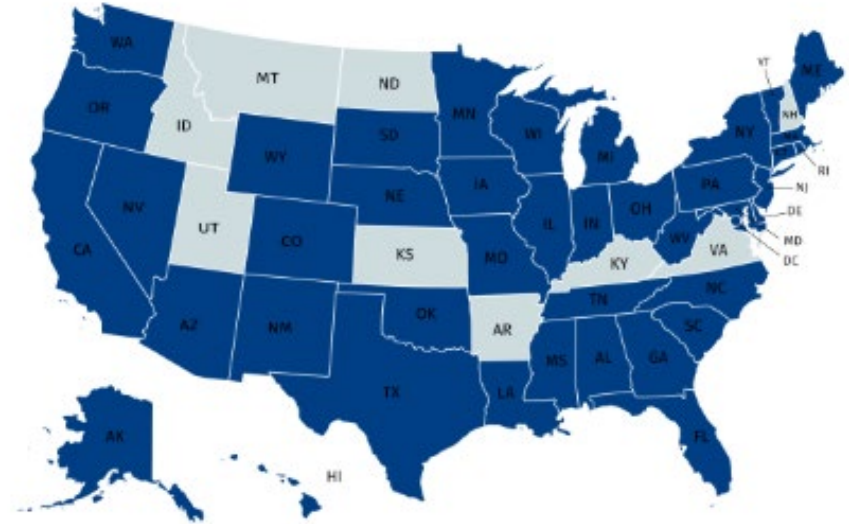


ADOLESCENT HEALTH INITIATIVE



The Adolescent Health Initiative (AHI) provides training, technical assistance, and coaching to health care providers, health systems, and organizations across the country to improve adolescent-centered care.

Our vision is to transform the health care landscape to optimize adolescent and young adult health and well-being.



OBJECTIVES



- Learn strategies for getting comfortable talking to adolescents and being a person adolescents feel comfortable talking to.
- Explore the concepts of sex-positivity and how they can be applied when addressing adolescent sexuality.
- Adopt a sex-positive or sex-affirming approach to providing services to adolescents.



Think back to when you were a teenager and needed support from an adult.

- Who did you feel comfortable talking to?
- What about that person made you feel comfortable?

HOW TO BE ASKABLE



- Convey warmth through body language
- Use a nonjudgmental tone of voice
- Ask open-ended questions
- Practice active & reflective listening
- Do not make assumptions

HOW TO BE ASKABLE



- Give affirmations; do not deny, criticize, or shame
- Make sure conversation focuses on adolescent
- Provide clear information, no opinions
- Discuss confidentiality

BEING AN ASKABLE ADULT & SEXUAL HEALTH



VOICES OF YOUTH



"The way they talk about it and the way they're obviously uncomfortable just makes me uncomfortable, you know?"



Photo by Bryan Apen on Unsplash



WHEN YOU WERE GROWING UP,
WHAT MESSAGES DID YOU RECEIVE
ABOUT SEX?

