

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.



Our teen years are a very formative period in our lives. Relationships are essential at any point in our lives, yet we often overlook unhealthy relationships that occur during the teen years. This is due to hormones, puberty, stress, and other factors. Teen dating violence, much like violence at any age, should not be ignored. No matter how old you are, you deserve to be in a loving, healthy, and safe relationship. Some keys to a healthy relationship include, communication, mutual respect, healthy boundaries, willingness to learn, and mutual understanding. According to Loveisrespect.org, 1 in 5 teens in a dating relationship report being hit, slapped, or pushed by their partner. This doesn't include any verbal and emotional abuse. LGBTQ youth report higher rates of dating violence but often won't seek help for fear that people won't believe them.

This type of abuse can affect a person's self-esteem, making it harder for them to stand up for themselves. Low self-esteem can also lead to poor performance in school, increased drug use, self harm, or even suicide. Early warning signs of teen dating violence include excessive jealousy, constantly checking in on their partner, attempting to isolate one's partner from their friends and family, insulting them, getting too serious about the relationship too quickly, being very controlling, not taking responsibility for their actions, refusing to let their partner end their relationship, and having a history of bad relationships.

If you recognize these signs in your relationship, trust your intuition. Only you know all of the aspects of your relationships, so do not ignore the warning signs. Spend time with other people and stay in touch with your friends. Keep up with activities that make you happy. Talk to your partner about your concerns and do so in a healthy way - use "I" messages instead of "you" messages. And if you feel that you can't safely stay in your relationship, never be afraid to ask for help.



Partner SPOTLIGHT: By: Delia Olufsen

Learning, Literacy, and Values are the hallmarks of United Way of Seneca County's **Women's Leadership Council**.

Learning: The main focus of WLC is Education, namely, to advocate that each and every student can reach their full potential by promoting access to positive and effective initiatives for Seneca County families, individuals, schools, organizations and communities.

Literacy: WLC supports Literacy by tending Red Book Shelves throughout the County to encourage family and developmental reading. New and gently used books are collected and placed on the Red Book Shelves.

Values: Monthly Values modeled on Search Institutes' 40 Developmental Assets are posted and shared throughout the County. Some of the Values of the Month include Personal Power, Honesty, Respect/Equality/Social Justice and Self Esteem, all positive building blocks for youth success.



*For further information, contact the United Way of Seneca County at 315-539-1135 or uwseneca@uwseneca.org

Like Finger Lakes Community Health Reproductive Ed on Facebook!

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

Do you have Condom Sense?

Condoms have been around for many years and have changed quite a bit over time. They can be purchased over the counter for only a few dollars, or even in bathroom vending machines for a quarter. They prevent both pregnancy and sexually transmitted infections. Did you know that there are two main types of condoms? Male condoms, also known as external condoms, are worn on the outside of the body. Female condoms, also known as internal condoms, are worn inside the body.

There are latex free condoms for those who have a latex allergy, but most condoms are typically made of latex. They come in different sizes and flavors. Why different flavors, you ask? Well, not only to make things more interesting, but also because they should be used during oral sex. Oral sex can spread STIs so it's important to use condoms (or dental dams) when having oral or anal sex with someone. They aren't limited to use during vaginal sex. We live in the digital age where you can easily type the word "condom" into your search engine and have hundreds of results at your fingertips, but we still have trouble talking about this important item that helps us manage our health, prevent pregnancy, and even save lives. There are videos all over the internet of condoms being "put to

the test" to show how durable they are. People drop condoms full of water off of buildings, use them to "catch air" while riding in cars, or even use them as volleyballs, yet very few instructional videos about using condoms are entirely accurate.

Condoms should always be used with a water based lubricant. We have patients who say they've used mayonnaise, chocolate syrup, or baby oil during sex. While these won't necessarily harm you, they are oil based products that will break down the condom and cause it to burst. Never use two condoms together; one is all you need. And never use a male and female condom together. If you put a condom on upside down, throw it away and get a new one, as you may have been exposed to semen or STI fluid. Lastly, always dispose of used condoms by throwing them in the trash, because like tampons, they can clog your toilet drain.

We give out free condoms at all of our health centers, so if you or someone you know needs some, feel free to stop by our front desk and ask for "a bag" or "some condoms." Stay safe and enjoy yourselves!



Where Are We (FLCH) This Month?

- **February 1st & 2nd:** Lyons High School Education
- **February 7th:** Ontario Probation Education, Canandaigua
- **February 7th:** Tier 2 Meeting, Penn Yan
- **February 8th:** New York State Department of Labor - Jumpstart, Lyons
- **February 9th:** Finger Lakes HIV/STD Public Health Consortium Meeting, Canandaigua
- **February 13th:** WARE - Wayne Action for Racial Equality, Newark
- **February 16th:** Finger Lakes Community College, Newark
- **February 16th:** Southern Tier Sexual Health Coalition, Bath (10am)
- **February 16th:** Finger Lakes Sexual Health Coalition, Canandaigua (2pm)
- **February 17th:** Keuka College, Keuka Park
- **February 28th:** Wayne Wellness Meeting, Lyons

***Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?**

For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



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