

# NYSCAP Newsletter

New York State Council on Adolescent Pregnancy

## Yet another reason to support age-appropriate, medically accurate, comprehensive sexuality education K-12!

Puberty is a critical period of development that lays the foundation for future sexual and reproductive health. It is important to recognize the puberty experiences of low-income girls in the United States given their increased vulnerability to negative sexual and reproductive health outcomes. [The authors of this article searched] the peer-reviewed literature published between 2000 and 2014 on the puberty experiences of low-income girls in the United States. Twenty qualitative articles were included. They described the experiences of mostly African-American, Caucasian, and Hispanic girls living primarily in urban areas of Northeastern United States. Five overarching themes emerged: content of girls' puberty experiences, quality of girls' puberty experiences, messages girls receive about puberty, other factors that shape girls' puberty experiences, and relationships that shape girls' experiences of puberty. *The limited existing evidence suggests that low-income girls in the United States are unprepared for puberty and have largely negative experiences of this transition.* [Italics ours. Abstract provided by publisher.]

[Puberty Experiences of Low-Income Girls in the United States: A Systematic Review of Qualitative Literature From 2000 to 2014](#), A. Herbert, A.M. Ramirez, G. Lee, S.J. North, M.S. Askari. R.L. West, M. Sommer, *Journal of Adolescent Health*, April 2017, Vol. 60, Issue 4, Pgs 363–379

Adolescence is marked by the emergence of human sexuality, sexual identity, and the initiation of intimate relations; within this context, abstinence from sexual intercourse can be a healthy choice. However, programs that promote abstinence-only-until-marriage (AOUM) or sexual risk avoidance are scientifically and ethically problematic and—as such—have been widely rejected by medical and public health professionals. The weight of scientific evidence finds that AOUM programs are not effective in delaying initiation of sexual intercourse or changing other sexual risk behaviors. *AOUM programs, as defined by U.S. federal funding requirements, inherently withhold information about human sexuality and may provide medically inaccurate and stigmatizing information.* Thus, AOUM programs threaten fundamental human rights to health, information, and life. *Young people need access to accurate and comprehensive sexual health information to protect their health and lives.* [Italics ours. Abstract provided by publisher.]

[Abstinence-Only-Until-Marriage: An Updated Review of U.S. Policies and Programs and Their Impact](#) J.S. Santelli, L.M. Cantor, S. Grilo. I. Speizer, L. Lindberg, J. Heitel, A.T. Schalet, M.E. Lyon, A. Mason-Jones, T. McGovern, C. Heck, J. Rogers, M.A. Ott, *Journal of Adolescent Health*, [September 2017](#), Vol.61, Issue 3, Pgs 273–280

## Board Members

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## Foundations: Core Skills Training for Sexuality Education Training

The Student Support Services Center is working collaboratively with Answer, Inc. of Rutgers University and Cardea Services, as well as NYSCAP and several NYS organizations to offer a full-day training entitled **Foundations: Core Skills Training for Sexuality Education**. The training is offered at various places and times around NY State. Registration information can be found [here](#).

**Foundations: Core Skills Training for Sexuality Education** is a national skills-based professional development offering which allows participants to practice and enhance their skills related to facilitating health and sexuality education, including: climate building in the classroom; exploring the components of comprehensive sexuality education; pedagogical approaches for experiential learning; beliefs clarification; managing personal disclosure; and responding to sensitive questions and harassing comments.

Foundations is appropriate for those implementing health and sexuality education with any grade level and with any curriculum as it is a strategies based training and does not focus on specific content. Basic functional knowledge of health and sexuality education is a prerequisite for this professional development.

If you are having difficulty opening this link, or have questions related to the session, please contact the Student Support Services Center at [nysssscenter@gvboces.org](mailto:nysssscenter@gvboces.org) or 585/344-7570.

If you support medically accurate, comprehensive sexuality education for all youth, NYSCAP wants you to join us!

