

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.

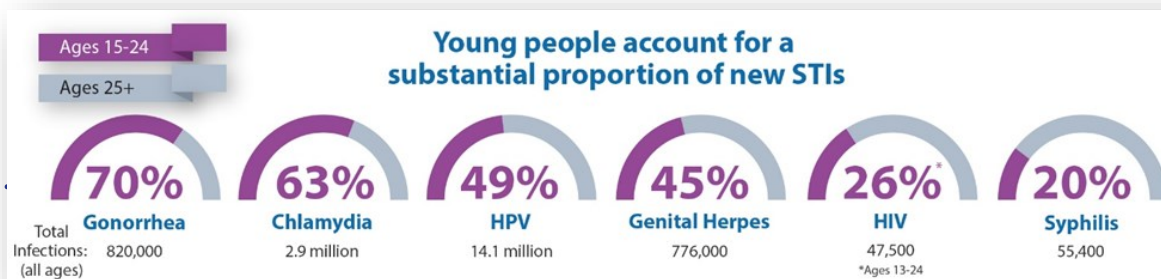
Why Young Americans Are at a Higher Risk for STIs

The Center for Disease Control (CDC) has evidence that shows that the youth population bears disproportionate rates of sexually transmitted infections (STIs). While people age 15-24 make up only 27% of the sexually active population, they account for 50% of the 20 million new STIs in the United States each year. Education on proper condom use and regular STI testing is essential in ensuring the prompt treatment of STIs. General education should include how to use and store condoms, as well as the importance of STI testing and treatment. Comprehensive education should include topics such as how someone would know if they're ready to have sex (or practice abstinence), and how to talk to one's partner about their sexual history. Youth should also be made aware that having multiple partners increases the risk of STI, and that communicating with their sexual partner is not only beneficial for

promoting sexual health, studies show that it also provides the personal benefit of leading to better sex. It's also important to provide education on how to access services, and it should be noted that although the NYS age of consent for sexual activity is 17 years old, the age of consent to access sexual health medical services in NYS is 12 years old.

Confidentiality is an important factor to consider when it comes to building trust with the younger population. Confidentiality concerns arise when youth fear retaliation for accessing care, which may prevent them from disclosing information to a provider. Lack of disclosure may lead to insufficient screening and treatment. The CDC recommends that all women between the ages of 15 and 24 receive chlamydia screening at least once a year, even when they're not sexually active. Biologically, young women

are more susceptible to STIs, and undiagnosed STI's cause infertility in 24,000 women each year. Many young people may not be thinking about becoming pregnant currently, but in the future, they may want children, so basic health care is essential. Lastly, lack of access (or knowing where to go) can impact the health of the youth population. Thankfully, if you're reading this, you know that our providers care for people starting at age 12 (following the NYS law for reproductive services), even when parental consent isn't given and payment is difficult. We work with everyone to get their care covered by one of our many programs, and we encourage family involvement in the decision of minors seeking care. Access is just as important as having a strong support network.



Participate in the 2020 Adolescent Health Conference!

Building the Resiliency Toolbox: No more shame. This conference will take place on October 15th, 2020 in Waterloo, NY. At this event we bring together over 150 professionals from across New York State to build their toolbox to help those they serve. We educate on topics such as sexual health, trauma, drug use, mental health, and more. Our goal is to provide our attendees with current information and resources, and to help build their network up to help our communities thrive. This professional development conference is a key tool for the communities we work with.

- Now is the time to submit a proposal to do a workshop at the 20th Annual Adolescent Health Conference (for health care related to adolescents and young adults).
- Want to present at our conference? Request to present is currently open. Submit your proposal here:

<https://forms.gle/BnX3stzLZjzP6VNA>

Like **FLCHRHEd** on Facebook!

Supported by the NYS Family Planning Program



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

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

www.LocalCommunityHealth.com

Provider Spotlight!



Matthew Thuja, PA-S
Finger Lakes Community Health

What you should know about STIs

“Sexually transmitted infections (STI) are common, treatable, and often curable. More than 1 million new STI transmission infections occur around the world every day. 376 million of those new infections are from chlamydia, gonorrhea, syphilis, and trichomonas. As a result, our practice performs a routine STI screening during physical exams. STI screenings are recommended even when there are no symptoms, as many STIs (about 80%) are asymptomatic. Testing can include a urine test (pee in a cup), swab (throat, anus, penis, or vagina), or a blood draw. Test results only take a few days to come back to the health center, and treatment can be done in our office. By delaying testing or treatment for STIs, a patient is at risk for complications such as infertility, and even in some cases, such as with syphilis, brain damage. Common symptoms of STI include rash, painful urination, bumps, and discharge. If a patient is known to have been exposed to an STI, we may be able to provide treatment while waiting for their test results. If, for example, a chlamydia test comes back positive, we can also offer Expedited Partner Therapy (EPT) where we can offer the patient a script for communicating their result with their sexual partner. We often find that STI's present in pairs, so the best option is to get tested annually, or with every new partner to know your status.”

Consent Defined.

Consent is defined as, "permission for something to happen, or agreement to do something." For example, toddlers can be taught consent in simple ways, by asking them questions such as, "Do you want to play with your friend?" This principle should be used when talking about sexual consent. Asking someone, "Can I kiss you?" or, "Can we have sex?" is the only way to get consent. Consent cannot be given by silence. Also, NYS law states that consent cannot be given under the influence of drugs or alcohol. Checking in with your partner during sexual activity to ensure consent is still given is important in maintaining consent. Let's refer back to our toddler examples: sometimes during play, toddlers will ask each other, "Do you still want to play?" or, "Do you want to move over to the swings?" When they try to force each other to do something, this typically doesn't go well. The same can be said for adults.

Consent - it's as simple as FRIES

F freely given
R reversible
I informed
E enthusiastic
S specific



April is Sexual Assault Prevention Month. According to RAINN.org, 54% of assault victims are 18-34, 15% are 12-17 years old. Every 73 seconds, an American is sexually assaulted. Remember to follow the rules of FRIES when thinking about consent.

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 visit, www.LocalCommunityHealth.com or contact us today to schedule!



Olivia Catalano, RH Program Manager
E: OliviaC@flchealth.org
P: 315-787-8132



Patricia Hall, Health Advocate
E: PatH@flchealth.org
P: 315-521-7787



Ken Metasavage, Health Advocate
E: KMetasavage@flchealth.org
P: 315-521-0249

Follow us on TWITTER at **FLCHFPED!**