

# Adolescents and Sexual Health

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# What is an adolescent?

- What defines an adolescent?
- When does adolescence start?
  - Biological markers
  - Social markers
  - Chronological markers
- When does it end?
  - Biological markers
  - Social markers
  - Chronological markers



**What are sexual health issues  
pertinent to adolescents?**

# Teens are having sex

Percentage of students who had sexual intercourse

(YRBSS, 2005) – 47%

- **9<sup>th</sup> 35%**
- **10<sup>th</sup> 43%**
- **11<sup>th</sup> 51%**
- **12<sup>th</sup> 63%**

# Teens are having sex

Percentage of students who had sexual intercourse with one or more people during the past three months (“currently sexually active”) (YRBSS, 2005) – 34%

- **9<sup>th</sup> 22%**
- **10<sup>th</sup> 29%**
- **11<sup>th</sup> 39%**
- **12<sup>th</sup> 49%**

# Teens are having sex

Percentage of students who had sexual intercourse with 4 or more people (YRBSS, 2005) – 14%

- **9<sup>th</sup> 9%**
- **10<sup>th</sup> 12%**
- **11<sup>th</sup> 16%**
- **12<sup>th</sup> 21%**

# Teens are having sex

Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse (YRBSS, 2005) – 63%

- **9<sup>th</sup> 75%**
- **10<sup>th</sup> 65%**
- **11<sup>th</sup> 62%**
- **12<sup>th</sup> 55%**

# Teens are having sex

Of students who had sexual intercourse in the past three months, the percentage who used birth control pills during last sexual intercourse (YRBSS, 2005) – 18%

- 9<sup>th</sup> 8%
- 10<sup>th</sup> 14%
- 11<sup>th</sup> 19%
- 12<sup>th</sup> 26%

# Teens at risk

- Although 15–24-year-olds represent only one-quarter of the sexually active population, they account for nearly half of all new STIs each year (9.1 of the 18.9 million new cases).
- One-fourth of 14-19 y.o. females has either HPV, Chlamydia, genital herpes and/or trichomoniasis
- Each year, almost 750,000 women aged 15–19 become pregnant.
  - This rate has declined 36% since its peak in 1990.
  - Two-thirds of all teen pregnancies occur among 18–19-year-olds.
  - 29% of teen pregnancies end in abortion

Source: Guttmacher Institute

# Sexual Minority Youth

- Kids are disclosing homosexuality (“coming out”) more than ever before (Savin-Williams)
  - mean age at which lesbians first have sexual contact with other girls is 16
  - it's 14 for gay boys
- Only 35% of GLB youth report their doctor is aware of their sexual orientation (Meckler, 2006)
  - Bisexual youth less likely to disclose
  - Discussing sexual health increases chances of disclosure
  - Most youth say they would welcome a supportive discussion of their orientation.

## Why is it important for health care professionals to talk to teens about sexual health?

- Doctors are a primary source of information about sexual health (KFF)
- Importance of trusted adult in lives of teens
- Facts they might believe coming from you:
  - Some STDs 80% asymptomatic
  - Their feelings and desires are OK
  - “You are normal”
  - Birth control pills are not enough
  - Partner violence is wrong/not healthy

## **Be aware of your assumptions – and theirs**

- Heterocentric?
- The “right” age to be sexually active
- What is sex?
- The “right” age to be a parent
- How much do they know about sex and sexual health?
- What is the ideal image of a sexually desirable being?

# What rules and regulations do you need to know about?

- **Minor's access to contraceptive services**
  - All minors may access these services
  - HCP may inform parent, but does not have to
- **Minors access to prenatal care**
  - Minors 15 years and over may consent to prenatal care
  - Law allows, but does not require, physicians to inform parents that their minor daughter is seeking or receiving prenatal care when they deem it in the best interests of the minor.

Source: AGI <http://www.guttmacher.org/sections/adolescents.php>

# What rules and regulations do you need to know about?

- **Minor's right as a parent**
  - Minor may make the choice to put their child up for adoption
  - Oregon has no consent to child obtaining medical care laws that are specific to the age of the parent
- **Minor's right to abortion services**
  - Oregon has no restrictions or consent laws

Source: AGI <http://www.guttmacher.org/sections/adolescents.php>

# What rules and regulations do you need to know about?

- **Minor's access to STD testing and treatment**
  - Minor may consent to STD services
  - This includes HIV testing and treatment
  - Laws regarding future vaccines (HPV, HIV) have not been established

Source: AGI <http://www.guttmacher.org/sections/adolescents.php>

# What rules and regulations do you need to know about?

- **HPV vaccine**

- Approved by the FDA
- Recommended for girls 11-12 years of age, but doctors may give it to girls as young as 9.
- “Catch up” age 13-26 years
- Medicaid approved through age 19

- “Ask your doctor or nurse” to learn more

# What rules and regulations do you need to know about?

- **Oregon's sex education policy**

- Not mandated
- But IF teach sex education
  - Abstinence must be stressed
  - Contraceptive options must be covered
- HIV/STD education is mandated
  - Abstinence must be stressed
  - Contraceptive options must be covered

Source: AGI <http://www.guttmacher.org/sections/adolescents.php>

## Other “hot” topics

- Oral sex
- Casual sex/friends with benefits
- “trend” of bisexuality (especially in girls)
- MySpace and sex on the internet
- Pubertal timing and mental health

Source: AGI <http://www.guttmacher.org/sections/adolescents.php>

# Thanks!

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