NenUnkUmbi/EdaHiYedo
"We Are Here Now"

A Sexual and Reproductive Health Guide for Parents

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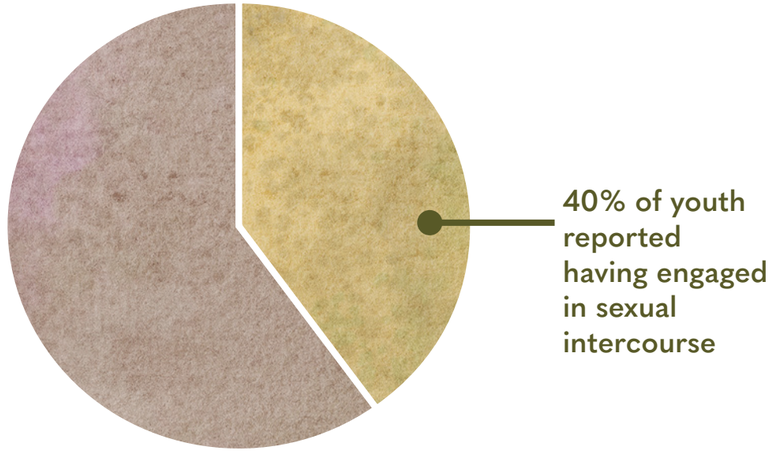
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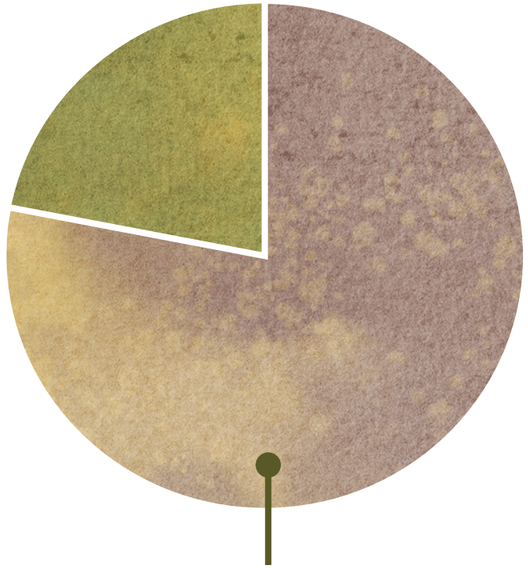
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Packet Overview

Nen ŨnkUmbi/EdaHiYedo ("We Are Here Now," or N/E) is a sexual and reproductive health intervention between Fort Peck Community College and Montana State University researchers that began in 2006. N/E was designed with collaboration between Fort Peck Tribes, Tribal members, community members, family members, and healthcare agencies on the reservation. N/E takes a holistic approach to improving sexual and reproductive health outcomes with youth on the reservation. The youth data points presented throughout this packet come from the N/E baseline data collected in partnership with schools that Fort Peck Tribal members attend. Youth represented in this data includes 457 youth ages 13-19, with 50% male, 48.9% female, and 1.1% neither male nor female youth.

$> \frac{1}{2}$ of sexually active youth reported having sex before the age of 16

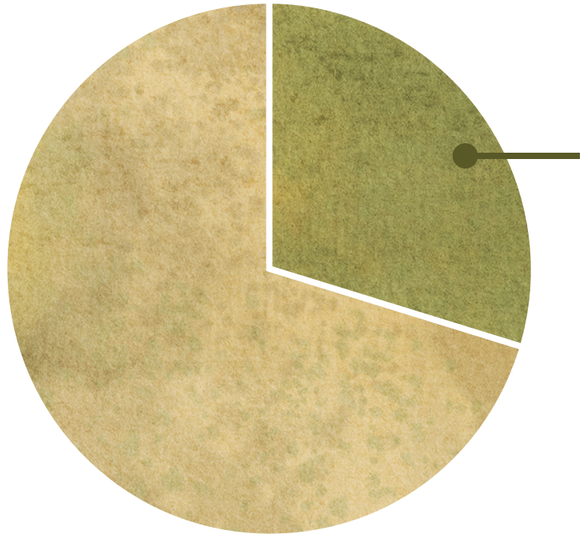




These data highlight the importance of talking to your children about these sensitive and complicated topics. "Talking about sex" or "sex education" includes a wide range of topics.

A few are listed below:

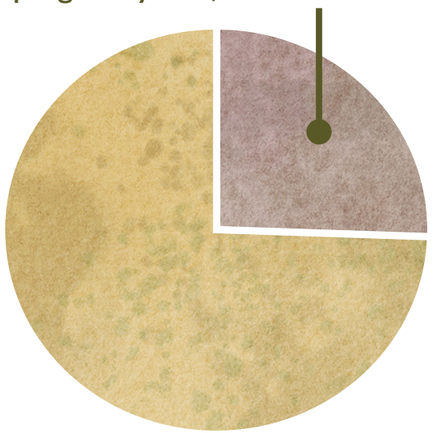
- Relationships
- Puberty
- Making decisions about sex
- Sexual protection
- Sexually transmitted infections
- Birth control
- Sexual abuse/rape
- Masturbation
- Negotiation skills
- Cyber safety



Youth Access to Services for Sexual and Reproductive Health

As youth become sexually active, it's important that they have access to the knowledge and services they need to stay safe and healthy. Services available through Indian Health Service (IHS) and Fort Peck Tribal Health are underutilized by youth, with only about a quarter of Fort Peck youth reporting ever visiting either service for condoms, birth control, pregnancy testing, or STI testing. Informing your child about services available will empower them to prioritize their sexual and reproductive health, whether they are sexually active or not.

25.27% of youth reported ever visiting IHS or Fort Peck Tribal Health for condoms, birth control, pregnancy test, or STI test



Where Would Youth Go To Get Condoms, Birth Control, A Pregnancy Test, Or Sti Test?

What's In The Packet?

This packet provides you (parent, guardian, or trusted adult) with the information to teach your child about sexual and reproductive health. You can provide your child with...

Empowerment: teaching your child how to make decisions about their body

Education: knowledge and skills to make safe decisions about relationships and intimacy

Environment: respect, humility, generosity, honesty, courage, honor, compassion, and fortitude

Why It's Important To Educate Our Tribal Youth About Sex

- As Native people, it is important for our children to learn about health in an atmosphere that supports our cultural values.
- Youth face many sources of information, such as media, peers, television, and video games. However, previous research on the Fort Peck reservation tells us that children would rather talk with trusted adults, parents, and elders about sensitive topics.
- Families that communicate about sexual issues will shape positive, affirming attitudes about sexuality.
- Family communication can help prevent misunderstandings about sex, equip children with knowing how and when to begin sexual activity, and preventing embarrassment and discomfort about early sexual activity, unintended teenage pregnancy, sexually transmitted infections and exploitation.

Your Child's Developmental Timeline

	Early Childhood (0-4 years)	Late Childhood (5-9 years)	Early Adolescence (10-14 years)	Late Adolescence (15-19 years)	
Spiritual Development		• Connection to Mother Earth • Separation of gender duties • Personal etiquette and personal space • Boys: Sweat lodge	• Sweat Lodge construction, protocol and conduct, ceremonial helpers • Girls: Preparing for Womanhood ceremony, Throwing of the ball	• Boys: Vision Quest, Sundance, role determined within Tribal Ceremonies • Girls: given their roles among the camp	Spiritual Development
Sexual & Reproductive Health Development	• Introduce boys & girls are different • Accurate names for body parts (penis/vulva) • Personal boundaries (right to say "no") • Hepatitis B vaccine	• Reproduction and pregnancy basics • Masturbation basics • Accurate names for body parts (penis/vulva) • Personal boundaries (right to say "no")	• Menstruation, talk about menstrual products • Birth control conversation • HPV vaccine (age 11)	• Condom demonstration	Sexual & Reproductive Health Development
Physical Development		• Increasing strength and muscle coordination, including jumping and running	• Girls: breasts begin developing, pubic hair, growth spurt, first menstruation • Boys: testicles and scrotum grow, change in voice, pubic hair, first ejaculation	• Boys & Girls: growth of underarm hair • Girls: continued breast development • Boys: growth spurt, facial hair	Physical Development
Emotional Development	• Play pretend and play with other kids	• Aware of others' perceptions, try to express feelings with words	• Personal identity formation, need for privacy, value friends' opinions	• Strive for independence, may emotionally distance caregivers, impulsive, prideful in successes	Emotional Development

Sexually Transmitted Infections (STIs)

Sexually transmitted infections, or STIs, are infections that can be passes between people through sexual activity. Some STIs can have long term consequences, such as infertility. However, if caught early, most STIs are curable or treatable.

Should I Get Tested?

