

# Back to School!

August 10, 2016

Written by: Mvskoke Nation Youth Services

## Teen Pregnancy Prevention

### MAKING A DIFFERENCE!

*An Abstinence Approach to Prevention of STDs, HIV and Teen Pregnancy for youth in grades 6 - 8*

MAD! is an evidence-based program that will provide students with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), the Human Immunodeficiency Virus (HIV), and pregnancy by abstaining from sex.

Parent Preview Night will be September 13th at 6 pm. Parents will receive an overview of the course and an opportunity to review the curricula and ask questions.

Classes will begin September 20th at 4 pm and continue every Tuesday through November 8th.

### MAKING PROUD CHOICES!

*A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention for youth in grades 9 - 12*

MPC! is an evidence-based program that provides students with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), the Human Immunodeficiency Virus (HIV), and teen pregnancy by making safer sex choices.

Parent Preview Night will be September 14th at 6 pm. Parents will receive an overview of the course and an opportunity to review the curricula and ask questions.

Classes will begin September 21st at 4 pm and continue every Wednesday through November 9th.

All classes including Parent Preview Night will be held at the Mvskoke Nation Youth Services Office  
For more information please contact MNYS at 918-549-2557 or [youthservices@mcn-nsn.gov](mailto:youthservices@mcn-nsn.gov)

To register your youth, use the following link: <http://tinyurl.com/MNYSTPP>

Parents/Guardians, Youth, Community Members, and Educators,

The Teen Pregnancy Prevention Movement invites you to attend and join the conversation about Teen Pregnancy Prevention in Okmulgee County. The Movement is a collaborative initiative of local organizations seeking to prevent teen pregnancy.

Our Next Meeting is September 12th 3:30 pm-5:00 pm  
Location: TBA - Contact MNYS at 918-549-2557 or [youthservices@mcn-nsn.gov](mailto:youthservices@mcn-nsn.gov)

For more information, find us on Facebook!  
[www.facebook.com/TeenPregnancyPreventionMovement](http://www.facebook.com/TeenPregnancyPreventionMovement)



Teens consistently say that parents—not peers, not partners, not popular culture—most influence their decisions about sex. In fact, teens say it would be much easier for them to avoid pregnancy if they were able to talk more openly with their parents.

## Tips on Talking to Your Youth!

### So...what can you do?

1. First, encourage communication by reassuring kids that they can talk to you about anything.
2. Take advantage of teachable moments. A friend's pregnancy, news article, or a TV show can help start a conversation.
3. Listen more than you talk. Think about what you're being asked. Confirm with your child that what you heard is in fact what he or she meant to ask.
4. Don't jump to conclusions. The fact that a teen asks about sex does not mean they are having or thinking about having sex.
5. Answer questions simply and directly. Give factual, honest, short, and simple answers.
6. Respect your child's views. Share your thoughts and values and help your child express theirs.
7. Reassure young people that they are normal—as are their questions and thoughts.
8. Teach your children ways to make good decisions about sex and coach them on how to get out of risky situations.
9. Admit when you don't know the answer to a question. Suggest the two of you find the answer together on the Internet or in the library.
10. Discuss that at times your teen may feel more comfortable talking with someone other than you. Together, think of other trusted adults with whom they can talk.

### Additional Resources:

<https://thenationalcampaign.org/featured-topics/parents>

<http://www.advocatesforyouth.org/parents-sex-ed-center-home>



You're probably not the only one who feels awkward or nervous talking about sex at home — your parents might, also. But in reality, lots of parents actually say they're relieved when their teens start this conversation.

**Here are some tips to help you get started.**

#### First, set the stage.

\*Try to pick a time when neither of you are in a hurry or a bad mood.

\*Choose a place that's comfortable and private. The idea is to minimize distractions and interruptions.

#### Second, set the tone.

\*Be truthful. What's the point in asking questions if you don't want real answers.

\*Be direct. If you want to know about birth control or sexually transmitted diseases or infections (STDs/STIs) or homosexuality or any other sensitive issue, ask.

\*The only way to get a clear answer is to ask a question clearly.

\*Listen. You might be surprised by how much they know and how good their advice is.

#### Third Choose your approach.

\*Think about what you might say before starting to talk, so you don't get tongue tied. Start out with generic questions, "I heard someone say..." then move to "I want to know about...."

#### Additional Resources:

[www.plannedparenthood.org/teens/relationships/talking-with-your-parents-about-sex](http://www.plannedparenthood.org/teens/relationships/talking-with-your-parents-about-sex)

[www.seventeen.com/health/sex-health/advice/a105/sex-parents-hsp-0404/](http://www.seventeen.com/health/sex-health/advice/a105/sex-parents-hsp-0404/)

[www.iwannaknow.org/teens/relationships/parents.html](http://www.iwannaknow.org/teens/relationships/parents.html)

## WHAT'S HOT TODAY?

Many people claim they have the knowledge they need to be a sexpert, but do they really? Challenge them and yourself to find out if you are a super-sexpert, semi-sexpert, or so-not-a-sexpert!

[STAYTEEN.ORG/QUIZ](http://STAYTEEN.ORG/QUIZ)

