE Summit 2004 - A Success!

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and open dialogue: "How are [kids] going to make moral decisions if you haven't taught them right from wrong?" Self-esteem does not seem to be as much of a factor in a kid's decision to have sex or not, as high incidences of pregnancy occur in kids with both high self-esteem and low self-esteem. However, kids who are given a framework for explaining the meaning of sexuality in a person's life, who are taught the difference between "know-how" and "want-to," tend to be more realistic and thoughtful about what a person needs before entering into a sexual relationship. Studies have shown that kids who don't have sex cite a strong connectedness with their parents and older people in their lives who care as their main reason for abstaining.

Ms. Sowers then explained what caring adults can do to make a difference in reducing risky sexual behavior in school-age youth. She entitled this section "Gathering Around the Trampoline: Communicate and Collaborate with Other Caring Adults." Illustrated, it looks somewhat like this:



Researchers, organization leadership, mental health professional, the media, and pharmaceutical companies can also be added to "gather around the trampoline."

"Skills Plus" was described as the part of a sexuality education program that addresses attitudes, values, and ethics. These programs are ones that actually teach, counsel, and encourage moral/value considerations. The new "Four Rs," were introduced and discussed: "Reasoning, Respect, Responsibility, and Resolve." Ms. Sowers suggested that we revise our agendas to include: the values piece; some skill development to expand horizons and challenge perceptions; an exploration of what caring adults can do; and the implementation of skill development by strengthening collaboration. An effective collaboration requires an open mind to the beliefs of all participants, she stated. "We need to acknowledge different beliefs and respect and welcome the differences...We need to evolve family core values, private values and public values in our education."

With those principles in mind, the participants were then given an opportunity to work together on developing skills to strengthen collaboration and increase the impact of adults. Worksheets were provided in the Summit notebook that guided the participants through: knowing one's team members; striving

PERSONAL RESPONSIBILITY AFFIRMATIONS

- I am responsible for what I do
- My beliefs guide my behavior
- I can think before I act
- My behavior is my choice
- My behavior has consequences
- My actions create reactions
- I treat others the way I want to be treated
- My safety counts
- I am responsible for what I say and do

— Sowers Associates

for synergistic communication; respecting and welcoming differences; finding common ground through an exercise called "This We Believe and Value"; and strategic visioning - turning hopes and fears into program goals. (The "This We Believe and Value" exercise will be used to develop the NM SHARE principles of prevention education.)

Action plans were developed during this time that included the setting of overall goals; the identification of existing forces that help and hinder; the identification of specific objectives; the making of action assignments; the evaluation of process and impact; and finally a plan for reconvening and sharing outcomes. The NM SHARE Collaborative will follow up on some of the outcomes of the action plans.

Ms. Sowers concluded that although there have been many changes in sexuality education throughout the years, we still need better messages, better education, and more education. "Sexuality is value laden," she reminded the audience, "and we should be able to illicit, evoke, and/or raise ethical questions." This ability to think critically, she said, would be the "highest order of teaching and counseling."

The Summit participants greatly appreciated the information shared by Ms. Sowers. They came away with strategies on ways to present topics relating to sexuality to teens as well as how to work with diverse groups toward common goals. One person wrote on her evaluation that "Mrs. Sowers did an excellent job! She is a very interesting educator and I feel her students are lucky to have her as a teacher. I hope I engage my kids like she did me." Another summit attendee wrote: "Jacquelyn is wonderful! Full of knowledge, experienced, and 'attitude'! I had a great time while learning so much."

*"He drew a circle to shut me out,
Heretic, rebel, a thing to flout,
But love and I had the wit to win,
We drew a circle that took him in."*

— Edwin Markham

To find out how to obtain a NM SHARE Summit 2004 notebook with Jacquelyn Sowers's handouts and worksheets, call or write Linda Brooks, NM SHARE Collaborative Coordinator, at: 505-286-5366 or llbrooksagent@msn.com

FROM THE NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY

No Time to Waste: Programs to Reduce Teen Pregnancy among Middle School-Aged Youth

The National Campaign to Prevent Teen Pregnancy is proud to announce the release of a new publication, *No Time to Waste: Programs to Reduce Teen Pregnancy Among Middle School-Aged Youth*. Produced in partnership with Child Trends, *No Time to Waste* provides detailed descriptions of those programs for middle school-aged youth that have been shown through careful research to have a positive impact on adolescent sexual behavior. The publication provides detailed descriptions of program curriculum, costs, and evaluation results.

This resource, developed as part of the ongoing CDC-funded effort, *Putting What Works to Work*, joins the expanding base of program evaluation literature from which communities can draw in making their decisions about what programs they

might consider using. Please pass along this message to any of your colleagues who may find *No Time to Waste* useful.