Most of the time, STIs show no symptoms, meaning a person can have an STI and not notice any signs. Testing is the only way to be certain you are STI free. If you have had vaginal, anal, or oral sex, talk to a healthcare provider about getting tested. If you have had sexual contact with another person and suspect you have symptoms of an STI, it is important to get tested and abstain from sex until you have seen a doctor. STI symptoms can come and go over time, but that does not mean the STI has gone away. Symptoms are often mild and may not bother you, but it is still important to seek medical care immediately.

Some common symptoms STIs can cause are:

- A burning sensation when you pee
- Frequently needing to pee
- Weird or strong-smelling discharge from your penis or vagina
- Sores or bumps around your genitals, buttocks, thighs, or mouth
- Itching, pain, irritation, or swelling around your penis, vulva, vagina, or anus
- Flu-like symptoms, body aches, fever, or chills

If you notice any of these symptoms on yourself or a sex partner, it is important to seek treatment. All these symptoms can be caused by things that are not STIs, like bacterial vaginosis, yeast infections, or urinary tract infections (UTIs). Either way, seek help from a medical professional to treat and cure the underlying cause of these symptoms.



This beaded condom was created with Indigenous youth in Canada to promote conversation and education about sexual health.

Chlamydia

What is it?

A bacterial STI that can infect the rectum, vagina, or penis.

Symptoms

Women often have no symptoms. Women may have pain with sexual intercourse, lower abdominal pain, or changes in bleeding pattern. Men may have no symptoms or may have watery or thick discharge from the penis, or a burning sensation.

Treatment

Easily treated with antibiotics.

How do you get it?

By having vaginal or anal sex without a condom with someone who is infected; from mother-to-baby (eye and chest infection)

Long term effects

If left untreated, chlamydia can cause pelvic inflammatory disease (PID) in women and infertility in men and women.

Partners

Recent sexual partners need treatment. Don't have sex until 7 days after starting treatment and until sexual contacts have been treated.

Sexually active girls aged 15-24 are at increased risk of contracting chlamydia due to a vulnerable region of their cervix.

Gonorrhea

What is it?

A bacterial STI that can infect the rectum, vagina, penis, throat, and other tissues.

Symptoms

Women usually have no symptoms, but may have pain with sex, vaginal discharge, lower abdominal pain. Men may have no symptoms or discharge from penis, discharge from anus, pain in testicles, pain on urinating. Oral gonorrhea has no symptoms.

Treatment

Easily treated with antibiotics

How do you get it?

By having vaginal or anal sex without a condom with someone who has the infection; from mother-to-baby (eye infection)

Long term effects

If left untreated, gonorrhea can cause PIO and infertility, particularly in women. It can cause blindness in newborns.

Partners

Sexual partners must be tested and treated if positive. Avoid sex until 7 days after treatment is completed. Condoms provide some protection, but not total.

Gonorrhea can spread from mother to child during childbirth and can cause serious complications for newborns, including blindness and sores. If you are pregnant, talk to your doctor about STI testing

Human Papillomavirus (HPV)

What is it?

HPV is a viral STI that causes fleshy or flat lumps that may be present even if not visible. HPV can cause genital warts.

Symptoms

HPV typically has no symptoms. If it causes genital warts, they may appear as fleshy or flat lumps on our around the genitals, anus, groin, or thigh.

Treatment

Genital warts can be treated with prescription medication. Cervical precancer can be treated with the help of a doctor. Other HPV-related cancers are treatable if diagnosed early.

How do you get it?

HPV is transmitted by direct skin-to-skin contact, usually during sex. Can also be transmitted from mother to baby. Sometimes, HPV has no identifiable source of transmission.

Long term effects

HPV can cause cervical and other cancers of the vulva, vagina, penis, anus, or throat.

Partners

Condoms provide some protection, but not total.

HPV can be prevented through vaccination. HPV vaccination is recommended for all people ages 11 years old through 26 years old. Some adults over the age of 27 may be good candidates for vaccination. Talk with your child's pediatrician about the HPV vaccine.

There is no test for HPV. Women should seek routine Pap smear test to identify problems before cervical cancer develops.

Genital Herpes

What is it?

Herpes simplex virus causes skin infection usually on the mouth and lips (cold sores) or on the genitals.

Symptoms

Painful, red blisters, little sores and ulcers, flu-like symptoms, and sometimes a discharge.

Treatment

Anti-herpes and pain relief drugs can treat symptoms. There is no cure for herpes, but daily medication can decrease your changes of spreading the virus or experiencing an outbreak.

How do you get it?

Close skin contact with someone with the virus. Can be transmitted from mother to baby.

Long term effects

People can have repeated outbreaks over time, though they are usually shorter and less severe than the first outbreak. Outbreaks can be brought on by stress or other illness.

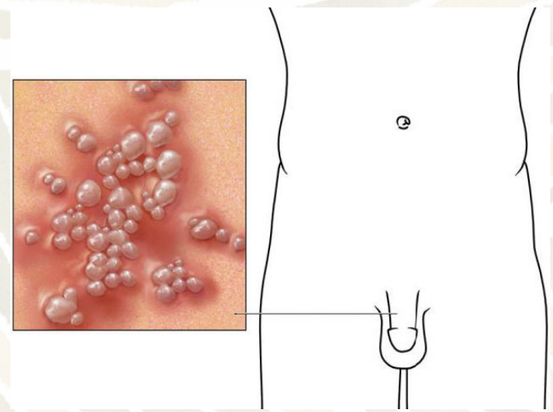
Partners

Partners may or may not catch herpes. Do not have sex when open sores are present. Condoms provide some, but not complete, protection.

Herpes and Pregnancy

If you are exposed to genital herpes or have genital herpes, it is extremely important to speak with your doctor at prenatal visits. In some cases, genital herpes can lead to miscarriage or early delivery.

Herpes can be passed from mother to child during pregnancy or delivery and is potentially deadly for newborns. Prenatal care is extremely important for women with genital herpes. If addressed by a physician, a woman can safely deliver a child without risk of spreading the virus.



Syphilis

What is it?

A bacterial infection entering the body through skin or the genital area. Over time, this infection can go on to damage internal organs (heart, brain, spinal cord).

Symptoms

Painless ulcer/sore usually on the genitals; later swollen glands, rash, hair loss.

Syphilis sores are painless, and you may not know you have one. A syphilis sore or rash may only last a few days, but it does not mean the infection has gone away.

Treatment

Antibiotics with follow-up blood tests.

How do you get it?

By having vaginal, anal, or oral sex without a condom with someone who has the infection. Can be transmitted from mother to baby across placenta during pregnancy (congenital syphilis).

Long term effects

Syphilis can cause serious health problems if left untreated including brain damage, paralysis, deafness, blindness, and death. Syphilis can cause severe birth defects or death for babies.

Partners

Sexual partners must be tested and treated if positive. Current health regulations advise no sex until you are cleared.

Human Immunodeficiency Virus (HIV)

What is it?

HIV attacks the white blood cells and causes damage to the immune system so that it can be difficult to fight off infections.

Symptoms

Usually no obvious symptoms for many years. In late stages of HIV and AIDs, symptoms include weight loss, thrush, fatigue, certain cancers, and susceptibility to infections.

Treatment

There is no cure or vaccine for HIV, but daily medication (anti-retroviral therapy) can control the virus and improve immune system health.

How do you get it?

HIV is transmitted through blood, semen, pre-seminal fluid, vaginal fluids, rectal fluids, and breast milk. HIV can be contracted through unprotected vaginal or anal sex, sharing needles and drug equipment, or mother to baby.

Long term effects

If HIV is left untreated, it will advance to AIDS. People with AIDs typically survive about 3 years. Opportunistic infections or cancers that take advantage of a very weak immune system can cause severe impairment or death.

Partners

Practice safer sex and do not share drug equipment to prevent transmission. Sexual partners must be tested and treated if exposed.

HIV Myths

- You can get HIV from a toilet seat
- You can prevent HIV if you wash after sex
- You can get HIV from sharing a food or drink with somebody who has HIV
- People with HIV only have a few years to live
- Only gay people get HIV
- You can get HIV from kissing

Trichomoniasis

What is it?

Trichomoniasis vaginalis is as small parasitic organism that causes irritation in the vagina in women and can cause irritation inside the penis in men.

Symptoms

Women may have no symptoms, but there may be a yellowy-green frothy vaginal discharge. Men usually have no symptoms.

Treatment

Oral medication.

How do you get it?

Unprotected sexual intercourse with an infected person.

Long term effects

Trichomoniasis can increase risk of contracting other STIs or HIV. Pregnant women with trichomoniasis are at increased risk of pre-term delivery.

Partners

Finish all medications to avoid re-infection. Don't have sex until 7 days after starting treatment and until sexual contacts have been treated.

