

**Alexandria Campaign on Adolescent Pregnancy (ACAP)
eNewsletter
March 1, 2010**

New from ACAP:

ACAP Let's Talk Winter 2010 Edition

The Alexandria Campaign on Adolescent Pregnancy's (ACAP) Let's Talk parent newsletter has released the Winter 2010 edition. Let's Talk is written by and for Alexandria parents. It covers a variety of issues related to health, teen pregnancy, local programs and area resources. Here is a link to this edition - <http://www.alexgetreal.com/pdf/LetsTalkWinter2010.pdf>. If you would like hard copies of the newsletter, please email rebecca.griesse@alexandriava.gov.

Text Message Line Posters and Postcards

Do you work with youth? Do you have somewhere to hang a poster or place postcards? The Substance Abuse Prevention Coalition of Alexandria, the Alexandria Campaign on Adolescent Pregnancy and the Alexandria Gang Task Force has posters and postcards for you. Their new text message line is geared towards youth and focuses on sex, drugs/alcohol and gangs. Youth can text the word "SEX", "DRUGS", or "GANGS" to 30644 to ask questions and receive a response within 24 hours. Contact Becky Griesse at rebecca.griesse@alexandriava.gov for postcards and posters.

May is Teen Pregnancy Prevention Month

ACAP is working on Teen Pregnancy Prevention Month activities and outreach. If you are interested in helping to plan events or if your organization is planning an event, please contact Becky at rebecca.griesse@alexandriava.gov. In the next month a schedule of activities will be posted on ACAP's web site, alexgetreal.com.

Volunteers Needed

The Alexandria Campaign on Adolescent Pregnancy (ACAP) is looking for volunteers to mentor Alexandria pregnant teens and new moms through the Naomi Project. The Naomi Project is a free, confidential, interfaith program that matches one volunteer with one pregnant or newly parenting woman in a mentoring friendship that extends through pregnancy and the baby's early development. If you have 4 hours a month and want to help make a difference in the life of a pregnant woman, then this opportunity is for you. Spring training is on Saturday, March 13th from 9am - 3pm at Falls Church Presbyterian Church. To learn more or to register, contact Laura Greenspan at 703.860.2633 or visit www.naomiproject.org. A volunteer application along with a \$20 registration fee is necessary to cover a background check, study materials, and lunch. Please note on the application if you are looking to mentor a pregnant teen in Alexandria.

What's Happening in Alexandria?

Teen Wellness Center to be located in T.C. Williams High School

Alexandria City Public Schools (ACPS), the City of Alexandria and the Alexandria Health Department (AHD) are in the early stages of developing a comprehensive teen wellness center to be located within T.C. Williams High School. The center's new location will accommodate twice the number of teens receiving medical and mental health services at the current Adolescent Health Center located on Braddock Road.

For more information visit <http://www.acps.k12.va.us/news2010/nr2010022602.php>.

Teen Parent Play Group (every other Tuesday)

Teen Parents with children 0-5 can come with their children to this free teen play group for fun interactive group learning experience. Participants will find new parenting tools and promote their children's social skills. Open to any teen parent who lives in the City of Alexandria. Play group meets every other Tuesday, 3:30 - 4:10 pm in the Head Start Classroom at T.C. Williams High School, 3330 King Street. For more information, call Arika Van Brunt at 703-746-6015. Sponsored by the Alexandria Community Services Board and the Campagna Center.

Preventing Risky Behaviors: Teen Pregnancy, Gang Involvement and Substance Abuse
ACAP, SAPCA and Gang Prevention have joined together to present information about how to talk to youth about risky behaviors, how to prevent your child from becoming involved in risky behaviors, and what to do if you think it's already happening.

March 11, 2010
MacArthur Elementary School
6:30 pm

March 17, 2010
TC Williams High School
6:00 pm
Register for this session through the ACPS Family Academy Web Site - www.acps.k12.va.us/the-family-academy/

April 13, 2010
G.W. Middle School
7:00 pm

How to Raise a Drug Free Kid (3/24)

Joseph Califano, father of five and founder of the National Center on Addiction and Substance Abuse, will talk about How To Raise a Drug Free Kid on Wednesday, March 24, 7:00pm, in the TC Williams Auditorium. Mr. Califano will tell you what specific things you can do to teach, protect, and empower a child to have the greatest chance of making a healthy, productive future a reality. Mr. Califano will sign his books, which will also be for sale.

From the National Campaign

National Day to Prevent Teen Pregnancy

A reminder that the 9th annual National Day to Prevent Teen Pregnancy takes place on May 5, 2010. Please be sure to visit our [National Day portal](#) to keep on top of all the latest news, promotional materials, and related items.

Did You Miss the Webinar on Replicating Effective Programs?

On Monday, February 22, National Campaign staff conducted a webinar/ conference call to provide general information on evidence-based programs, tips on how to successfully replicate programs in your community, and resources that may help you as you consider whether to apply for the funding. This was the second in a series of calls and webinars designed to help groups and individuals prepare for the new federal funding for programs to prevent teen pregnancy—details of which are expected to be released in the spring.

[Download a recording of the event.](#)

[Download the PowerPoint presentation.](#)

[Visit a web portal devoted to federal funding](#)

Sex Really

This month, our round up features podcast episodes on dating violence, a scary reality that many men and women must deal with. The blog also talks about dating violence but includes lighter

posts on teen moms, abstinence, birth control, and...believe it or not....cooties. We hope you enjoy our month's-worth of content and we'll see you back at SexReally.com!