- A PDF version of *No Time to Waste* can be downloaded from <http://www.teenpregnancy.org>.
- *Making the List: Understanding, Selecting, and Replicating Effective Teen Pregnancy Prevention Programs*

Also part of the *Putting What Works to Work* project, *Making the List* helps those working with young people to navigate lists of effective teen pregnancy prevention programs and make informed decisions about how to select the best one(s) for a particular community and population. To download a free copy, go to <http://www.teenpregnancy.org>

Right Now

By Garth Brooks on Chris Gaines Greatest Hits Album, 1999
(As requested by many attendees to the NM SHARE Summit 2004)

Maybe it's the movies, maybe it's the books,
Maybe it's the government and all the other crooks,
Maybe it's the drugs and maybe it's the parents,
Maybe it's the gangs or the colors that we're wearin',
Maybe it's the high schools, maybe it's the teachers,
Tattoos, pipe bombs underneath the bleachers,
Maybe it's the music, maybe it's the crack,
Maybe it's the Bible or could it be the lack?

Chorus: Come on people now, smile on your brother,
Everybody get together, try to love one another right now.
(Right now)

Okay, maybe it's the papers, maybe it's the family,
Maybe it's the internet, radio, TV,
Maybe it's the president, maybe it's the last one,
Maybe it's the one before that.
Maybe it's the athletes, maybe it's the ads,
Maybe it's the sports fans, agents, gads,
Maybe it's the homeless, aliens, immigrants,
Maybe it's life, don't tell me that it's imminent.

Chorus x 2: Come on people now, smile on your brother,
Everybody get together; try to love one another right now.
(Gotta love one another.)

Maybe it's the fall out, maybe it's the ozone,
Maybe it's the chemicals, radiation, cell phones,
Maybe it's the magazines, maybe it's the next page,
Lotteries, fast food, bad news, road rage,
Maybe it's the unions, big business,
Maybe it's the KKK or the skinheads,
Maybe it's the daughters or maybe it's the sons,
Maybe it's the brothers or the muthas with the guns.

Chorus x2: Come on people now, smile on your brother,
Everybody get together; try to love one another right now.
Gotta love one another. So, what do you say, let's talk.)

Maybe it's the odds, maybe it's the sex,
Maybe it's the talk shows, maybe it's a reflex,
Maybe it's the taxes, maybe it's the system,
Judges, lawyers, prisons.
Maybe it's the Catholics, maybe it's the Protestants,
Maybe it's the addicts and the hippies and the communists,
Maybe it's the fashion, Maybe it's the trend,
Maybe it's the future, maybe it's THE END.



FROM THE EDITOR: The success of the NM SHARE Summit 2004 was, for the most part, due to Jacquelyn Sowers and her exuberant and expert presentation of *Kids In The Middle: Some Facts of Life Caring Adults Cannot Ignore*. On behalf of the NM SHARE

Collaborative, I extend a heartfelt thank you, Jacquelyn, and we extend an invitation to you to come back to New Mexico to continue our conversation on principles of prevention in sexuality education! It just doesn't get any better than that!



National Campaign to Prevent Teen Pregnancy: New Study on Adolescent Sexual Behavior

The National Campaign to Prevent Teen Pregnancy recently released 14 and Younger: the Sexual Behavior of Young Adolescents. This comprehensive report contains seven papers based on six different sets of data on young people (three national and three local). It sheds light on sexual relationships and activity among young teens. The report found:

DID YOU KNOW...?*

Before your son or daughter graduates from high school, there is a:

- 60% chance he or she will have had sexual intercourse
- 14% chance he or she will have had 4 or more partners
- 50% chance his/her first intercourse will be unprotected
- 18% chance your daughter will be on the pill if she is sexually active
- 70% chance he or she will use some form of birth control at least some of the time if sexually active
- 58% chance he or she will use a condom regularly if sexually active
- 25% chance he or she will have contracted a sexually transmitted disease (86% of all STDs occur among persons 15-29; (1 out of 2 sexually active youth will get an STD by the time they are 25.)
- 9% chance of involuntary infertility after one episode of pelvic inflammatory disease, 52% chance after three episodes in adolescent women
- .003% chance he or she will have contracted HIV (20% of AIDS cases are among young adults 20-29)
- 7% chance he or she will be a partner in a pregnancy (50% of teen pregnancies result in a live birth)
- 29% chance he or she will have concerns about his/her sexual orientation (down to 5% by senior year)
- 78% chance your son or daughter will use alcohol
- 30% chance your son or daughter will engage in heavy drinking (5+ on a single occasion).

*Based upon data from the 2001 Centers for Disease Control and Prevention Youth Risk Behavior Surveys, the US Department of Health and Human Services Child Health USA Report, and the Alan Guttmacher Institute Report.

Sexual Intercourse

Approximately one in five adolescents has engaged in sexual intercourse before his or her fifteenth birthday

Boys who are 14 and younger are slightly more likely to have had intercourse than girls of the same age

A substantial proportion of teens who are 14 and younger who have had intercourse are not currently sexually active

More than one in 10 girls who first had intercourse before age 15 describe it as non-voluntary and many more describe it as relatively unwanted.

Contraceptive Use

Between half and three-quarters of young people ages 12 -14 who reported having had intercourse used contraception the first time they had sex

Slightly more than half of girls ages 12 -14 and about two-thirds of boys who reported having had intercourse say they used some form of contraception the most recent time they had sex.

