



# ALABAMA CAMPAIGN

FOR ADOLESCENT SEXUAL HEALTH

## Let's Talk Month!

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CHRISTINA CLARK OKARMUS, EXECUTIVE DIRECTOR

## About the Alabama Campaign

- ❖ We envision access to comprehensive sexual health for adolescents in Alabama
- ❖ Our mission is to champion healthy adolescent development through medically accurate and equitable sexual health education and services

# About the Alabama Campaign

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- ❖ Training
- ❖ Resources
- ❖ Advocacy
- ❖ Partnerships



# OCTOBER IS LET'S TALK MONTH

**LET'S  
TALK**

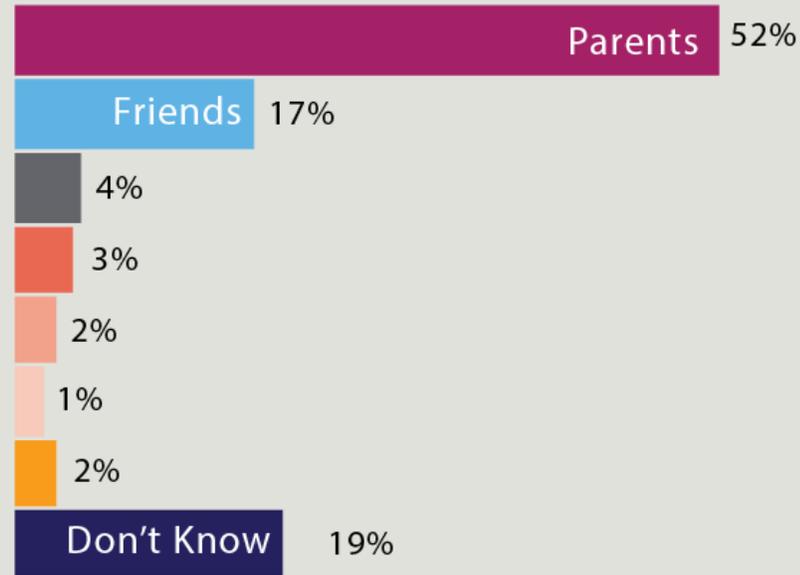
To learn more visit: [PowerToDecide.org](https://PowerToDecide.org)

