

SEX & TEENS IN THE NEWS

There is some GOOD NEWS: There was another decline in the percentage of high school students who reported they had ever had sex (it went from 47.8% to 39.5%) and another decrease among teens who had four or more sexual partners (from 14.9% to 9.7%). Those represent the lowest levels since the CDC began conducting the survey in 1991.

The BAD NEWS: The National Youth Risk Behavior Survey (taken every other year) indicates that in STD increases in 2017 were the **FOURTH** consecutive year for record-setting cases of Chlamydia, Gonorrhea, and Syphilis reported to the CDC in 2017. Nearly 2.3 million, surpassing the previous record set in 2016 by more than 200,000 cases. This is linked to more bad news, the number of sexually active students using condoms has decreased, *again*.

Of sexually active students, only 53.8% used a condom during last sex. This represents a major failure since the primary strategy promoted by the CDC, educators and clinicians to **avoid infection** is the use of condoms. There are more messages than ever

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The objective of all the practice exercises is to get you and your teens regularly engaged in conversations that will help with brain maturation and self-control.

Those conversations don't have to have anything to do with "what goes where," or birth control, or the proper way to use a condom. The dialogues should be more along the lines of not using people for sex and what it takes for a relationship to work.

Please pass the link and the coaching exercises to other parents. The bigger your support group the more reinforcement your child will hear!



THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2007 Total	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	Trend
Ever had sex	47.8	46.0	47.4	46.8	41.2	39.5	🟢
Had four or more lifetime sexual partners	14.9	13.8	15.3	15.0	11.5	9.7	🟢
Were currently sexually active	35.0	34.2	33.7	34.0	30.1	28.7	🟢
Used a condom during last sexual intercourse [†]	61.5	61.1	60.2	59.1	56.9	53.8	🛑
Used effective hormonal birth control [†]	NA	NA	NA	25.3	26.8	29.4	🟢
Used a condom and effective hormonal birth control [†]	NA	NA	NA	8.8	8.8	8.8	🟡

[†]For the complete wording of YRBS questions, refer to Appendix.

[†]Among students who were currently sexually active

Source: National Youth Risk Behavior Surveys, 2007-2017

(TEEN SEX, CONT.)

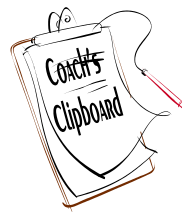
about using “protection,” but not only do teens fail to use them, the condoms fail to do the protecting those educators expect. The truth is they provide *little or no help* for the STDs that have the steep and sustained increases (Chlamydia, Gonorrhea and Syphilis) reported in the YBRS.

Even the CDC’s message is “The correct use of condoms *helps to prevent* the transmission of HIV and sexually transmitted diseases (STDs), and 15-24 year-olds account for half of all new STD infections in the U.S.” (emphasis mine.)

Helps to prevent?! How much help? They provide **little to no help** against STDs passed by contact with infected skin (those STDs do not have to be reported to the CDC annually.)

Let’s be real, the increase in the number of STDs is directly related to the predominant sex education strategy of risk REDUCTION instead of risk ELIMINATION.

Please remind your children, the only 100% effective strategy is to AVOID having sex with uninfected partners or have sex only with a



COACH'S CORNER

As you may know, about 50% of Positively Waiting presentations are for adults —parents or concerned adults involved with teens. Our objective is to help them see how adolescent brains develop and show them strategies to impact their decision-making. After almost every event, there will be an adult who says, “I wish I had been told this when I was a kid!” (*Sigh. Me too!*)

The truth can be a little scary, and in hindsight many adults look at their previous decisions with new eyes. To that end, this month I want to address a tricky subject: Living together.

The data is rolling in and study after study is proving: Couples who view cohabitation (living together) as a substitute for marriage are the **least likely to be married 5 years later.**

If you as an adult have suggested your child should consider living with their love interest before making a lifetime commitment, please know that you could be setting them up to fail.

And if you, as an adult, have already adopted that strategy for yourself, please consider how disruptive it is for you, your children, your finances and your health to have significant people walk in and out of your life.

The highest levels of success (finishing school, being in healthy relationships, having stable employment) are associated with children of married parents. Divorced parents and cohabiting parents have significantly less positive outcomes and children of single parents are the least successful. You already know parenting is hard, please consider how your choices will impact those you love.

More often than people realize, making adjustments to the relationship you have already invested in is less costly (physically, emotionally and financially) than starting over with someone new. Your thrill of a new love cannot make up for the insecurity of your child who got attached to someone that just walked out of their life.

A coach would sacrifice for a child’s sake, right?

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