

Stay in the know...

Ask about joining the Bee Inspired CAPP Advisory Council!

Check out CAPP news on the website
www.buildingfamilies.net

Join me on Facebook!



Search:

CAPP Coordinator for Hamilton, Humboldt, and Wright Counties

Why is it important to address Teen Pregnancy & STDs?

- According to 2008 IDPH Vital Statistics, babies born to mothers under the age of 20 is an issue in our counties (rate per 1,000):

Wright County ranked 3rd (156.1)

Hamilton County ranked 4th (154.8)

Humboldt County ranked 30th (116.5).

- Roughly 1/2 of all high school students (47%) report having sex **at least once**.
- **1 out of 3** teenage girls in the US become pregnant at least once **by age 20**.
- **1 out of 2** sexually active teens will have an STD by the **age of 25** & most won't know it!
- Nationally, teen **childbearing** cost the public **\$9.1 million**, & the average **cost per baby** born to a teen aged 17 and under in Iowa is **\$5,286** annually.
- **Consequences** for the children can include: low birth weight, poverty/being poor, single-parent households, abuse and neglect, not completing school, and entering the child welfare system.

-from Emerging Answers 2007 by Douglas Kirby and GYTNOW.ORG

TIFFANY LARSON, CAPP COORDINATOR

500 Fairmeadow Drive, Suite A
Webster City, Iowa 50595

Phone: 515-832-1791 ext. 204

E-mail: tlarson@hamiltoncountymhsb.org

BUILDING FAMILIES

Bee Inspired Community Adolescent Pregnancy Prevention (CAPP) Program

Serving Hamilton, Humboldt, & Wright Counties



Bee Safe
Bee Smart
Bee Protected

Vision: All youth are empowered to make healthy choices

Mission: Bee Inspired CAPP Program of Hamilton, Humboldt, & Wright Counties empowers adolescents to make healthy informed decisions through education and community awareness.

Parent-child communication is so important.

As parents/caregivers, you are the best sexuality educators to your children, As hard as those conversations may be, the teens say they want to hear the info from you!

So...

**Get The Facts,
Start Early,
& Talk Often!**

Custom presentations for your group or individual needs are available...

Call

515-832-1791 ext. 204

Programming offered to help break the ice...

- Parent Child Communication/ Connectedness
- Talking with Your Child/Teen About Sexuality Issues/Adolescent Health
- Adolescent Brain Development
- Teachable Moments
- Puberty
- Sexually Transmitted Diseases (STDs)
- HIV/AIDS
- Building Self Esteem
- Healthy vs. Unhealthy Relationships
- Pregnancy/Tips to Avoid Teen Pregnancy
- Abstinence/Refusal Skills/Negotiation Skills
- Methods of Contraception (Birth Control)
- Healthy Sexual Development
- Ages & Stages
- Media, Sexting, & Pop Culture
- Commonly Asked Questions of All Ages
- Identifying Resources
- Teen/Young Parent Mentoring Groups
- Implementing Age-Appropriate, Evidence-Based Curricula
- & Much More

Top 10 Tips on Talking about the Facts of Life

1. Encourage communication by letting kids know that they can talk to you about anything.
2. Take advantage of teachable moments.
3. Listen more than you talk. Think about what you are 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 doesn't mean they're having or thinking about 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 do not know the answer to a question.
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.

-from www.advocatesforyouth.org

CAPP COORDINATOR

Tiffany Larson

Phone: 515-832-1791 ext. 204

E-mail:

tlarson@hamiltoncountymhsb.org

Website: www.buildingfamilies.net

(click on CAPP news)