Non-Specific Urethritis (NSU)

What is it?

Infections that cause inflammation of the urethra.

Symptoms

Women usually have no symptoms. Men may have discharge, pain when urinating, or swelling in the testicles.

Treatment

Antibiotics

How do you get it?

Can be caused by chlamydia or by bacteria, viruses, or other organisms.

Long term effects

If left untreated, NSU can cause infections of the prostate or testicles, and infertility.

Partners

Finish all antibiotics. Partners should be examined and treated if the cause of NSU is an STI.

Bacterial Vaginosis

What is it?

An overgrowth of normal bacteria in the vagina.

Symptoms

Burning sensation urinating, need to urinate urgently and frequently, cloudy or pungent urine, aching in lower back, smelly vaginal discharge.

Treatment

Antibiotics. Symptoms and pain can be treated with pain relief.

How do you get it?

Can be caused by anything that changes the balance in the vagina like new sexual partners, increased sexual activity, scented soaps, or douching.

Hepatitis A

What is it?

Viral infection which affects the liver.

Symptoms

Often no symptoms, or may have mild flu-like illness, or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes.

Treatment

Vaccination for prevention. Good hygiene and handwashing.

How do you get it?

Mainly through contaminated food or water, or not handwashing after using the restroom, before food, etc. Can be contracted through anal sex and oral-to-anal contact.

Long term effects

Typically, Hepatitis A is a severe, acute illness with few long-term complications. In rare cases, liver failure occurs and/or the need for a liver transplant.

Partners

Vaccination for prevention. Avoid anal sexual practices until recovered.

Prevention

Hepatitis A is one of the few foodborne illnesses that can be prevented through vaccination.

Handwashing, especially after using the restroom and before handling food.

Hepatitis B

What is it?

Viral infection which affects the liver.

Symptoms

Often no symptoms, or may have mild flu-like illness, or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes.

Treatment

Some antiviral medications. Rest, exercise, and avoiding alcohol, drugs, and smoking. Eat a well-balanced, low fat diet. Check any prescribed or over-the-counter medicines are safe to take.

How do you get it?

Vaginal, anal, or oral sex without a condom with someone who has the infection. Can be transmitted from mother to baby. Sharing needles, syringes, toothbrushes, razors, and unsterilized instruments that pierce the skin.

Long term effects

Chronic Hepatitis B will lead to cirrhosis of the liver and liver cancer.

Partners

Use protection during sexual intercourse.

Prevention

Vaccination. All infants and adults should be vaccinated for Hepatitis B.

Hepatitis C

What is it?

Viral infection which affects the liver.

Symptoms

Often no symptoms, or may have mild flu-like illness, or vomiting, abdominal pain, dark urine and yellowing of the skin and whites of the eyes.

Treatment

Antiviral medications or liver transplant. Rest, exercise, and avoid alcohol, drugs, and smoking. Eat a well-balanced low-fat diet.

How do you get it?

After contact with infected blood or by sharing needles or syringes. Also through sexual contact.

Long term effects

Hepatitis C can require a liver transplant. Liver cancer, scarring, or cirrhosis of the liver a re common.

Partners

Sexual and needle-sharing partners can have a blood test to check for Hepatitis C antibodies.

Hepatitis C Myths and Facts

- There is a vaccine for Hepatitis C (Myth). There are only vaccines for Hepatitis A and B.
- There is a treatment that can cure Hepatitis C (Fact). However, treatment for Hepatitis C costs around $85,000
- Hepatitis C can be spread through mosquitoes (Myth)
- If you treat and cure Hepatitis C, you can still contract it again (Fact) About 25% of people who contract Hepatitis C will clear the infection on their own. However, you can contract Heptitis C more than once.

Pubic Lice (Crabs)

What is it?

Small lice that live in the pubic hair and cause irritation.

Symptoms

Intense itching in the pubic area, small nits (eggs) on pubic hair.

Treatment

Special shampoo, cream, or spray applied to pubic area. Wash all clothing and bed linen.

How do you get it?

Close body contact, usually during sex with an infected person. Can be spread via infected bedding and clothing.

Long term effects

If left untreated, pubic lice can cause discolored skin. They can also lead to secondary infections for scratching, or eye irritation.

Partners

Treat partners of the last 3 months in the same way at the same time.

Scabies

What is it?

Small mites that burrow into the skin and cause irritation.

Symptoms

Itching (worse at night), and a rash on the body.

Treatment

Special cream or ointment. Wash all clothing and bed linen.

How do you get it?

By close body contact, sometimes during sex. Can be spread by sharing clothes or bedding.

Long term effects

Persistent scratching can lead to secondary infections. People with weakened immunize systems may experience more severe symptoms.

Partners

Treat partners of the last 3 months in the same way at the same time.

Pelvic Inflammatory Disease (PID)

What is it?

An infection of the uterus, ovaries, and fallopian tubes that can cause infertility.

Symptoms

Pain during sex

Sore abdomen or back

Heavy, irregular, or painful periods

Spotting

High temperature

Feeling sick

Sometimes no symptoms

Treatment

Antibiotics and rest

How do you get it?

Vaginal sex without a condom with someone who has gonorrhea or chlamydia.

Long term effects

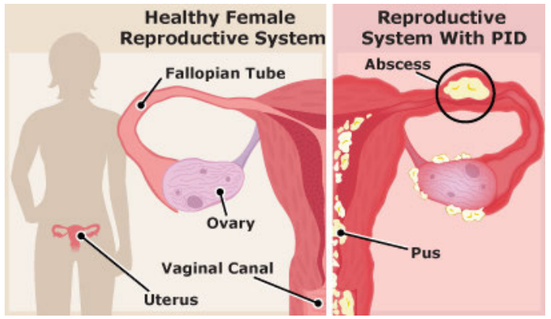
Untreated PID can cause scar tissue and abscesses. This can cause ectopic pregnancy, infertility, chronic pelvic pain, and life-threatening infections.

Partners

Need to check partners for STIs and be treated to avoid reinfection. No sex until treatment is completed and until sexual contacts have been treated.

Finish all antibiotics! It is extremely important that you or your child finish all the antibiotics prescribed, even if you already feel better.

Finishing antibiotics will prevent the infection from returning and reduce the risk of bacteria becoming resistant to the antibiotics.



Thrush or Candidiasis (Yeast Infection)

What is it?

Irritation of mucous membranes from a yeast organism. It can occur in or around the vagina, and on the tip of the penis.

Symptoms

Itchy vulva and a thick, whitish vaginal discharge. A red rash on the head of the penis or a discharge under the foreskin.

Treatment

Creams for local treatment. Anti-fungal medications may be given in severe cases.

How do you get it?

Caused by antibiotics use, pregnancy, with diabetes, or weakened immunity. It can occur with or without sex.

Long term effects

Yeast can spread to other areas of the body. In some cases, it can cause headaches, fatigue, and gastrointestinal problems.

Partners

Need treatment if showing symptoms.

Urinary Tract Infection (UTI)

What is it?

An infection in any part of the kidneys, ureters, bladder, or urethra. More common in women.

Symptoms

Frequent urge to urinate, a burning sensation when urinating, cloudy urine, pelvic pain, or strong-smelling urine.

Treatment

Antibiotics. Prevent UTIs by drinking plenty of liquids, wiping front to back when using the restroom, and emptying your bladder soon after intercourse.

How do you get it?

Risk factors include sexual activity, certain types of birth control, or hormonal changes.

Long term effects

If left untreated, can cause permanent kidney damage. Men may have recurring urethritis.

Partners

UTIs cannot be transmitted to sexual partners.

STIs and Partner Notification

If you test positive for an STI, it is important to disclose the names and contact information of your sexual partners. Local healthcare workers are prepared to contact all sex partners who may have been exposed and immediately test and treat them. Your personal information should never be revealed in this process.

If you are contacted by a healthcare worker about STI exposure, take the process seriously and meet with them as soon as possible.

STI Wrap Up

Quiz

Did you master the STI section? Take this quiz to find out! Circle your answers.

1. You can get herpes from a toilet seat.
   TRUE **FALSE**
2. Most people can clear Chlamydia on their own without needing antibiotics.
   TRUE **FALSE**
3. It is usually easy to tell if your partner has an STI.
   TRUE **FALSE**
4. Herpes is an easily curable STI.
   TRUE **FALSE**
5. You can prevent contracting HPV with a vaccine.
   TRUE **FALSE**
6. Some STIs can cause birth defects or miscarriages.
   TRUE **FALSE**
7. There is no cure or vaccine for HIV.
   TRUE **FALSE**
8. Most STIs will go away on their own.
   TRUE **FALSE**

Answers
1. False
2. False
3. False
4. False
5. True
6. True
7. True
8. False

Birth Control

Why is Birth Control Important?