**POWER  
TO DECIDE**

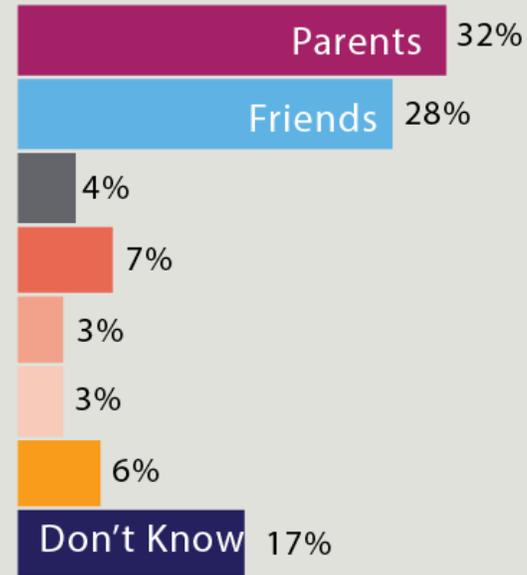
**#TalkingIsPower**

# Who most influences your decisions about sex?

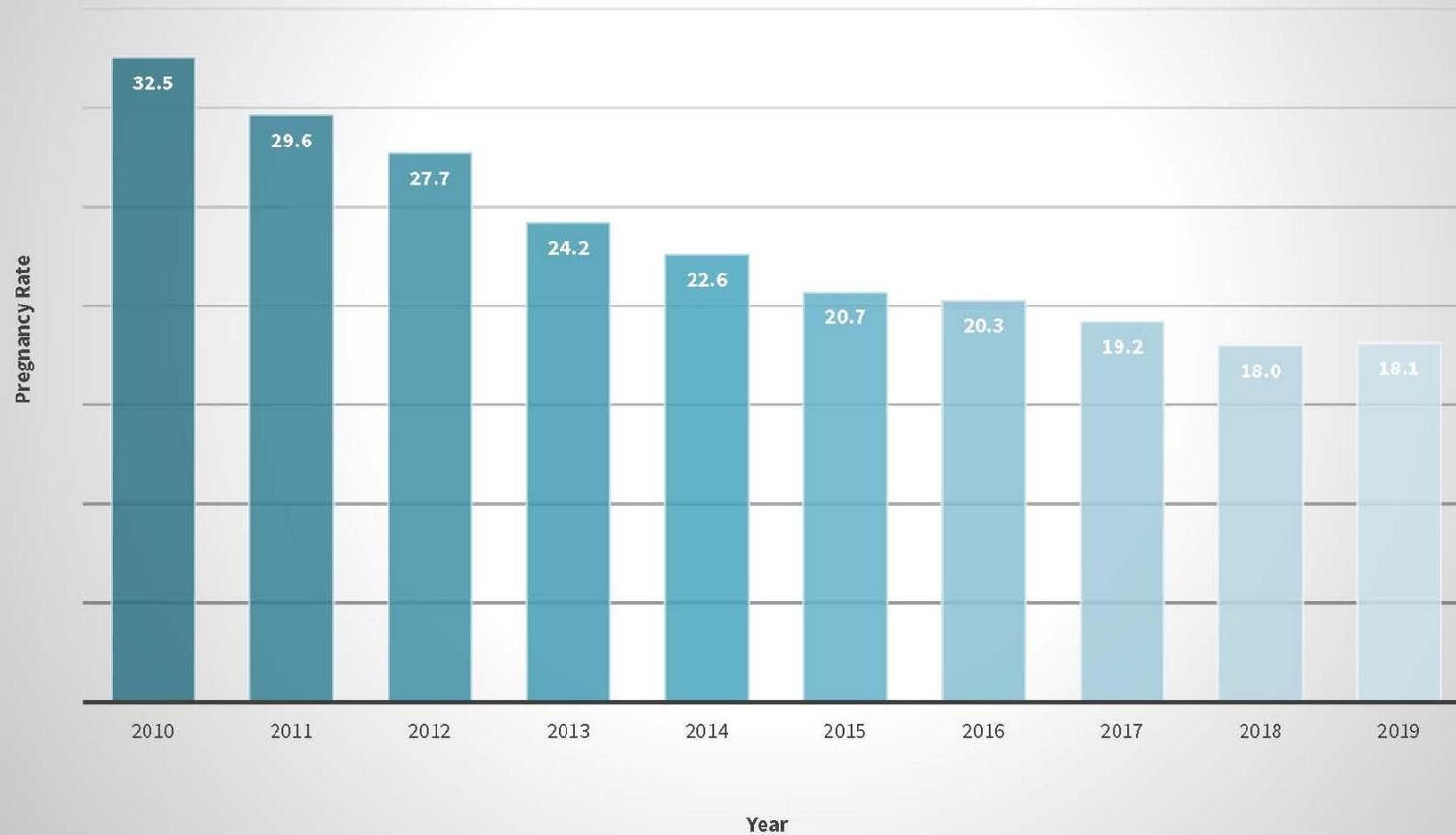
## Teens Age 12-15



## Teens Age 16-19



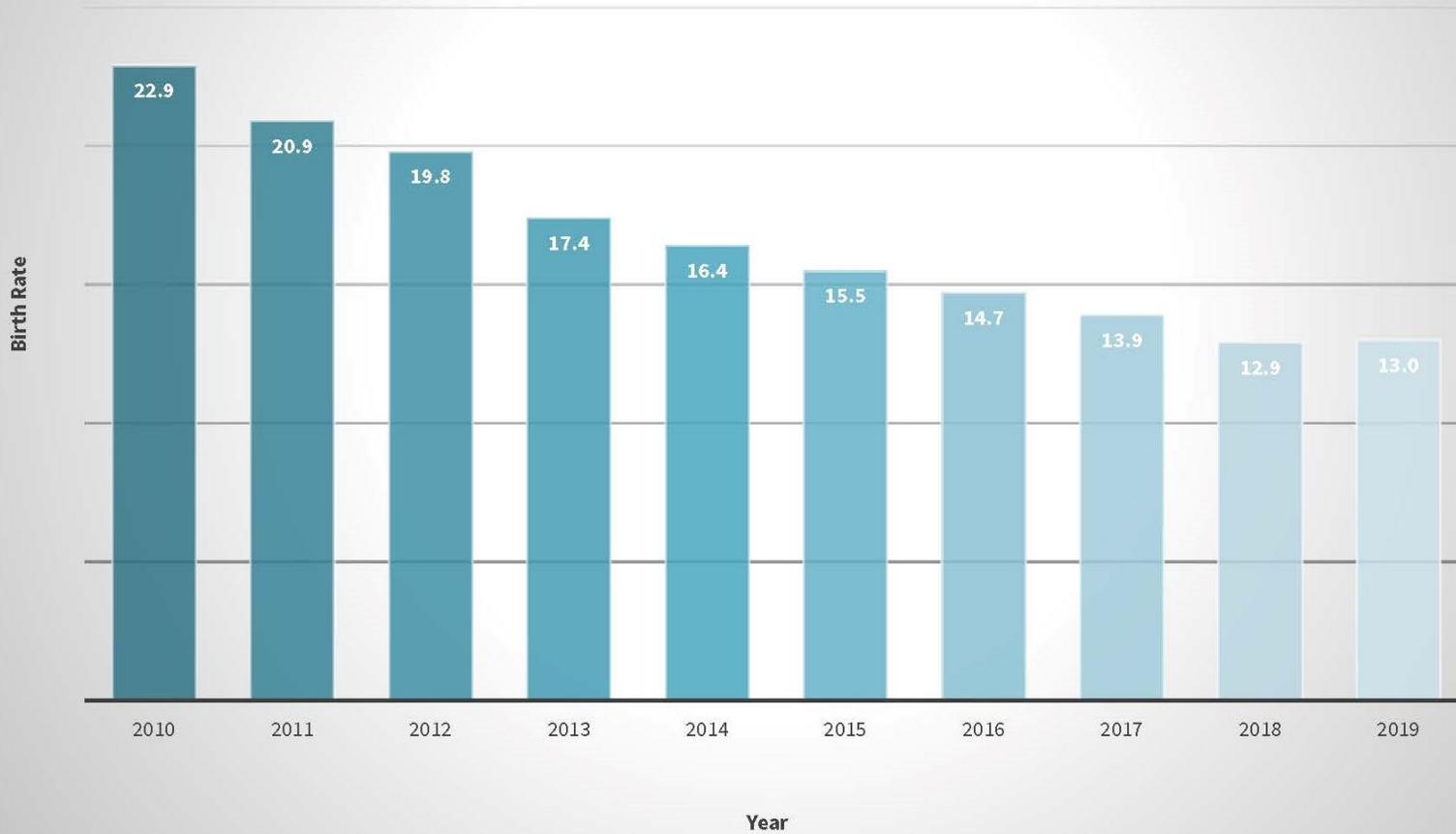
State of Alabama  
