

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.

October is **Let's Talk** Month

Talking about sex is never easy. We all come with our own educational history and preconceived notions of what to say or what the person we are speaking to will say, and the conversation sometimes takes a totally different turn. This conversation is one of the most important ones that we will have in our lives. Sex is more than just a physical act, there are emotional and social aspects of sex that are often overlooked. "Let's Talk" month is a national public education campaign aimed to increase the prevalence and decrease the stigma surrounding these healthy, preventative conversations regarding sexual health. New York State does not have a law that requires comprehensive and medically accurate sexual education to be taught to students, so every school district may have a varied approach to this subject. If we don't talk about sex at home and the schools don't all have the same curriculum, then where will teens get the proper information? It's important for parents and professionals to keep themselves informed about sexual health. In honor of "Let's Talk" month, our team suggests this advice as it will help facilitate those healthy, preventative conversations: **Be an "askable" parent**, and be open to youth when they ask questions. **Be honest**, because honesty is the foundation on which we build healthy relationships. We want these kids to know the facts so that they are able to make informed and safe decisions regarding sex. As we all know, sometimes adolescents tend not to listen the first time a parent or educator tells them something, especially when discussing an uncomfortable topic such as sex. For this reason, it's important to remember that some conversations are worth repeating.

Here are some additional communication tips for talking about sex from Advocates for Youth:

Door Openers:

- "What do you think?"
- "That's a good question."
- "I don't know, but I'll find out."
- "I'm trying to understand what you're feeling."
- "Do you know what that word means?"
- "I'm glad you told me about that."

Door Closers:

- "You're too young."
- "Where did you hear that?"
- "If you say that word again, I'll ..."
- "That's none of your business."
- "I don't care what your friends are doing."
- "That's just for boys (girls)."
- "We'll talk about that when you need to know."



Partner SPOTLIGHT: By: Lorelei Wagner

Since 1918, Steuben County Public Health has provided the community with quality health services in order to support and facilitate better health for all with healthy people, strong families, and vibrant communities in mind. Over the years, we have updated services to meet the changing needs of our community, but the commitment to health promotion and disease prevention remains. Public Health services include disease control and prevention efforts, family health services, health promotion and education, and emergency preparedness and response planning. Services can be obtained by calling our office at [607-664-2438](tel:607-664-2438). Further information can be found on our website: www.steubencony.org/publichealth or you can like us on Facebook at www.facebook.com/SCNYPublicHealth.



Public Health
Prevent. Promote. Protect.
Steuben County NY

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

Thanks, Birth Control Day: November 16th, 2016

In November of 2013, the National Campaign to prevent teen pregnancy launched *Thanks, Birth Control Day* as a way to create a healthy conversation about birth control and contraception. Contraception has been proven to help ease cramping, help with acne and strengthen hair, decrease risk of certain cancers, help control mood, regulate menstruation, help with medical conditions (such as endometriosis and polycystic ovarian syndrome) and, of course, prevent pregnancy.

Join us by sharing your story on social media using [#ThxBirthControl](#) and feel free to share it on our Facebook (Finger Lakes Community Health Reproductive Ed) or Twitter (FLCHFPEd).

We'd love to hear about why you're thankful for birth control!



Where Are We (FLCH) This Month?

- **October 6th:** 16th Annual Adolescent Health Conference - Holiday Inn, Waterloo.
- **October 11th:** Coming Out Day
- **October 19th:** Love Your Body Day (<http://now.org/now-foundation/love-your-body>)
- **October 19th-23rd:** Health Education Week
- **October 20th:** Southern Tier Sexual Health Coalition, Bath. (10am)
Finger Lakes Sexual Health Coalition, Canandaigua. (2:15pm)
- **October 21st-25th:** Ally Week
- **October 27th:** Seneca County Youth Summit - Holiday Inn, Waterloo.

***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!



Olivia Catalano
Health Advocate
OliviaV@flchealth.org
P: 315-521-0249



Patricia Hall
Health Advocate
PatH@flchealth.org
P: 315-483-1199