Having sex without birth control means you aren't protecting yourself against sexually transmitted infections (STIs) or preventing pregnancy. In fact, 85 out of 100 women would be pregnant by the end of a year by not using any form of birth control. People who want to get pregnant right away choose to refrain from any method of birth control, but everyone else should have a plan in place for how to prevent pregnancy.

Wishing and Hoping

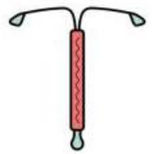
Choosing to not use any form of birth control when you don't want to get pregnant is called the "wishing and hoping" method.

Disadvantages of this method include:

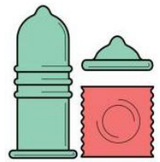
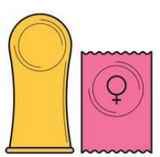
- Not being in control
- Pregnancy as a teen makes it harder for both parents to reach their goals
- Babies born to teens are at higher health risks
- Pregnancy often stresses a relationship
- STIs can make you (or your baby) sick, and even cause death

In the state of Montana, minors 13+ can get a prescription for birth control without a parent's permission.

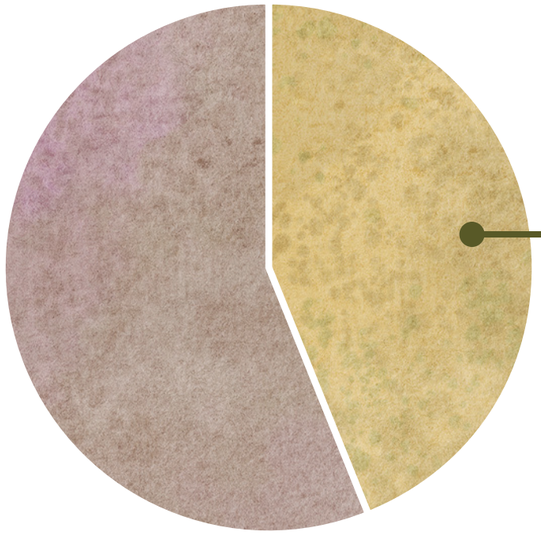
It is important to talk with your child about these topics and build trust for the future

Implant (Nexplanon) 	Flexible rod (size of matchstick) placed under the skin of inner arm Releases progestin hormone, stops ovary from releasing egg Causes thickened mucus in the cervix and changes to the lining of the uterus	99.9%		Can cause irregular bleeding or no period at all, headaches, emotional symptoms, weight gain	Must be inserted and removed by health provider
Intrauterine Device (IUD) 	Plastic "T" shaped device placed inside uterus Two types: one with copper (ParaGard) and one with progestin hormone (Mirena) IUD affects sperm so egg isn't fertilized	99.2 - 99.9%	Nothing to remember to do Doesn't require partner participation Lasts 5-10 years Can be removed at any time, with quick return to fertility	Can cause irregular bleeding Recommended only for females in long-term relationships with one partner who has no other partners	Must be inserted and removed by health provider
The Shot (Depo Provera) 	Contains large dose of progestin hormone that stays in body for 3 months, stops ovary from releasing egg Causes thickening of the mucus of the cervix, and thinning of the uterine lining to prevent pregnancy	96%	Nothing to remember to do Decreases menstrual cramps	Can cause irregular bleeding or no period at all, weight gain, tiredness Delay in return to fertility after stopping injections	Must be given by health provider

Type	What is it?	How well does it work?*	Pros	Cons	How to get it?
Oral Contraceptive (The Pill) 	Hormones (estrogen and progestin) stop the ovary from releasing an egg Hormones also cause thickening of the mucus in the cervix Must be taken daily	93%	Woman typically has normal period May protect from ovarian and endometrial cancers	Can cause irregular bleeding, breast soreness, nausea Require more maintenance and attention than other methods	Requires a prescription
The Patch 	Same hormones and effect as pill Small sticky square worn on skin Replaced every 7 days at a new site Every three patches, one week without a patch	93%	Easier to use than remembering to take a pill every day	Similar side effects as the pill Must be applied on time to be effective	Requires a prescription, patient applies patch on skin
Vaginal Ring 	Same hormones and effect as pill Ring is worn in the vagina for 3 weeks and then removed for a week before a new ring is inserted	93%	Fewer hormonal ups and downs than daily or weekly methods Lasts longer than pill or patch	Similar side effects as the pill Must be inserted on time to be effective	Requires a prescription, patient inserts into vagina

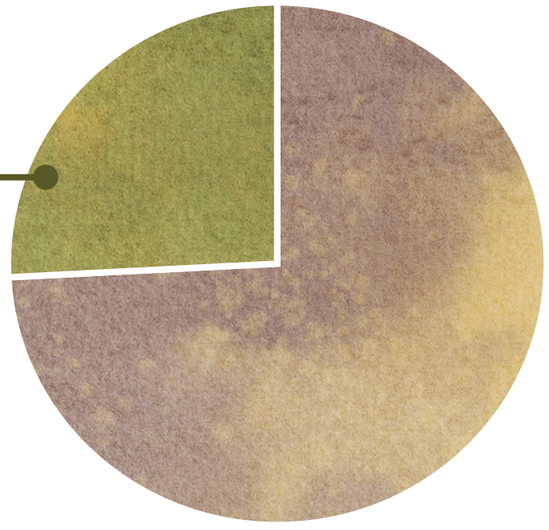
Type	What is it?	How well does it work?*	Pros	Cons	How to get it?
Condoms 	Thin sheaths made of latex Worn on the penis while it is inside the partner Blocks sperm from going into the vagina	87%	Can be used with other methods for extra protection Prevent STI transmission	Can slip off or break, especially if not used correctly Some people feel using condoms interrupts sexual activity	No prescription required, no age limit to purchase, available at many stores and free at some health clinics
Sponge 	Soft sponge moistened with water and worn in the vagina during sex Spermicide in the sponge kills sperm Sponge absorbs semen and physically blocks cervix	79-86%	No prescription required Effective for 24 hours	Must be left in vagina for 6+ hours after sex Less effective if you've already had a child Rare side effect of toxic shock syndrome	No prescription required, available at many stores
Internal Condom (Female Condom) 	Thin, soft, loose-fitting sheath with a flexible ring at each end, worn inside the vagina or anus Rolled outer ring at the open end of the sheath remains outside and covers part of the external genitalia	79%	Can be inserted before sex Safe to use if allergic to latex Prevent STI transmission	More expensive than external condoms Can be noisy	No prescription required, no age limit to purchase, more difficult to find than external condoms

Type	What is it?	How well does it work?*	Pros	Cons	How to get it?
Abstinence 	Not having sex at all, penis does not touch vaginal area Involves a decision and a plan, works only if used consistently and correctly	100%	No chance of pregnancy or most STIs You can get to know your partner without a sexual relationship	Feeling impatient or curious Young people who plan to abstain, but then have sex without using another method, are at high risk of pregnancy and STIs	No cost or prescription required

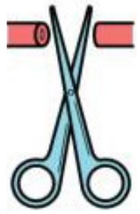


44% of youth indicate talking with their parents/guardians about how well birth control can prevent pregnancy

Only 26% of youth indicate talking with their parents/guardians about how to choose a method of birth control



Birth Control Methods NOT Usually Recommended for Teens

Type	What is it?	Why Not Recommended for Teens
Surgical Sterilization 	**Tubal ligation** (getting your tubes tied): a surgical procedure for women that permanently blocks the fallopian tubes where the sperm and egg would normally meet. **Vasectomy:** a surgical procedure that permanently prevents the release of sperm when a man ejaculates.	Provides no protection against STIs - This method is intended to be permanent Not appropriate for anyone who may want to have a child in the future, and is usually discouraged for people under 30 who have not had children
Withdrawal (Pulling Out)	The man pulls his penis out of the vagina before he ejaculates (comes) to keep sperm from joining egg.	Provides no protection against STIs Many young men lack the experience and self-control to pull out in time - Some men have been known to say they will pull out, and then they get so excited and carried away that they don't Some men cannot tell when they are going to ejaculate - Some men ejaculate very quickly, before they realize it Before ejaculation, almost all penises leak fluid (pre-ejaculate) that may contain sperm and cause pregnancy
Fertility Awareness Method 	A professional teaches a woman how to chart her menstrual cycle and to detect certain physical signs to help her predict fertility or "unsafe" days. She must abstain from intercourse (periodic abstinence) or use condoms, diaphragms, cervical caps, shield, or spermicide during the nine or more "unsafe" days of her cycle.	Provides no protection against STIs These methods work best for women with very regular periods — teen women often have irregular periods Their partners may not wish to cooperate in using this method. A teen's relationship may not be stable or committed enough to develop the trust and cooperation necessary for effective use of this method. It may take 6-12 months of training and record keeping before a couple can try to use the method. Teens may not be that patient