NYSCAP is open to any individual, organization or corporation that is interested in supporting the mission.

You can review our brochure and download an application at <https://www.nyscap.org/becoming-a-member>



The New York State Council on Adolescent Pregnancy, Inc. is a non-profit organization providing leadership in teen pregnancy prevention and supporting healthy adolescent development and well-being across New York State.

Our mission is to promote healthy adolescent development and well-being, reduce the incidence of adolescent pregnancy and increase the capacity of pregnant and/or parenting youth to become productive members of society.

Our Vision: All students (pre k -12) receive quality comprehensive sexuality education in order to make safe and healthy decisions about their lives, bodies, relationships and well-being.

Contact us at:  
[nyscap@gmail.com](mailto:nyscap@gmail.com)

We're on the web!  
[www.NYSCAP.org](http://www.NYSCAP.org)

Facebook:  
<https://www.facebook.com/NYSCAP>



**The State Legislature is in session, and NYSCAP is in action.** Our annual **Advocacy Day in Albany** is Tuesday, March 6<sup>th</sup>. We will be meeting with the Governor’s Division of Budget, Assembly Members and Senators to advocate for:

- Wellness Policies in School Districts that include Comprehensive Sexuality Education (CSE) and Comprehensive Health Education (CHE)
- Maintenance of current funding levels for teen pregnancy prevention and maternal-child health services/programs

The **Governor’s Executive Budget** calls this year for an amendment to Education Law creating a “Be Aware, Be Informed” awareness, prevention and education program (K-12 learning module) that includes information about healthy relationships and “age appropriate, medically accurate sexual health.” However, this is not a mandate; and there is no funding provided.

NYSCAP has also communicated with **State Education Department (SED)** Commissioner MaryEllen Elia and Chancellor Betty A. Rosa, urging them to apply for **available CDC funds** to implement an initiative for *Improving Student Health and Academic Achievement through Nutrition, Physical Activity and the Management of Chronic Conditions in Schools*.

At the **Federal level**, NYSCAP signed on to organizational letters to Congressional leaders. The first, spearheaded by The Sexuality Education Coalition (in which Healthy Teen Network, SIECUS, Advocates for Youth, and other national groups participate) urges *continued support of funding for Teen Pregnancy Prevention Programs (TPPP) and CDC’s Adolescent School Health and HIV Prevention efforts*. The second was promulgated by Power to Decide (formerly the National Campaign to Prevent Unplanned Pregnancy) and *urges protection of funding for both TPPP and the Personal Responsibility and Education Program (PREP)*. In addition, NYSCAP Board Members have met locally with Congressional staff to advocate for these proven interventions.





## NYC Department of Education revises and expands Wellness Policy in 2017 to include Health and Sexual Health Education

The NYC Department of Education worked collaboratively with families, the community and schools to revise and expand their School Wellness Policy in 2017 to ensure that all students graduate knowing how to take care of their minds, their bodies and those around them. The Wellness Policy includes a District Wellness Advisory Council that advises NYCDOE on updating and modifying the wellness policy based on the results of the annual progress reports. One of the many included and expanded areas of the policy is comprehensive health education, including sexual health education. NYC DOE requires standards-based

Comprehensive Health Education in elementary, middle, and high

school that is medically accurate, age- and developmentally appropriate, culturally inclusive, and provided in a safe and supportive learning environment where all students feel valued. The revised Wellness Policy specifies a 54-hour health education course at the middle school level and a 54-hour course at the high school level and includes sexual health education and HIV/AIDS education. Prior to the revised policy, sexual health education was only required through a Chancellor’s memo. NYCDOE provides research-based, recommended curricula and related, no-cost teacher training. If a school selects another curriculum, it must align with the National Health Education Standards and National Sexuality Education Standards. Click here for more information: <http://schools.nyc.gov/offices/health/genprogserv/wellness.htm>.

