

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

February is **Teen Dating Violence Awareness** Month

Home to Valentine's Day, February is recognized as American Heart Month. Part of your heart health includes taking care of your relationships. This month, we focus on relationship health and teen dating violence awareness. With relationships shown on TV shows such as Empire, Teen Mom, and Teen Wolf, youth may not know what a healthy relationship should look like. Disney paints a beautiful picture of relationships that are problem free, which can set unrealistic expectations in relationships for youth, making it hard for them to identify healthy or unhealthy behavior.

According to the CDC (Center for Disease Control and Prevention), we know that 1 in 10 high school students who have been in romantic relationships have experienced physical dating violence in the past year. Factoring in psychological and sexual violence, some studies have found the number to be 1 in 4. No teen is immune from dating violence, but we can help prevent it from happening.

We all play a role in promoting healthy relationships.

Many teens do not report dating violence because they are afraid to tell family and friends. **A 2017 CDC report found that approximately 7% of women and 4% of men**

who had experienced physical violence from an intimate partner first experienced some form of partner partner abuse before the age of 18. This violence can have short and long-term effects on the victim.

Communicating, managing your emotions, and treating others with respect are just a few way to keep relationships healthy. Remember, violence in a relationship is not normal and is unacceptable. Our trained education team provides free programs around relationship education, and you can always contact us for more information. Safe Harbors and Family Counseling of the Finger Lakes are great resources for more information here in the Finger Lakes.



**THIS
FEBRUARY 11**
**START TALKING ABOUT
HEALTHY RELATIONSHIPS!**
WEAR ORANGE 4 RESPECT

Signs of an **UNHEALTHY** relationship can be:

- Drop in Academic performance
- Quick and intense involvement in a relationship
- Looking uncomfortable or fearful around their partner
- Changes in mood; either depression or anxiety
- Acting secretive or acting out
- Not attending school activities
- Discontinuing involvement with extra-curricular activities
- Striving for perfection
- Preoccupation with appearance

Signs of a **HEALTHY** relationship can be:

- Happy
- Supportive
- Respectful
- Empathy
- Shared Interest
- Compromise
- Friendship
- Open communication
- Negotiation



NY Connects is a trusted place to go for free, unbiased information about long term services and support in New York State for people of all ages and with any type of disability. Long term services and support include any medical and non-medical services a person needs to improve or maintain health and independence. The services may be provided in the individual's home or other community-based settings. NY Connects staff can help link an individual to long term services and support, such as home care, transportation, and meals. Our goal is to help people live as independently as desired while meeting medical, social and functional needs that arise from aging or disability. We can help individuals, families, caregivers, and professionals.

NY Connects program is available across the entire state of New York. We serve as the Aging and Disability Resource Center, pooling efforts from aging services experts, independent living centers and community partners. **An individual may access our program and get information by phone 1-800-342-9871, online at www.nyconnects.ny.gov or in person.**

- Individuals may connect to long term services and supports regardless of diagnosis, age or payment.
- Receive guidance and coordination through assessment and eligibility processes.
- Receive help with completing applications and enrollment in public assistance benefits, such as Medicaid.

What's Your Condom IQ?

When used consistently and correctly, condoms are one of the most well-known methods that can help to prevent an unintended pregnancy and reduce the transmission of an STI (Sexually Transmitted Infection). The first rubber condom was made in 1855, but was preceded by condoms which were made out of animal bladders, such as sheep. Did you know that condoms are the only birth control/contraception that reduce the risk of both pregnancy and STIs? It's important to know that condoms cannot completely protect you or your partner from certain STIs such as syphilis or human papillomavirus (HPV) which causes cervical cancer. Condoms can still allow for some skin to skin contact or fluid transfer to happen, which spreads STIs. Condoms can break, slip, and/or leak if they are not put on or taken off properly.

There are two different types of condoms. Male condoms, also known as the external condom, are worn on the outside of the body. The female condom, also known as the internal condom, are worn on the inside of the body, and are inserted into the vagina or anus. Condoms come in different sizes, colors, textures, and thickness.

Condoms are most commonly made of latex, but there are latex free condoms for individuals who may have an allergy.

A few tips before using condoms:

- Read the instruction on the package, know what you are using.
- Check the expiration date.
- Condoms should always be used with water based lubricant.
- Don't use mayonnaise, jellies, lotions, or baby oil. These can cause the condom to rip and/or tear.
- Store condoms at room temperature.
- Never use a male/external and female/internal condom together, as this may increase friction causing them to break.
- Dispose of condoms properly in the trash (never flush them).
- Condoms are easy to get, and there are no age limitations to buy them.
- Condoms should be used for all types of sexual activity. So if you are having oral, anal, or vaginal sex, be sure to use this barrier method to protect yourself and your partner.

Now that your condom IQ has increased, go out and spread the word!



Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

Where Are We (FLCH) This Month?

- **February 1st:** STI Education - Ontario County Probation
- **February 1st:** Reproductive Health Education - Lyons High School
- **February 5th:** Queer Sex Ed - Family Counseling of the Finger Lakes, Geneva
- **February 5th:** Martin Luther King (MLK) Planning Committee - Newark
- **February 6th:** Tier 2 Meeting - Penn Yan (9:15am)
- **February 6th:** Queer Sex Ed - Family Counseling of the Finger Lakes, Newark
- **February 6th:** FLX Pride Meeting, Geneva
- **February 8th:** Contraception Education - Ontario County Probation
- **February 8th:** STI Education - Seneca County Lifeskills
- **February 12th:** Condom Week Outreach - Hobart & William Smith College, Geneva (11-1pm)
- **February 13th:** Condom Week Outreach - Keuka College (11-1pm)
- **February 13th:** Teen Dating Seminar (Professionals) -Geneva Community Health Conf. Room
- **February 14th:** Finger Lakes HIV/STD/VH Public Health Training Consortium, Canandaigua
- **February 15th:** Condom Week Outreach - Finger Lakes Community College
- **February 15th:** Finger Lakes Sexual Health Coalition, Canandaigua (2:15pm)
- **February 27th:** Teen Dating Seminar (Parents) -Geneva Community Health Conf. Room
- **February 28th:** Reproductive Health Education - Newark High School
- **February 28th:** Contraception Education - Palmyra-Macedon School

**Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?*

For more information go to www.localcommunityhealth.com or contact us today to schedule a time!



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