Birth Control After Giving Birth

Give Birth

Methods that have estrogen (the pill, patch, or ring) are not safe to use after giving birth

Doctors recommend to abstain from sex for 4-6 weeks after giving birth

3 weeks

It is safe to use birth control methods with estrogen

Methods with estrogen may reduce your milk supply

6 months

You may not need birth control up to this point if you're not menstruating, and are fully or nearly fully breastfeeding

Emergency Contraception

What is Emergency Contraception?	Why would someone take emergency contraception?	How can I get emergency contraception?
Emergency contraception (EC, commonly known as the morning after pill) is not a form of birth control, it is a last resort option if unprotected sex occurs. - EC reduces the chance of pregnancy up to 5 days after unprotected sex. - It's important to take it as soon as possible after unprotected sex—the sooner you start it, the better it will work. - Brand names include Plan B, Plan B One Step, Next Choice, and Ella	The condom broke or slipped off, and ejaculation occurred in the vagina. The male didn't pull out in time. You forgot to take your birth control pills, insert your ring, or apply your patch. Your diaphragm or cap slipped out of place, and he ejaculated inside your vagina. You miscalculated your "safe" days. You weren't using any birth control. You were forced to have unprotected vaginal sex or were raped.	Emergency contraception is available without a prescription for people age 17+, but those 16 and younger need a prescription. Check with your local IHS. Available at your local clinic or health department. If your child is sexually active, talk to them about what to do if they have unprotected sex.

Birth Control Wrap Up

Pop Quiz

Did you master the birth control section? Take this quiz to find out! Circle your answers.

1. Teens don't need birth control because they don't have sex.
   TRUE FALSE
2. If a condom breaks during sex, you may want emergency contraception.
   TRUE FALSE
3. The implant and IUDs are the most effective prescription forms of birth control at preventing pregnancy.
   TRUE FALSE
4. It's smart to always use a condom, whether using another form of birth control or not.
   TRUE FALSE
5. The withdrawal method is a good form of birth control for teens.
   TRUE FALSE
6. All birth control requires a prescription.
   TRUE FALSE
7. Abstinence is a form of birth control.
   TRUE FALSE

ANSWERS:
1. False
2.True
3. True
4. True
5. False
6. False
7. True

Communication Checklist

Did you talk with your child about the following information about birth control? Check the box next to each item you have discussed.

- ☐ Why birth control is important
- ☐ Which forms of birth control are the most effective
- ☐ The importance of making a plan for birth control before becoming sexually active
- ☐ How to prevent STIs
- ☐ Where to get condoms and how to use them
- ☐ What to do if your partner doesn't want to use a condom
- ☐ What to do if a condom breaks or birth control fails
- ☐ How birth control might affect your body
- ☐ How long birth control lasts
- ☐ Which forms of birth control are hormonal

Healthy Relationships

What Is A Healthy Relationship?

- You demonstrate mutual affection
- You share activities
- You are honest and accountable with each other
- You trust and support each other
- You treat each other with non-threatening behavior
- You respect each other
- You treat each other with kindness
- You make decisions together

Activity: Healthy Relationship Check-In

Use these questions to determine if you or your child is in a healthy relationship. Answering "YES" to these questions indicates a healthy relationship.

Are You in a Healthy Relationship?

Can you speak up about anything to your partner and experience mutual understanding and kindness?

Yes No Sometimes

Do you bring out the best qualities in each other?

Yes No Sometimes

Do you feel like you can honestly ask for what you want and need in this relationship?

Yes No Sometimes

Are you both comfortable with how physical the relationship is (or isn't)?

Yes No Sometimes

Do you both feel close to each other (not just physically) and are willing to trust each other with personal stuff?

Yes No Sometimes

Do you make decisions jointly, with input from each partner?

Yes No Sometimes

Does she or he take responsibility for their own actions and not blame others for their failures?

Yes No Sometimes

Can the two of you admit when you are wrong and apologize to each other when needed?

Yes No Sometimes

Do you feel less like yourself when you have been with your partner?

Yes No Sometimes

Activity: Are You Being Abused? Self Assessment

The following questions may help determine if you or your child is in an abusive relationship. Allow your child to answer these questions

independently or go through them together. Answering yes to even one of these questions indicates an abusive relationship.

Does your partner:

- ☐ Act jealous or possessive?
- ☐ Demand to know where you are at all times?
- ☐ Try to control where you go, what you wear, or what you do?
- ☐ Text you all the time and get upset when you don't respond?
- ☐ Monitor your email or profile on a social networking site?
- ☐ Call you names, ridicule you, criticize you, or put you down?
- ☐ Blame you for the hurtful things they say and do?
- ☐ Get jealous or angry when you spend time with friends or family?
- ☐ See other relationships as a threat?
- ☐ Try to guilt you or force you into having sex before you're ready?
- ☐ Think you're cheating if you talk or dance with someone else?
- ☐ Lose their temper easily?
- ☐ Get in your face during a disagreement?
- ☐ Break or throw things when they're angry?
- ☐ Hit, slap, push, or kick you?
- ☐ Threaten to hurt them or you if your relationship ever ends?
- ☐ Drink or take drugs almost every day or go on bingers?
- ☐ Think there are some situations when it's okay for a person to hit their partner?
- ☐ Scare you or threaten to hurt you?

If you said yes to even one of these questions, you may be in an abusive relationship. You should talk to your Native STAND facilitator, a counselor, another adult your trust, or contact the helpline below.

National Teen Dating Abuse Helpline

1-866-331-9474

www.loveisrespect.org

Red Bird Women's Center

629 7th Ave. S. Wolf Point

406-653-1494

Healthy Conflict

In most relationships, there will be conflict. Since no two people have the same wants, needs, values, and beliefs, at some point those differences will cause them to disagree. Conflict itself is not the problem.

Confrontation and releasing one's feelings, even when negative, are healthy in a relationship. What causes the problem between two people is the way they choose to deal with the conflict.

Most of us have never learned how to handle negative emotions in a positive or constructive way. Because many couples don't know how to handle conflict, they may get hostile, or defensive; they may hold back their true feelings and avoid talking about the issues. Eventually, they may pull away from each other and the relationship loses its meaning and importance.

If an issue is bothering you, ask yourself these questions before you start a fight over it:

Do I really have a valid complaint or am I just looking for a fight?

Is my partner's behavior bad for the relationship? Or do I just want him or her to think or act the same way I do?

What does this fight really mean to me? If I "win", what do I really win? Or will I just put more distance between us?

Am I overreacting to the situation?

How will my partner respond? Will taking a stand be worth the price I pay?

Will my partner hear and understand my message the way I am saying it? Or am I too upset to make my point clearly?

Guidelines For A Fair Fight:

- Schedule your fights. This means when you both have time, when other people aren't around, and when you're both in the mood to handle conflict.
- Establish rules and boundaries. Make sure you both understand and agree with the rules. Most important: no physical violence at any time for any reason.
- Write your complaint down. Sometimes writing down your angry feelings lessens their intensity. Expressing feelings in writing can clarify the issues so you are better able to make a specific request for a behavior change.
- Don't hit below the belt. It's unfair to attack in an area that will cause pain or discomfort to your partner. If you know there are certain sensitive areas like weight gain, ex-partners, or the death of a family member. Don't bring it up when you're having a confrontation.
- Keep current. Don't store up all your complaints and get so bottled up that you finally burst with anger and hostility. Deal with issues as they come up.
- Avoid communication jammers. Don't fall into common traps that prevent you from communicating clearly (like preaching, moralizing, ridiculing, threatening).
- Don't fight just to win. Remember, if you win but the other person loses, then you both lose. The only way to fairly resolve conflict is for both partners to win by negotiating a mutually rewarding compromise.
- Don't take it out on the wrong person. If you're mad at a teacher, don't take it out on your partner.
- Don't withdraw, pout, or sulk. Silence is a strong form of communication, but it cannot resolve conflict. If you do not communicate your needs, you can't expect them to be met.