Teen Pregnancy Rate  
Ten Year Graph  
(Females aged 10-19)



# Alabama Sexual Health Outcomes

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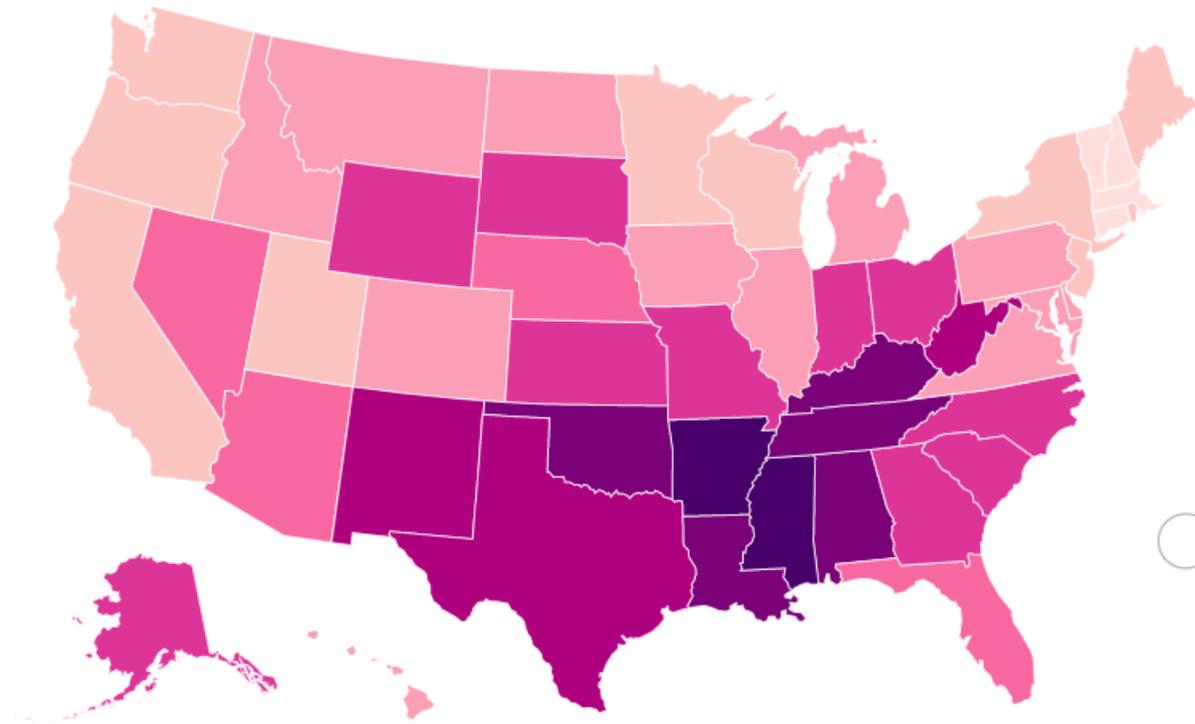
State of Alabama  
Teen Birth Rate  
Ten Year Graph  
(Females aged 10-19)