### Join us at NYSCAP’s 4th ANNUAL CONFERENCE!!!

**Friday, April 13, 2018**  
**9:00am - 4:00pm**

#### Why attend this Statewide Conference?

To learn about what is going on in the field outside your own local area. Join other adolescent health stakeholders for a day of information, insight and discussion

#### Who should attend this Conference?

Teachers K-12, Health Educators, Parents, Teens and Adolescents, Community Representatives

#### Conference Objectives:

- ▶ Provide an opportunity for participants to network with other people in the field
- ▶ Update stakeholder knowledge of online resources
- ▶ Update knowledge of current advocacy efforts statewide
- ▶ Increase knowledge and skills used to include males in the conversation of reproductive health and risk reduction

## CONFERENCE AGENDA

8:00 - 8:45am	Registration, networking, continental breakfast
8:45 - 9:00am	Welcome Remarks: Assunta Ventresca, NYSCAP Vice President
9:00 - 10:10am	Keynote
10:15 - 11:15am	Plenary - Boys will be Boys: How Sex Education is Failing Young Men - Daniel Rice, Director of Training at ANSWER
11:15 - 11:30am	Break
11:30 - 12:30pm	Breakout Sessions(2) 1) How to talk to students about suicide prevention - Pat Breux, State Coord. of School & Youth Initiatives, SPCNY 2) Panel discussion - What works: How to implement CSE into school policy - Lindsey Harr (NYC), Audrey Korokeyi (Rochester), Andrea Norton (Buffalo)
12:30 - 1:30pm	Lunch
1:35 - 2:35pm	Breakout Sessions (2) 1) Human Trafficking in NYS: Experiences and Resources of Safe Harbour: NY - Madeline Hehir, Anti-Trafficking Coordinator, NYS OCFS 2) Online Resources for Teens and Young Adults - Amanda Barry - Fordham MSW Student/EOC of Suffolk, Inc. Intern - Samantha De Luca - NYU MSW Student/EOC of Suffolk, Inc. Intern
2:35 - 3:35pm	Plenary - Adolescent Sexual Health Data, NYS - Trang Nguyen, Director, Public Health Information Group, NYSDOH - Travis O'Donnell, Director, Bureau of STI Surveillance, NYSDOH
3:35pm - 4:00pm	Wrap-up - Assunta Ventresca, NSYCAP Vice President





## Education, Exploration & Support For Comprehensive Sexuality Education and Adolescent Health

Friday, April 13, 2018 from 9am - 4pm

The Desmond Hotel, Albany, NY

### ACCOMMODATIONS

The Desmond, 660 Albany Shaker Road, Albany, NY 12211 Phone: 800-448-3500

A block of rooms is being held for conference attendees at The Desmond. Please state you are with the NYSCAP conference and use the Group ID, 12Q5EN. Reservations must be received no later than March 22, 2018. Room rate is \$136.

**To reserve your room: Call (518)869-8100 or toll free 1-800-448-3500 or Click [HERE](#).**

### REGISTRATION

Registration includes continental breakfast, lunch and materials.

**To register: Click [HERE](#)**

or

**Mail check made payable to NYSCAP with registration form below to: NYSCAP, 457 State St, Binghamton, NY 13901**

*REGISTRATION AND PAYMENT MUST BE RECEIVED BY CLOSE OF BUSINESS ON APRIL 6, 2018*

*Limited (based on available seating) on-site registration the day of the event is available for \$150 per person.*

Questions? Email Alicia Beekman at [abeekman@mothersandbabies.org](mailto:abeekman@mothersandbabies.org)

**NYSCAP Conference Registration** (Please check appropriate box) **Registration Deadline: April 6, 2018**

Registration Fee: **BEFORE** March 13 = \$75 pp  **AFTER** March 13 = \$100 pp

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Title \_\_\_\_\_

Affiliation \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Special dietary needs? \_\_\_\_\_