- Be honest but be kind. It's important to be able to share personal thoughts and feelings even when they're negative. If you care for this person, then remember that you are not out to hurt or destroy them. (If you are, then you shouldn't be in this relationship.)
- Be specific. Don't hint at, be vague about, or expect the other person to know what is bothering you. Often, arguments are fought without the real issue ever being discussed. Conflict is best handled when two mature people can openly and specifically talk about the issue(s) that are really bothering them.
- Limit your scope. If you bombard a person with a lot of issues that you're upset about, your partner will get overwhelmed and probably won't be able to address any of them. If your list is very long, your partner might respond with, "If you don't like me, then why do you go out with me?"
- Think before you speak. Don't just blurt out words or statements that could deliberately hurt another person.
- Use "I" statements. Own your own thoughts and feelings by phrasing your comments with "I" (vs. "you", "you", "you").
- Listen well. If the other person disagrees, allow him or her to express their point of view. Show respect for your partner by listening and putting yourself in their shoes.
- Have alternative solutions so both partners can win. The world is not all black and white; there is a huge gray area where you can find many solutions for every problem.
- Compromise, compromise, compromise. People who truly care for and respect each other know the importance of compromise. They also know that compromise doesn't mean sacrificing their own needs; it means caring enough about another person to find a way of working out the problem.
- Violence is never okay. No one, at any time, no matter how valid his or her angry feelings are, has the right to inflict physical pain on another human being.
- Don't rant, rave, yell, or scream. Remember, "It isn't what you say, it's how you say it." If you unleash your anger with verbal abuse, your partner will not be able to hear what you are saying and will probably withdraw or get angry.
- Know when to stop a fight. Each person should be sensitive to the other. If either one goes too far, hits below the belt, or becomes verbally or physically abusive, the fight is probably out of control. It's doubtful anything will get resolved and things may actually get worse.
- Agree to disagree. Not every conflict will get resolved satisfactorily for both partners. Respect each other's differences and agree to disagree.
- Bring conflicts to a close. "I am sorry," "I forgive you." It's important to bring an argument to an end on a positive note. If you haven't reached a point where either of you can say this, then close with something like, "We still need to resolve this. Can we talk about it again later?" Unresolved conflicts can fester and turn into an all-out war.
- Making up is the best part. When the fight is over, let it go. Holding a grudge will only make you feel worse and will weaken your relationship. Reaffirm your affection and respect for the other person and remember why you were attracted to them in the first place.

Preparing to Have a Tough Conversation

If you keep these guidelines in mind when having a difficult conversation, you will be able to communicate effectively and resolve the issue without making matters worse. These strategies are helpful with all conversations, not just those with a partner



Healthy Relationships Wrap Up

Pop Quiz

Did you master the healthy relationships section? Take this quiz to find out! Circle your answers.

1. Which is **not** a characteristic of a healthy relationship?
   a. Taking responsibility for mistakes
   b. Trust and supporting each other
   c. Monitoring all text messages
   d. Disagreements
2. Which might indicate an abusive relationship?
   a. You and your partner talk all the time
   b. Partner is jealous of your other relationships
   c. You have to agree to disagree
   d. You make decisions together
3. When your partner acts possessive of you, it just means they love you
   TRUE **FALSE**
4. It is best to avoid conflict at all times.
   TRUE **FALSE**
5. It's important to listen to your partner, especially when you disagree..
   TRUE **FALSE**

Communication Checklist

Did you talk with your child about the following information about healthy relationships? Check the box next to each item you have discussed.

- ☐ Qualities of a healthy relationship
- ☐ How to demonstrate trust with your partner
- ☐ What to do if your partner becomes violent
- ☐ How to set guidelines for a fight ahead of time
- ☐ What to do if an argument gets heated
- ☐ How to bring a conflict to a close
- ☐ How to stay calm during an argument
- ☐ Who to talk to if you may be in an abusive relationship

Answers:
1. C
2. B
3. False
4. False
5. True

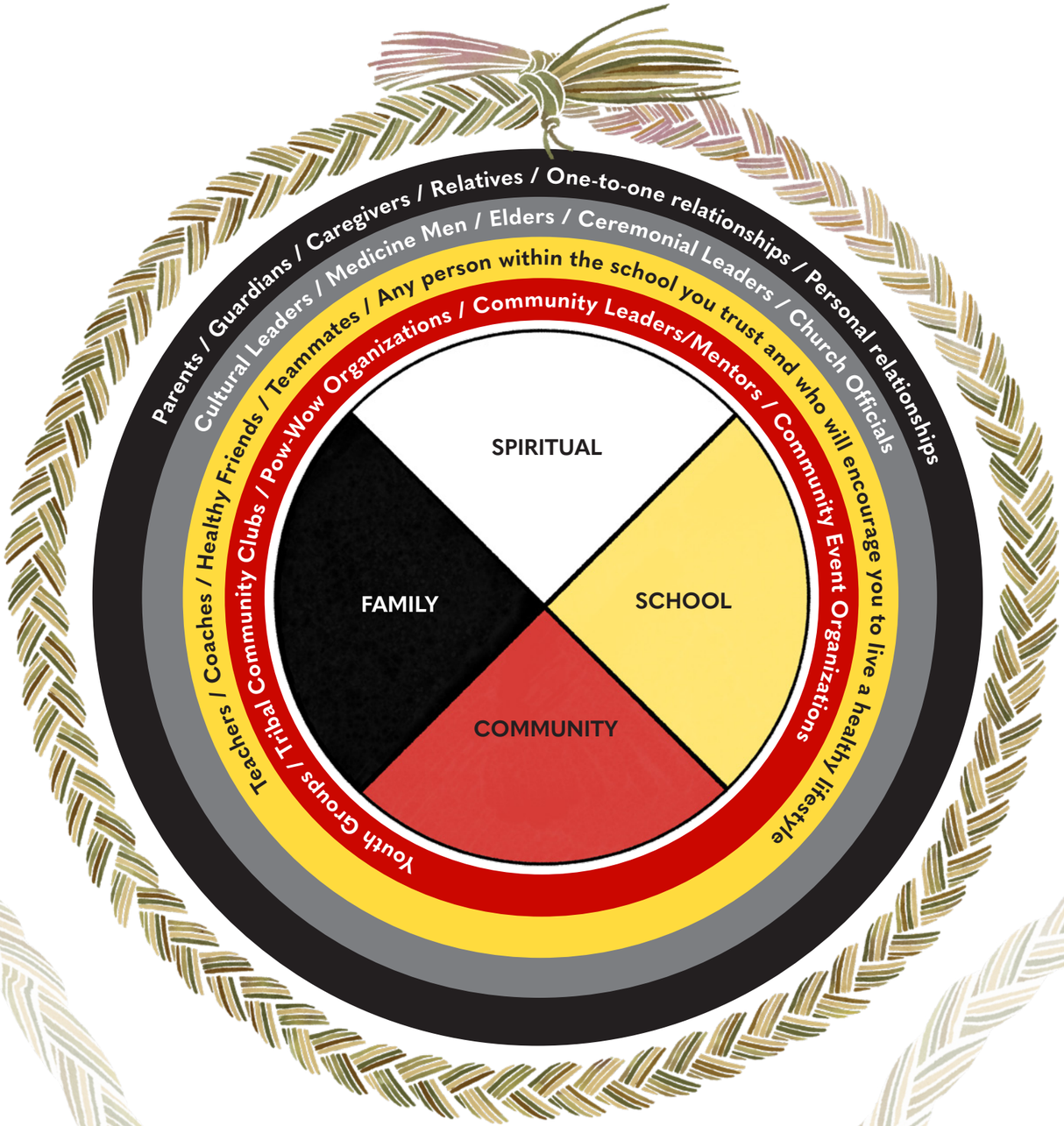
Communicating with Your Child

- Children cannot avoid sexual messages in life.
- You can help your child develop healthy attitudes about sexuality through honesty and showing interest in your child's health.
- Don't worry about telling "too much, too soon."
- It is never too late to talk about sex with your child.
- Share your values and facts with your child.
- Answer questions as they arise, using everyday events as "teachable moments."
- If you don't know an answer, state "this isn't a good time, let's talk later." Then, follow-up when you are prepared.
- Answer questions simply and honestly. Try to respond openly and showing interest in your child's health and wellness. Convey that sexuality is a natural part of life.
- Be patient with yourself and your child.
- Use medically accurate terms for body parts so your child can understand what is happening to their body and communicate questions and challenges to you or other trusted adults.

Model the behaviors you wish to encourage.

Open family communication about sex allows you to share family values build trust and promote respect.

Circle of Trust



Communicating About Sex

Why communicate about sex?

40% of Fort Peck youth surveyed reported having engaged in sexual intercourse

Communication Tips

- Be a healthy, positive role model – emphasize love and communication
- Remain connected – teenagers need to hear and feel they are loved
- Promote a sense of the future – help your child to plan and reach goals
- Pay attention to the process – appreciate and learn from growth
- Prompt conversation through books, movies/ TV or personal stories

Values To Share With Your Child

- Respect your partner
- Respect your cultural traditions
- Choose alternative activities to postpone sexual activity
- Know your family members and relations to teach your children, so they don't accidentally date relatives

What Can I Say?