# Alabama Sexual Health Outcomes

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# Teen Birth Rate Among Girls Age 15-19



## ALABAMA

**Teen Birth Rate**  
**RANK 5**  
**VALUE 24.8**  
\* N/A indicates data was not provided

## TEEN BIRTH RATE AMONG GIRLS AGE 15-19

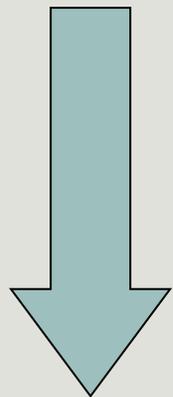
Rank	State	Births per 1,000 Girls
	National	15.4
1	Mississippi	27.9
2	Arkansas	27.8
3	Louisiana	25.7
4	Oklahoma	25.0
5	Alabama	24.8
6	Kentucky	23.8
7	Tennessee	23.3
8	West Virginia	22.5
9	Texas	22.4
10	New Mexico	21.9
11	South Carolina	19.3
12	Missouri	18.8
13	Indiana	18.7
13	South Dakota	18.7
15	Georgia	18.2



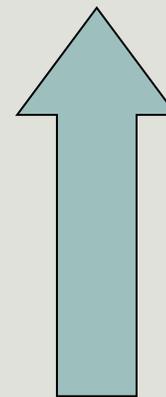
# Alabama Sexual Health Behaviors

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## 2019 Youth Risk Behavior Survey (YRBS)



% who have ever had sex: 40.7%  
% who had sex before age 13: 4.5%  
% of students who had sexual intercourse with four or more people during their life: 10.7%  
% sexually active in past 3 months: 30.6%



% who used a condom: 54.1%  
% who used any contraceptive method at last sex: 87.1%



# Developmental Tasks

Adjust to:

- ① Physically changing body
- ② Sexually changing body

Physical body

Figure out:

- ③ New way to think
- ④ New sense of identity

Sense of self

Work on:

- ⑤ Relationship with peers
- ⑥ Relationship with parents

Relationships





# Remember it's not one big TALK— but an ongoing dialogue.

## Champion Tip 105:

“The talk” about sex, love, or relationships shouldn't be a one-time lecture. Instead, set the framework for an ongoing, age-appropriate dialogue that covers the basics like anatomy and good touch/bad touch, and progress to conversations about dating, consent, and birth control.

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TO DECIDE

# STAY INFORMED



## Stay informed about:

- Where your young person is getting information
- What health messages your young person is learning
- What health messages are factual & medically accurate

**#LETSTALKMONTH**

Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



# FIND LITTLE MOMENTS

## Identify unique opportunities like:

- In the car
- After a TV show or movie
- Via text messaging

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Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



# BE RELAXED & OPEN

**It's okay to be uncomfortable -  
but keep the door open!**

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Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



# Share your own experiences.

## Champion Tip 107:

Connect to your young person by sharing your own stories. Giving something of yourself allows you to share the vulnerability that often arises during sensitive conversations. Sharing can also break the ice if your young person

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TO DECIDE



# ENCOURAGING INCLUSIVE CONVERSATIONS

CHAMPION TIP #302

Be open about what  
you don't know. Offer  
to do research with  
your young person!

