



Soboba Tribal Family Services

May Newsletter

National Teen Pregnancy Prevention Month

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Native Americans and Teen Pregnancy

In 2004, 203,227 girls between the ages of 15 and 19 were of Native American descent, approximately 2% of all 15- to 19-year-old girls. Current Population Reports, P25-1130
www.census.gov/prod/1/pop/p25-1130/

In 2006, 8,344 Native American/Alaska Native girls became teen moms. That's over 5% of all Native American/Alaska Native girls 15 to 19 years of age.

U.S. Census Bureau, National Center for Health Statistics, National Vital Statistics Reports, Vol. 56, No. 7, December 5, 2007, and the U.S. Census Bureau, 2006 American Community Survey, September 27, 2007



"A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons."

-- Cheyenne proverb

Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
 Remainder of Riverside County: (800) 799-SAFE (7233)
 (800) 787-3224 – TDD Line

If you are in immediate danger call 9-1-1

24 – Hour Child Abuse Hotline for Riverside County
(800) 442-4918 or (800) 442-4453

Conversation Starters for Parents to Talk with Youth about Sex and Sexuality

Many parents wait for their kids to ask questions instead of bringing up topics of sex and sexuality with them. The reality is that many children aged 10-14 will not ask their parents questions about sexual topics, and many parents may avoid the conversations because they are uncomfortable with the subject. Often, open-ended questions can be used to start conversations. They can help a parent open discussions about sexuality with a child in a comfortable way.

For kids who don't bring up the subject, you can ask...

"I can't believe how tall you've grown already. Have you noticed other changes in your body? What do you like – or what don't you like – about the changes you're going through?"

"When do you think a person is ready to be a parent?"

To answer tough questions you don't feel ready for, you can say..

"That's a really good question. It's normal to be curious about that. I'd really like to talk about it with you, but I need some time to think about it first."

"I think we can look it up together. Let's Google it."

"What have you already heard or learned about that? Where did you learn it?"

Questions parents or adolescents ask that open the door to discuss values:

- When is it okay for teens to have sex?
- What do you think about how the couple on your favorite television show deal with each other when they get angry?
- How do you know when you like a person enough to have sex?

Parents really make a difference when we talk with our kids.

In fact, teens often name their parents as the biggest influence in their decisions about sex. And teens who report having good conversations with their parents about sex are more likely to delay sexual activity, have fewer partners, and use condoms and other contraceptives when they do have sex.

Excerpted from www.PlannedParenthood.org



TEEN CORNER

How Do You Stay Teen?

Did you know that more than 2,000 teen girls in the United States get pregnant every day? In fact, 3 in 10 girls will become pregnant at least once by age 20. And even though nearly all teens say they don't want to get pregnant, most of them have never really thought about how getting pregnant or getting someone else pregnant would affect their lives.

That's where **Stay Teen** comes in. The goal of Stay Teen is to encourage you to enjoy your teen years and avoid the responsibilities that come with too-early pregnancy and parenting. The more you know about issues like sex, relationships, waiting, and contraception, the better prepared you will be to make informed choices for your future. We're not telling you how to live your life...we just want to give you some food for thought and the latest facts. It's up to you to make your own smart decisions.

For more information, check out stayteen.org.

Excerpted from www.StayTeen.org



"I can honestly say that being a teen parent isn't easy or glamorous. It is really hard. I hope this quiz makes other teens stop and think really hard about what they'd do before it's too late."

- Teen mom, age 17



The National Day to Prevent Teen Pregnancy

The eleventh annual National Day to Prevent Teen Pregnancy will take place on **May 2, 2012**. On the National Day, teens nationwide will be asked to visit StayTeen.org to participate in a number of online activities—including the popular National Day Quiz—that deliver teen pregnancy prevention messages and challenge them to think carefully about what they might do “in the moment.” The message of the National Day is straightforward: **Sex has consequences.**

Making a Difference

In 2011, more than 650,000 people participated in the tenth annual National Day. Participants were able to take the quiz online, download a print version in [English](#) or [Spanish](#), and play out interactive game. National Day Quiz discussion guides for [parents](#) and [teens](#) were also available and were downloaded thousands of times.

Each year, teens are asked what they thought about the National Day Quiz in a post-quiz evaluation survey. Among the findings from this year's survey:

- **72%** said the Quiz made them think about what they might do in such situations;
- **62%** said some of the situations in the Quiz were things that they or their friends had faced;
- **61%** said they'd talk to their friends about the situations described in the Quiz;
- **61%** said the Quiz made the risks of sex and teen pregnancy seem more real to them;
- **52%** said they'd encourage others to take the Quiz;
- **52%** said the Quiz made them think about things they hadn't thought about before;
- **46%** said they'd learned something new from the Quiz about the consequences of sex; and
- **40%** said they'd talk to their parents or other adults about the situations described in the Quiz.

For more results and to see what teens are saying about the National Day Quiz, please visit www.TheNationalCampaign.org and click on “2011 National Day Overview.”

Excerpted from www.TheNationalCampaign.org