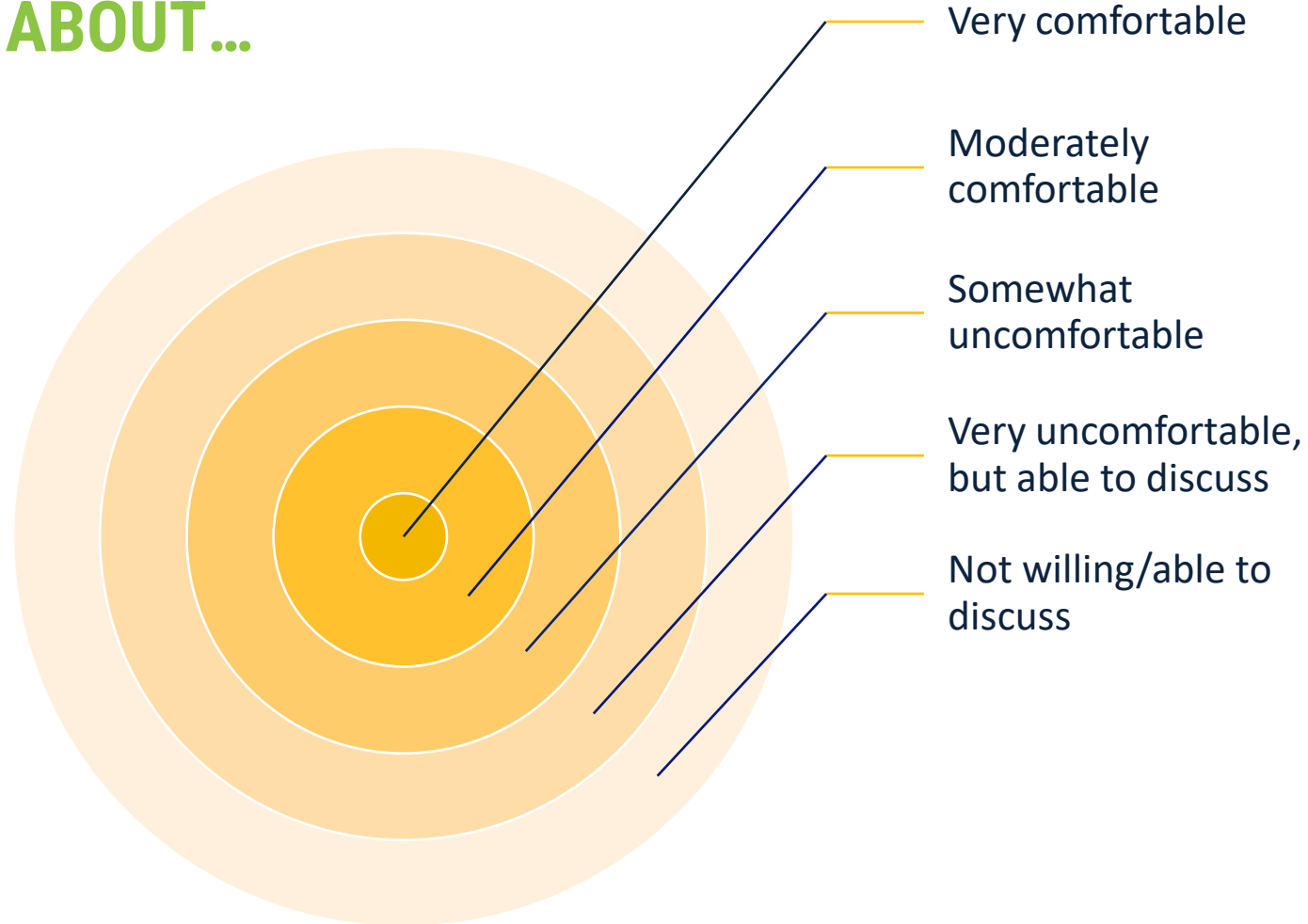
From your:

- Mother/Father/Primary Caregivers
- School
- Media
- Peers

INTENTIONAL MESSAGES: WHAT DO YOU WANT TO CONVEY?

LEVELS OF COMFORT: TALKING WITH ADOLESCENTS ABOUT...

- HPV vaccine
- Contraceptive options
- Yeast infections
- Male ejaculation
- Female ejaculation
- Sexting
- Having sex as a transgender person
- Having sex as a non-binary person
- Consensual non-monogamy
- Age-disparate relationships



LEVELS OF COMFORT



- The g-spot
- Blue balls
- Body image
- Abusive relationships
- Multiple orgasms
- How to masturbate
- Pornography
- Sexual fantasy involving violence
- Being bisexual
- Being asexual
- Friends with benefits
- Fetishes
- Faking orgasms
- Sex toys
- Withdrawal method
- BDSM
- Labiaplasty
- Sex and disability
- Feeling obligated
- How to ask for consent
- How to give consent
- Multiple partners
- Adoption
- Abortion
- Anal sex
- Erotic asphyxiation

TRADITIONAL VIEWS ON ADOLESCENT SEXUALITY



- Morally wrong
- Inherently deviant
- Resulting in negative psychological and physical consequences
- Abstinence is the healthiest behavioral outcome



Impacts sex education

- Risk framework
- Emphasizing physical and psychological harms
- STDs, victimization, pregnancy
- Abstinence only until marriage to someone of the opposite gender



SEX POSITIVITY



- Consensual sex between teenagers is potentially positive and healthy
- Inclusive of different sexual behaviors, sexual identities, and gender identities
- Recognizes that abstinence is one healthy choice, but certainly not the only healthy choice

RESPECTING ASEXUALITY



Someone who does not experience sexual attraction

- Has no intrinsic desire to have sex
- May still have romantic, aesthetic, or sensual attraction
- Does not desire to act upon attraction to others in a sexual way



HOW CAN HEALTH CARE PROFESSIONALS BE SEX POSITIVE?



FRAMING HEALTHY TEEN SEXUALITY



Autonomy

Help develop self-awareness/the ability to discern how one really feels in relation to sex and sexuality

Build positive relationships

Trust, equality, communication, boundaries, respect

Connectedness

To safe people and places (parents, other adults, friends, etc)

Diversity

Respect different sexual orientations, gender identities, pace of development, cultural values, personal values

Disparities

Problems correlate with lack of resources, education and health care

SEX-POSITIVE APPROACHES...