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AVOID  
OVERREACTING

When a young person opens  
up, it's our job to listen.

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Content source: Division of Adolescent and School Health, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention



# Practice active listening.

## Champion Tip 106:

Active listening has seven steps, and each will help you show your young person that you value their experiences and you want to be an outlet for them. The steps are: be attentive, ask open-ended questions, ask probing questions, request clarification, paraphrase, be attuned to and reflect feelings, and summarize.

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KEEP THE POWER ON



## Convo Tip #1

Don't be afraid of silence.  
Sometimes it takes time to  
process a conversation.

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# ENCOURAGING INCLUSIVE CONVERSATIONS

**CHAMPION TIP #301**  
**It's normal for people to  
question how they identify,  
and it may take some time  
for your young person to  
find an identity that fits.**

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Remember when you were a teen

Teens want mutually respectful conversation

Don't underestimate their ability to make good decisions

# Conversation prompts

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Conversation Prompt 107:

## **What are three things you're looking for in a partner?**

It's important to talk about what values and traits to look for in a partner. Talking about what they want and what they're interested in will allow you to better understand what matters to them. It also gives you a chance to share your own ideas of what's important in a significant other.

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Conversation Prompt 104:

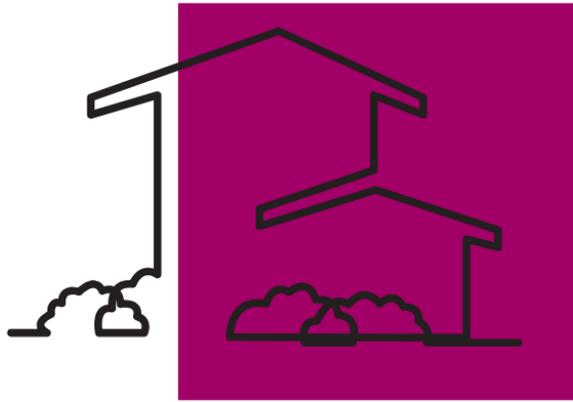
**So, what have  
you heard about**  
\_\_\_\_\_?

Curious to know what knowledge—both fact or fiction—your young person has picked up? Fill in the blank. Open-ended questions will allow you to gauge their awareness and curiosity about a particular topic.

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## Stay-At-Home Convo Prompt #2

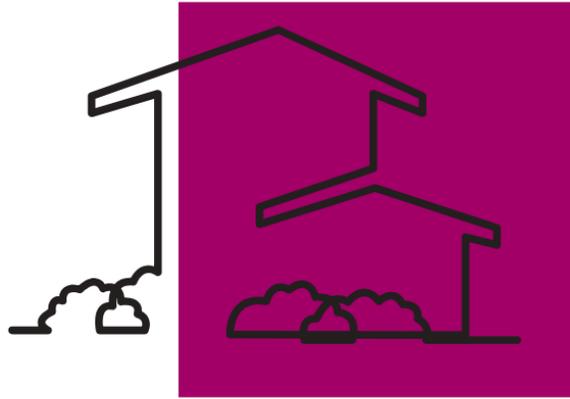


What are you  
passionate about?

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## Stay-At-Home Convo Prompt #1



Things are weird in the world  
right now. Are you worried  
about anything that you want  
to talk about?

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## Convo Prompt #2

What are your boundaries  
when it comes to touching?

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## Convo Prompt #1

What do you think are indications that someone likes you as more than a friend?

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# ENCOURAGING INCLUSIVE CONVERSATIONS

CONVO PROMPT #302

What is going on in  
your world right  
now that makes you  
curious?

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## Other conversation resources

ACASH [caregiver prompts](#)

EyesOpenIowa media [toolkit](#)

Power to Decide [#TalkingIsPower page](#)  
(includes Spanish language resources)

Planned Parenthood [Let's Talk Month page](#)  
(includes Spanish language resources)



# That's a wrap!

- ❖ Alabama Campaign for Adolescent Sexual Health
  - ❖ Christina Clark Okarmus – [christina@alabamacampaign.org](mailto:christina@alabamacampaign.org)
- ❖ Stay connected to the Alabama Campaign
  - ❖ Fb, Twitter: @AlabamaCampaign
  - ❖ [www.alabamacampaign.org](http://www.alabamacampaign.org)
  - ❖ [www.alabamacampaign.org/newletter](http://www.alabamacampaign.org/newletter)

*Start Early,  
Talk Often*

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