



PREVENTION WORKS IN MAINE

HIV/AIDS PREVENTION EDUCATION FOR SEXUAL HEALTH

A newsletter for health educators working with school aged youth

VOL #3, MAR 2013

THE COLLEAGUE CORNER

Coming together to re-energize



One more snowstorm behind us! I am looking forward to sunnier, warmer weather in the coming months (I hope!) and our 8th Annual Comprehensive Sexuality Education Conference

scheduled for Apr. 4 in Augusta. This year's theme is: Make Every Second Count: Create Timeless Partnerships with Youth, and features Project Aware and their newly released video, "[Two Seconds.](#)"

The format of the conference is slightly different this year. To accommodate requests for more workshops, we'll feature the same two sets of 90-minute sessions (five offerings in the a.m. and five in

the p.m.) and a new 60 minute session mid-day that includes four offerings and one round table option.

We know workshops are one of the main reasons you attend, so we've got an excellent line up for you again this year! You'll receive the latest information and tools to develop sexual health skills and lots of free resources and materials to bring back to your schools and agencies.

Go to: [CSE Conference](#) for more in-depth information and to register for the conference. You don't want to miss this one of a kind professional development opportunity! I hope to see you there.

Sincerely,

Jean Zimmerman, Program Coordinator

AWARENESS

Spotlight on Females and Native Americans

There are two HIV/AIDS Awareness days in March— National Women and Girls HIV/AIDS Awareness Day, March 10, and Native American HIV/AIDS Awareness Day, March 20.

Native Americans and females are two populations with particular risk for

contracting STDs, including HIV.

Chlamydia and gonorrhea rates in Maine continue to increase at alarming rates. There was a 314% increase in gonorrhea cases in the past year alone. The majority of these increases were in sexually active females, a higher percentage of who were from central Maine.

Awareness continued on pg. 2--

TRAINING OPPORTUNITIES

Apr 4:

[Comprehensive Sexuality Education Conference](#),

Augusta Civic Center

May 14—SAVE THE DATE:

Comprehensive School Health Education

Conference, Thomas College, Waterville. This year's focus: Impact of the digital world on how and what we teach in health education.



Did
you
know. . .

--Did You Know continued

- There is a new birth control resource for teens called the *Birth Control Explorer* available at: www.StayTeen.org/birth-control-101, sponsored by The National Campaign to Prevent Teen and Unplanned Pregnancy.
- There is an excellent article for parents titled, "Talking with your children about HIV." To read it, go to: www.thewellproject.org, then click on Women's Center tab. There is a list of articles in alphabetical order so just scroll down until you find it.
- African Americans make up only 12- 14 % of America's population, but account for 44 % of new HIV infections.

Continued--

Black gay, bisexual, and other men who have sex with men represent 72% of the new infections among all black men. (Source: National CDC statistics)

- A recent study revealed that the birth rate in rural counties in the U.S. is nearly 33% higher compared to the rest of the country. Rural counties count for 20% of teen births in the U.S. even though they make-up only 16% of the overall teen population. Increased risky sexual behavior is not the reason for this disparity, but rather, lack of health services. (Source: The National Campaign to Prevent Teen and Unplanned Pregnancy)
- At the national level, the "[*Real Education for Healthy Youth Act*](#)" was submitted by Sen. Lautenberg and Rep. Barbara Lee. This bill aims to broaden school and college sex education programming to be comprehensive instead of limited to abstinence-only programs. †

--Awareness continued from pg. 1

This disease is very curable if caught early and the Maine Center for Disease Control has launched a new campaign at:

www.seeMETested.com to focus attention on sexually active individuals getting tested.

During these upcoming awareness day activities, we encourage you to share with your students this great resource on testing and the importance of prevention. †

CONTACT INFO

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QUICK LINKS

[Family Planning Association of Me](#)
[HIV/AIDS Info Resource](#)
[HIV, STD, and Viral Hepatitis Program, MCDC](#)
[Maine Integrated Youth Health Survey](#)
[Teen and Young Adult Health Program, MCDC](#)