- Avoid moralistic value statements
- Promote diversity in sexuality
- Support the ability of people to make personal choices
- Reduce stigma about sexual choices
- View sexuality as developmentally normal
- Utilize motivational interviewing approaches

TAKING A “WHOLE HEALTH CENTER” APPROACH TO SEX POSITIVITY



SHADES OF MEANING



“You’re only using condoms half of the time? That’s a pretty big risk to take. You could get STIs, including HIV, and you could get someone pregnant.”



“That’s great that you’re using condoms. Would you be comfortable telling me about when you use them and when you don’t?”





Collecting a urine sample for universal chlamydia screening...

It's for *chlamydia* screening. Don't worry, as long as you're not promiscuous, you should be fine.



Question: What impact could a statement like this make on an adolescent patient?

MEDICAL ASSISTANT



We do this for everyone.

It's a simple test and it can give you
really helpful information about your
health



PROVIDER



In the exam room...

CJ, you're only 17. I can see how hard it is for you to take care of the baby you already have. We just put your IUD in a few months ago and it sounds like you don't mind the side effects. Why would you want to have it removed?



Question: How could the provider have worded this differently in a strengths-based way?



Could you tell me about why you want to have the IUD removed?

Are there any questions you have that I can help answer about your IUD?

APPLYING TO OUR PRACTICE



Question: What can each of us in our different roles do to promote a strengths-based approach to adolescent sexual health?

- Practice reflective listening in varying situations
- Share strategies with coworkers about being strengths-based
- Stay up to date with best-practices for adolescents around sexual health and sex positivity

VOICES OF YOUTH



Photo by Jessica Cao on Unsplash

ADDITIONAL RESOURCES



Resources That Can Help

AHI offers training, consulting, and ready-to-implement strategies to help health centers across the country improve their adolescent-centered care.



Consulting & Technical Assistance



ACE-AP



Adolescent Champion Model



Spark Trainings



Starter Guides



Videos



Webinars & Trainings



Health Center Materials



Cultural Responsiveness

Identify and discuss key concepts about providing culturally responsive health care to young people and reflect on various cultural norms unique to adolescence.



Nonverbal Communication Bias

Explore how nonverbal communication can set the tone for youth/adult interaction, both in messages we convey and in how we interpret messages from youth.



Identifying and Supporting Trafficked Youth

Explore ways to identify signs of trafficking and sexual exploitation among youth.



LGBTQ+ Youth Series

A series of 4 sparks to help health centers provide patient-centered care to their LGBTQ+ adolescent patients.



HEALTH CENTER MATERIALS

www.AdolescentHealthInitiative.org

WE'RE HERE FOR YOU

As in, you can ask us anything.

Really.

Don't worry if this takes a minute to sink in.

We're not going anywhere.

Take your time.

And if we don't hit the mark, let us know.

ADOLESCENT HEALTH INITIATIVE

Transforming adolescent and young adult health

TAKE CHARGE OF YOUR HEALTH CARE

ADOLESCENT HEALTH INITIATIVE

AGE 11-12

- ☑ Know your health care rights.
- ☑ Learn your personal and family medical histories, including any medications and allergies.
- ☑ Know your medications and take them on schedule.
- ☑ Talk directly with the health care provider at your appointment. Be honest and ask questions.



AGE 13-14

- ☑ Ask to spend time alone with your health care provider during your visit.
- ☑ If available, set up an online portal to view medical information and message your health care provider.
- ☑ Check in for your appointment yourself.



AGE 15-16

- ☑ Make your own appointments.
- ☑ Call your pharmacy to refill your prescriptions.
- ☑ Know how to contact all of your health care providers (doctor, dentist, etc.).
- ☑ Learn about your health insurance and carry your card.
- ☑ If you don't have insurance, ask about your options.




AGE 17-18

- ☑ If you are moving away from home or need to switch to an adult care provider, make a plan for where you will receive health care next.
- ☑ Transfer your medical records to your new health care provider, if applicable.
- ☑ Ask your health care provider what your privacy rights will be when you turn 18.
- ☑ Make sure you will still have health insurance after turning 18. If you won't, talk to your health care provider about options.



ADOLESCENT HEALTH INITIATIVE

CREATING & SUSTAINING A THRIVING YOUTH ADVISORY COUNCIL



THANK YOU!



ADOLESCENT HEALTH INITIATIVE



Adolescent_Hlth



adolescent_health



Adolescent Health Initiative



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www.AdolescentHealthInitiative.org