Reference: 14 and Younger: The Sexual Behavior of Young Adolescents (Washington, DC: The National Campaign to Prevent Teen Pregnancy, 2003)

HIV/AIDS UPDATE

HIV/AIDS Speakers Bureau

The HIV/AIDS Speaker's Bureau is a means of learning first hand about living with HIV/AIDS. Funded by the NM Department of Health, Infectious Disease Prevention, and Control Bureau HIV/AIDS/STD Programs, the HIV Speaker's Bureau is an extremely effective tool to integrate into your HIV/AIDS section in your health classes.

The Speaker's Bureaus are directed by the HIV/AIDS Health Management Alliance (HMA) Collaborative which has five districts throughout the state:

DISTRICT I

New Mexico AIDS Services/UNM Health Sciences Center, Albuquerque
HMA Directors
Kathleen Kelley,
Deputy Executive Director
888-882-2437

Karen Edge, MPH
505-272-9033
505-272-0516 (Nurse Line)

Medical Director
Karla Thornton, M.D. MPH

DISTRICT II

Southwest C.A.R.E. Center Santa Fe
HMA Director
David Barrett, L.I.S.W.
888-320-8200
www.SOUTHWESTCARE.org

Medical Director
Trevor Hawkins, M.D.

DISTRICT III

Camino de Vida Center for HIV Services Las Cruces

HMA Director
Kari Maier, L.I.S.W.
800-687-0850
www.zianet.com/caminodevida

Medical Director
Valda Chijide, M.D.

DISTRICT IV

Alianza of New Mexico, Roswell

HMA Director
Debi Peterman, MSN
800-957-1995
www.alianzaNM.org
Medical Director
Charles Fenzi

NATIVE AMERICAN HMA

First Nations Community Health Source, Albuquerque

HMA Director
Frances Dineyazhe
888-883-9311

Medical Director
Lexi Karazaz, M.D.

Sexual Transmitted Diseases Prevalent among Our Youth

Each year, about nine million Americans between 15 and 24 are infected with sexually transmitted diseases, according to CDC data. The prevalence of herpes has successfully declined by 74 percent among teens; however, the prevalence of others such as syphilis, gonorrhea, Chlamydia, human papillomavirus, genital herpes and HIV/AIDS, remains alarming high.

“STDs are a big problem,” said Jacqueline Darroch of the Alan Guttmacher Institute. “We need to be paying attention to it.” But, according to a study conducted by a research group headed by the UNC-Chapel Hill School of Journalism and Mass Communication, too few are paying attention. The research found a “pass-the-buck” mentality that has helped foster a silent epidemic. The principal investigator, Joan R. Cates, said that “the evidence is that frank conversations can be effective”... “It’s really amazing that we often ask for more money for programs, but the bottom line in this area is that if we just started talking - parents to children, partner to partner, health-care

provider to patient— we would get so much further.”

In a preliminary report from the NM DOH STD Program, January 22, 2004, we find that in 2003 the total number of cases reported in New Mexico in ages 12-24 for early syphilis was 20, gonorrhea was 634, and Chlamydia was 5,395.

The Kaiser Family Foundation Daily Reproductive Health Report of Thursday, December 18, 2003 reports that researchers have developed a rapid Chlamydia test that can produce results in less than 25 minutes. The “Firstburst” test detects Chlamydia bacterium in urine samples from men and from a vaginal swab from women.

Dr. Helen Lee, a university of Cambridge researcher who led the research, said that the new test could be used in the developing world, where it is more difficult for people to access health care, or in the developed world, where up to half of the people who are tested for Chlamydia fail to return for their results.

New Mexico Teen Pregnancy Coalition News

New Social Marketing Campaign

The New Mexico Teen Pregnancy Coalition has announced that they will soon be unveiling a statewide Social Marketing Campaign. They have contracted with Cooney, Watson & Associates of Albuquerque to work on this campaign.



Counties On Target

Ten NM counties met their goal to reduce their teen birth rates by 16 percent or more, a goal set forth by the NMTPC Challenge 2005: to reduce teen births in New Mexico by 20% by 2005. The counties were honored with a certificate of recognition at the NMTPC Conference, May 5, 2004.

The counties who received recognition were:

COUNTY	RATE REDUCTION 1998-2002
Cibola	42.0%
Colfax	29.1%
Eddy	28.2%
Grant	19.2%
Guadalupe	16.8%
Lea.....	27.1%
Los Alamos.....	16.3%
Luna	21.1%
Sierra	65.0%
Torrance	41.6%



NM SHARE Collaborative
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(Sexual Health And Risk Education) Collaborative

*Strengthening Communication, Coordination, and
 Collaboration Throughout New Mexico*

- **SHARE** is a NM Collaborative providing support for organizations and individuals working to reduce risky sexual behavior among school-age youth.
- **SHARE** provides opportunities for networking, collaboration, and continuing education.
- **SHARE** activities are designed to improve members ability to successfully impact the youth in their programs.
- **SHARE** has a newsletter, listserv and website access to support the collaborative.

**Funded by the
 New Mexico Public Education
 Department/School Health Unit
 through a Grant for the
 Centers for Disease Control**

**Directed by the
 New Mexico Teen Pregnancy Coalition**



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