I'm here for you and I'm willing to talk about your questions

A lot of people are embarrassed to talk about these things. If you're feeling that way I understand. I'm feeling a bit awkward too. Maybe we can help each other.

When I was young, I was so confused about sex that I had a hard time asking questions. Is that how you feel?

Communicating About Moon Time

Why communicate about menstruation?

Only 40% of youth indicate talking with their parents/guardians about menstruation.

What Can I Say?

Even though only girls have Moon times, it is important for boys and girls to understand and appreciate how girls' bodies work

Menstruation is a normal and healthy part of life, so are tampons and pads

What do I need to communicate about Moon Time?

- Even though only women have Moon times, it's important for boys and girls to know about
- Each month a special lining grows inside a woman's uterus which will help the baby develop if the woman becomes pregnant
- If a woman does not become pregnant, the blood lining passes out of the body through the vagina during menstruation
- Teach your child about proper menstrual hygiene and how to use products like tampons or pads
- Build trust so your child can ask for help when she needs it

When can girls expect to have their first Moon time?

Girls can expect their first menstruation (moon time) about 2 years after the start of breast development.



Communicating About Healthy Relationships

Why communicate about healthy relationships?

Establishing supportive and loving relationships is not something people automatically know how to do

Skills are involved – skills that can be taught and nurtured throughout childhood

What Can I Say?

In a healthy relationship, you demonstrate mutual affection

You share activities

You are honest and accountable with each other

You treat each other with non-threatening behavior

You trust and support each other

You respect each other

You treat each other with kindness

You make decisions together

What you might hear from your child

"All my friends talk about boys constantly, but I'm just not interested. What's wrong with me?"

"I've got to have a girlfriend/boyfriend because everybody in my class does"

How can I respond?

- Be there and listen to their frustrations and worries about relationships
- Remind your child that they are developing at a rate that is right for them
- Share one of your own growing-up experiences
- Be reassuring

Communicating About Sexually Transmitted Infections (STIs)

Why communicate about STIs?

Only 44% of youth indicated talking with their parents/guardians about STI symptoms in the last year.

STIs may lead to health problems if left untreated. It's important to communicate how to protect from STIs and recognize the signs/symptoms to seek appropriate medical care.

What's important to know

- Respect your child's privacy. If your child is diagnosed with an STI and you find out, remember that information is private. Don't share without permission.
- Your teen should report any feelings of discomfort immediately, even if it's embarrassing. Otherwise, an infection might get worse!
- Encourage your child to be honest with medical professionals and trusted adults.

Communicating About Sexual Abuse

Why communicate about Sexual Abuse?

- 1 out of 4 children in the US experience sexual victimization before age 17
- Often, sexual abusers know the child and are relatives
- Fostering self-reliance and assertiveness in children helps protect against sexual abuse
- Honest and open communication is essential to heal our people and protect our children

How can I protect my child?

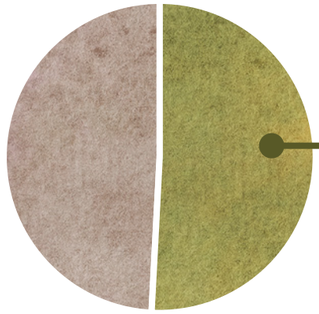
- Help them be empowered
- Emphasize "your body is your own, you have the right to say 'no' if anyone touches you in a way you don't like"
- Practice the safety information and skills below to provide your child with awareness, communication and assertiveness

Safety Information and Skills

- Use proper names for body parts (see glossary of terms and body parts)
- Emphasize that your child's body is their own, no one has the right to touch them
- Your child has the right to say "no" to unwanted or uncomfortable touch
- Explain that no adult has the right to touch a child's penis or vulva, or ask them to touch their genitals; no one should insist that your child keep secrets from you
- Remind your child of trusted adults who can help if you are not available

Communicating About Peer Pressure

Why Communicate About Peer Pressure?



51% of youth talked with a parent or guardian in the last year about what qualities are important in choosing friends

Friend choice is important as children face social pressures from their peers, such as 49 parties, snagging, and hickies.

How To Start A Conversation?

I remember 7th grade. It seemed like everyone was paired up or had a crush on someone. Me? I could have cared less at the time, but I didn't dare admit it. My friends would never let me live it down! But you know, I bet a lot of them secretly felt the same way I did.

I wonder about young people who are attracted to their same gender friends. With all the pressure to have a boyfriend or girlfriend they must feel pretty isolated and afraid to talk about their feelings.

Dealing with Peer Pressure

Acknowledge how tough it can be to go against the group.

Assist your child in recognizing what peer pressure looks like – both subtle and blatant forms.

Share your experiences with peer pressure and explain how you dealt with the situations.

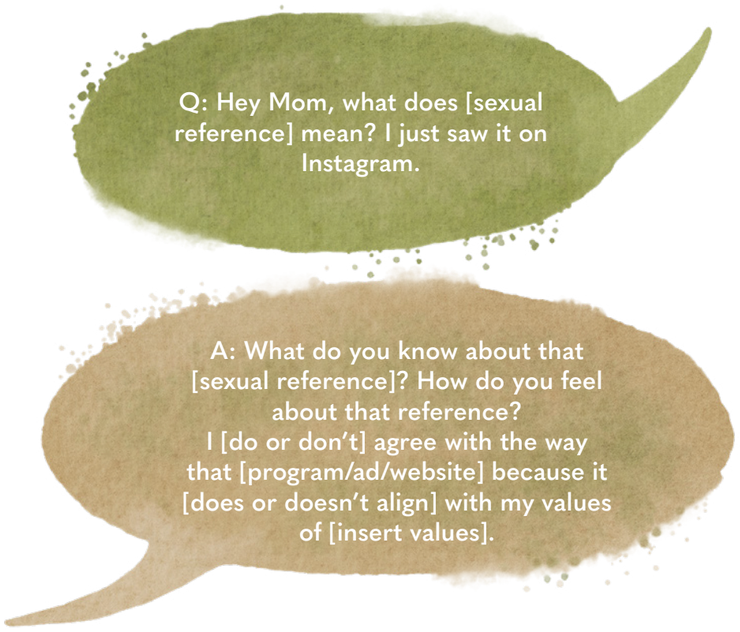
Encourage your child to come to you if they feel pressured or unsure of what to do. Offer to be your child's "out" or "excuse" if they need one.

Communicating About Cyber Safety

Why Communicate About Cyber Safety?

Children face new challenges of interacting with people through technology, such through texting and the internet. Through these platforms, children can face sexting, bullying, flirting and gossip. You can use the internet and other media to begin a discussion about sexuality and ask your children their impressions

Answering Tough Questions



Tips for being involved

What's not appropriate: unsolicited genital pictures, pressure to have sex

Legally: sending unsolicited genital pictures is illegal (indecent exposure)

Internet: parental controls possible to communicate and establish boundaries with your child

Family values

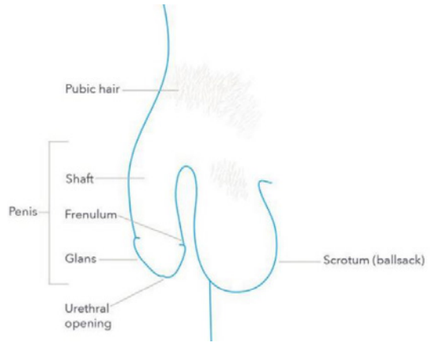
Helping young children recognize and examine media messages about sexuality can help them in develop critical viewing skills. Conversations can provide you with an opportunity to strengthen family communication about sensitive topics and share your values.

Glossary of Medical Terms and Body Parts

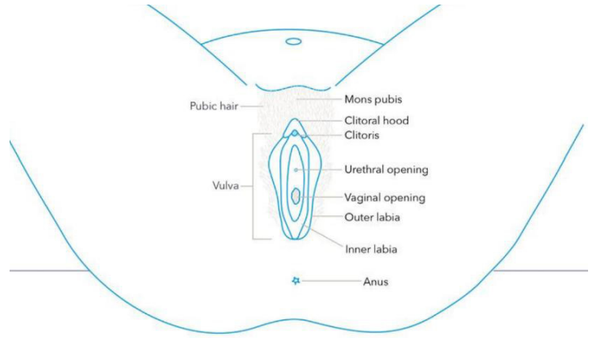
Below are a list of medical terms and anatomical figures for you to use in conversation with your children. Children need to know anatomically correct terms for their body and bodily functions to understand what is happening to them and communicate questions to you, their peers, and trusted adults.

