

Sexual Health & Healthy Relationships with Youth

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What comes to mind when you hear the phrase “Sexual Health”

Check out the [Jamboard](#) to share your thoughts..



The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.



Striving for a Healthy Relationship

- Consider healthy characteristics - what would you want in yourself and someone else.
- Establish and consider your expectations and boundaries
- Pay attention to values.
- Expect good communication and willingness to work at it.
- Expect respect. Have standards in how you want to be treated *and* respect the other persons standards and boundaries.
- Don't change yourself just to keep someone's love or friendship.

Remember...

A relationship may not be healthy, but that does not mean that you or the other person is “bad”.



Parent/Trusted Adult Connection

How can you Support your Child or the Young Adult in Your Life:

- Show them you care
- Give them a sense of belonging
- Respect them
- Build trust
- Spend time with them
- Talk often about what's going on in their life.
- Be supportive
- Say you care
- Help them see a positive future

Be an askable adult:
Available, Open, Calm, Understanding, & Non-Judgmental

What youth/young adults want providers to know:

If my parent attends the visit with me, please ask them to step out during our visit... in case I do want to ask you questions without them present.

Speak to me like I'm an adult

Talk to me about sexual activity, potential exposure to STIs, changes in my body, and mental health.

Make it personalized - ask me about life.

Explain things to me, don't assume I just know what you're talking about.

To really listen to your patient and not dismiss us due to our age (especially when it comes to mental health)

Please help us understand this daunting process by allowing us the space to ask questions, offering solutions, and creating a "safe space".



What providers would want youth to know in a visit:

- When scheduling an appointment - be *specific* for your “visit reason”
 - Ex: Difference between I’m having questions with my menstrual period vs I took a home pregnancy test and it’s positive
 - Ex: Routine checkup vs I really need testing for STIs
- As much as you’re able to disclose during scheduling, the more prepared medical staff can be helping with concern
- It can be difficult for a provider to know to work in extra time to work in multiple topics or concerns



What providers would want youth to know in a visit:

- Reach out to the nurse or provider if you would like time without a parent present
- Take pictures of certain things (if comfortable)
 - Things may change before you get to the appointment, this could help show what the initial issue was
- Plan on potentially long wait times
 - Happens from “surprises” when it’s not told during scheduling (this is no ones fault, but a more “specific reason” helps the staff be prepared and how much time to schedule a person in for)
 - Clinics/Providers may also have 15 minute rules (did you check-in within your scheduled time)



What providers would want youth to know in a visit:

- *Remember, we want to help you!* There is not a lot that a provider has not seen -it is part of a providers profession to not be judgemental
- People's Community Clinic (Adolescent/Teen Friendly)
 - Parents are asked to step out of the room at Wellness Visits
 - Can speak through other topics other than sexual health
 - Mental health
 - Peer pressure
 - Relationships
 - Etc.





Questions?



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What's available near you to learn more?



We educate and equip young people with information and resources needed to be empowered about their sexual and reproductive health

Check out our flyer in the chat!



Center for Adolescent Health

- Serves adolescents and young adults ages 10-24
- Services:
 - Physicals
 - Immunizations
 - Reproductive Health
 - Behavioral Health
 - Help with school problems
 - Chronic disease management
 - Minor acute and sick care