From Healthy Teen Network

Parental Involvement Laws: What Should Parents Know

The Family Planning and Contraceptive Research organization has just published a new [guide](#) on parental involvement laws. The resource includes a brief description of parental involvement laws, and highlights the differences between parental consent and parental notification. Meant to act as a resource specifically for parents, the fact sheet also provides statistics about state laws, and reasons why parents should be concerned about measures that interfere with a minor's access to confidential healthcare.

A Shifting Landscape: Parental Involvement Laws and their Effect on Minors

In their second [guide](#) on parental involvement laws, the Family Planning and Contraception Research organization provides information geared towards advocates and policy makers. According to the document, the number of states with parental involvement laws in effect "has more than tripled in the past 20 years." Although only approximately one-third of states still do not enforce an involvement law, those that do are "geographically situated in a way that eliminates interstate travel as an option for many pregnant minors seeking an abortion." As a result of the recent laws and other changes, advocates must be aware that many minors are forced to involve others--either their parents or the courts--in their reproductive health decisions.

New Health Disparities Report: More Context for Higher Unintended Pregnancy and Abortion Rates Among Women of Color

According to the Guttmacher Institute, a new [report](#) by the Kaiser Family Foundation documents persistent health disparities between white women and women of color on a broad range of indicators. Disparities (in rates) were found in diseases such as diabetes, heart disease, AIDS and cancer. The report "also documents widespread disparities in access to health insurance and health screenings, and finds that there are "racial and ethnic disparities in health status and health care in every state in the nation, often disparities that are quite stark." The report also includes information about growing evidence that social and economic factors such as income, education and neighborhood are "associated with health behaviors, access to health care, and health outcomes." Among other things, this new information provides further evidence that anti-abortion activists are incorrect in assuming that high abortion rates among minority women are due to aggressive marketing by providers rather than the economic and contextual factors that make for high unintended pregnancy rates.

Dropout Prevention Scenarios USA and Promoting School Connectedness

The National Drop Out Prevention Center/Network (NDPC/N) is providing the results of a recent evaluation on school connectedness. Presented at the 22nd Annual At-Risk Youth National Forum, the [resource](#) includes findings about the use of NDPC/N classroom programs and the impact on teen engagement with school activities.

Social Media and Young Adults

According to [research](#) released by the Pew Institute, surveys of teens and adults show changing trends in social media usage. The survey found that blogging has declined in those under the age of 30, while older adults have actually seen a surge in blog usage. Though they found a decline in blogging among those under 30, wireless connectivity continues to rise in this age group, as does social network use.

Teens and Sexting: Major Findings

In a telephone survey conducted by the Pew Institute, teens were asked to share their texting habits. After collecting information from a nationally representative sample, the institute released the results of the [study](#). The teens involved in the survey were specifically questioned about their

'sexting' behavior, e.g. "whether they sent or received sexually suggestive nude or nearly nude photos or videos of themselves or of someone they knew on their cell phones." The research revealed that approximately 4% of all cell-owning teens ages 12-17 report sending a message that falls under the above mentioned definition of a 'sext.' The study also found no major gender difference in this practice.

American Social Health Association: Sexual Health

[The American Social Health Association \(ASHA\)](#) has recently created an online resource database for sexual health information. The new sexual health section includes information about male sexual health, female sexual health, and LGBTQ sexual health. The site also includes a forum to share individual stories and a message board section.

Facts on American Teens' Sexual and Reproductive Health

The Guttmacher Institute has just published a new 2-page [fact sheet](#) detailing the reproductive health patterns of American teens. The resource provides statistics about sexual activity in teens, as well as both their access and actual use of contraceptive methods. The guide also provides information the reproductive outcomes of this sexual activity, with reports of pregnancy rates and childbearing trends in teens.

Half of Urban Teen Girls Acquire STIs within Two Years of First Sexual Activity

According to a 2009 Indiana University School of Medicine [study](#), half of urban teenage girls may acquire at least one of three common sexually transmitted infections (STI) within two years of becoming sexually active. The study also found that screening for STI may not be initiated until several years after sexual activity begins, especially for girls with earlier onset of sexual activity. According to one of the researchers, "to our knowledge, this study provides the first data on the timing of the initial STI and subsequent STI following the onset of sexual activity in urban adolescent women."

Study Examines Reproductive Coercion of Female Teens by Partners

According to a recent [study](#) published in *Contraception*, about a third of women reporting partner violence experienced reproductive coercion, as did 15% of women who had never reported violence. Overall, the study found that rates of reproductive coercion among family-planning-clinic patients are high. The study found that approximately one in five women reported that their partner tried to coerce them into pregnancy. "What we're seeing is that, in the larger scheme of violence against women and girls, it is another way to maintain control," says the study author, Elizabeth Miller, who studied 1,300 female patients culled from five family-planning clinics in Northern California."

How an Adolescent's Childbearing Affects Siblings' Pregnancy Risk: A Qualitative Study Of Mexican American Youths

Previous research has established that the siblings of teenage parents are at very high risk of teenage pregnancy; yet little is known about the mechanism by which an older sister's childbearing affects a younger sibling's risk. For two years starting in 2005, a small sample of teens completed in-depth interviews about "how an older sister's teenage childbearing had affected them." Interview data reflected six risk factors and 11 protective factors; risk factors included perception of parenting as easy and wish for a baby, while protective factors included increased closeness with mothers and an understanding of the difficulty of parenting. Ultimately the [study](#) authors concluded that "interventions that build on the protective factors that result when a youth's older sibling has a teenage birth, while reducing the risk factors, might help families prevent younger children from becoming involved in a teenage pregnancy."

For more information about the Alexandria Campaign on Adolescent Pregnancy, contact Becky Griesse at Rebecca.griesse@alexandriava.gov.