Medical Terms		
Penis	Labia	Nipple
Vagina	Vulva	Clitoris
Testes	Pubic Hair	Semen
Scrotum	Anus	Ejaculate (ejaculating)
Breast	Sexual intercourse	Orgasm

Male Reproductive Anatomy



Female Reproductive Anatomy



Resources at Fort Peck

Name	Number	Resources
Fort Peck Tribes Health Promotion Disease Prevention	406 768 3052	School based health clinics, community events
Indian Health Service Poplar	406 768 3491	
Indian Health Service Wolf Point	406 653 1641	
Roosevelt County Health Department	406 653 6223	Family Planning Nursing Services Walk in days: T 9 11am, Th 9 11am, 2 4pm Appointment day: Some Fridays Ask to talk to Family Planning nurse for appointment
Red Bird Women's Center	406 653 1494	Advocacy, crisis counseling, forensic interviewing, court assistance, referrals, child family advocacy, parenting, community awareness, meth family services
Valley County Health Department	406 228 6261	Family planning services Text: 406 263 8194

Additional National Resources

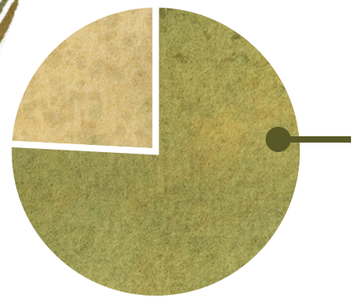
Name	Number	Resources
Healthy Native Youth	Text EMPOWER to 97779	Receive 3 text messages per week with conversation starters, tips, video demonstration and words of encouragement
Native Women's Society	605-200-2699	Dating violence, sexual assault awareness, stalking awareness, law and justice resources
Urban Indian Health Institute	206-812-3030	HIV and sexual health videos and resources

Have you talked with your child about these topics? Rate how you think it went.

Topic	☹ Awful	☹ Not Very Good	☺ Good	☺ Really Good	☺ Fantastic
Healthy Relationships					
Sex					
Moon Time					
Sexual Abuse					
Cyber Safety					
Peer Pressure					
Birth Control					
Sexually Transmitted Infections					
Sexual Health Resources					
Sexual Orientation					

Cultural and Religious Beliefs, Traditions, and Practices that Keep You on the Path

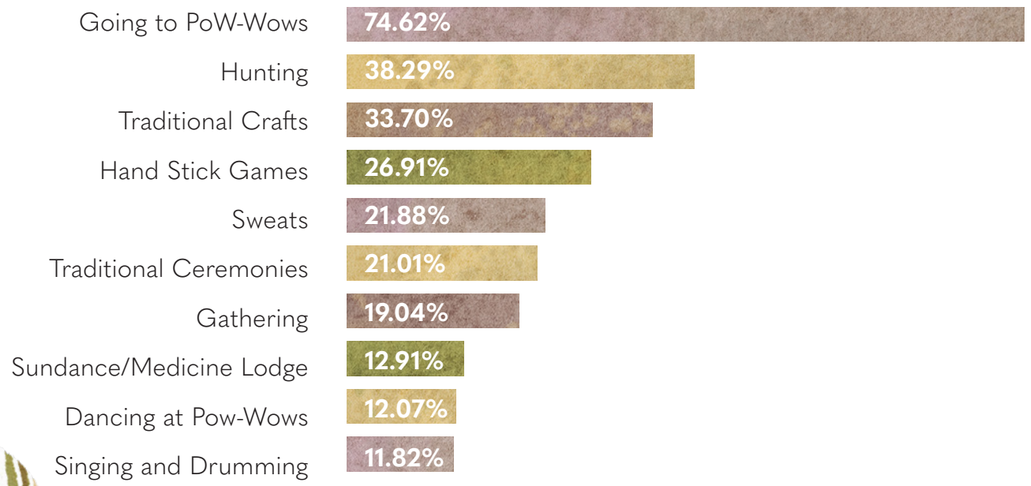
- Learning about family structure and traditions, maintaining strong family ties
- Hearing or telling family stories (knowing your family/cultural history)
- Making traditional arts and crafts
- Gathering, harvesting, planting, growing, preserving, or cooking traditional foods
- Hunting, fishing
- Knowing plants, bark, roots, herbs, medicines
- Attending a powwow, dancing, drumming, singing
- Learning lyrics or specific dances and the history behind songs and dances
- Learning song etiquette: where and when a song can be sung
- Playing culture-specific games such as hand/stick games
- Participating in rituals, knowing how to act
- Practicing spirituality, knowing and practicing protocols for handling sacred or traditional items
- Showing respect for beliefs at ceremony
- Seeing traditional healers for help
- Understanding people's interconnectedness with the natural world
- Knowing tribal history, laws, treaty rights, reservations, clans
- Knowing the meaning of sovereignty
- Learning Indian names for places
- Speaking a Native language
- Knowing sacred places—protecting them as cultural monuments
- Learning about traditional living houses/buildings/lodges
- Learning to tell tribal stories and legends
- Taking care of Mother Earth

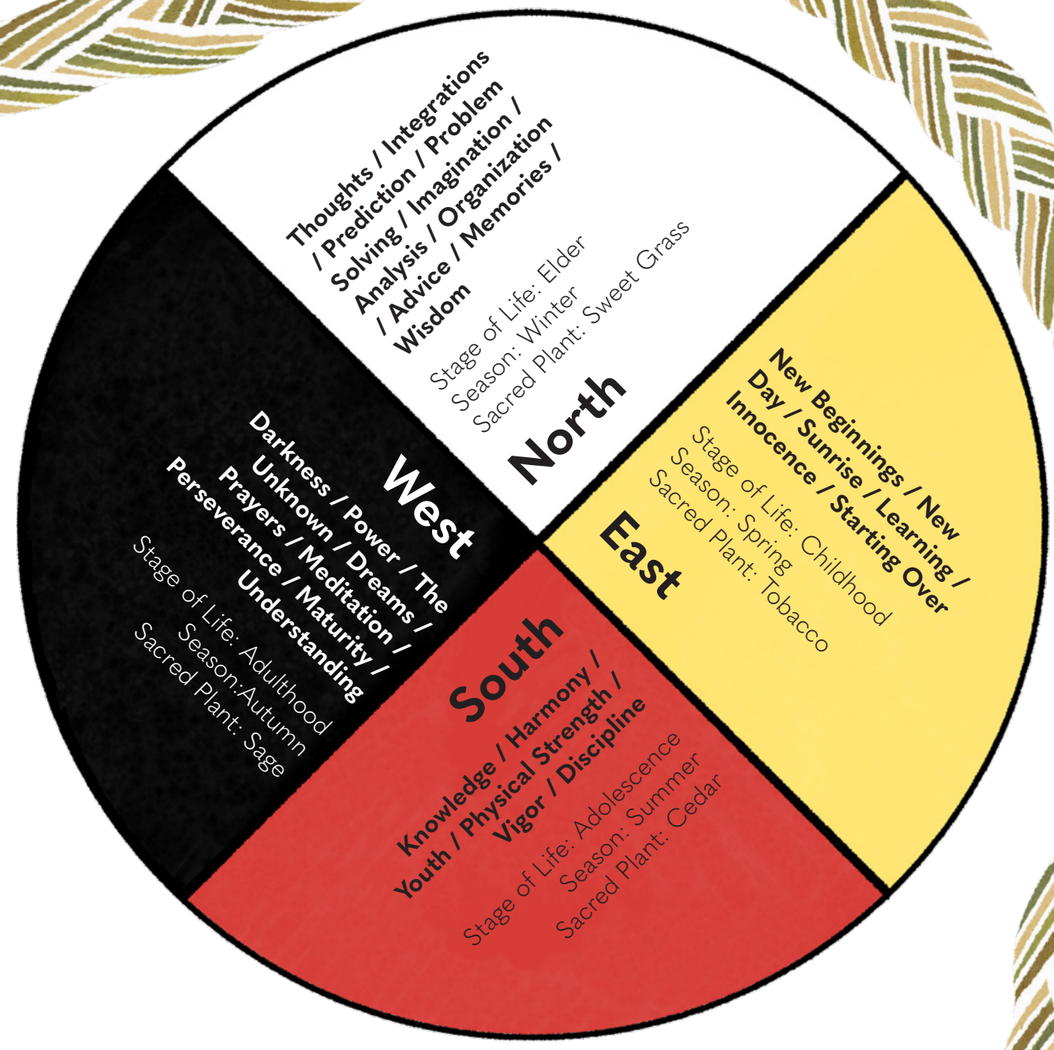


75.9% of youth surveyed reported being “very proud” to be American Indian

On average, youth reported that it was somewhat important for them to follow religious or spiritual beliefs based on traditional Indian beliefs.

Youth Who Participated in Cultural Activities in the Past Year





Timeline of Cultural & Religious Beliefs, Traditions, & Practices