

# Sex & Drugs

November 9, 2016



# The Kids Are Alright ...

- Youth are making healthier choices than they were a decade ago.
- Most youth report good physical and mental health
- They feel connected to their family, school and community
- Have positive plans for the future

Source: AHS 2013 SVI report



# The AMAZING teenage brain



# Over to you ...

With someone nearby  
share two items:

- ✓ One really great thing about your child/ren
- ✓ One thing you do that is helpful in supporting your children

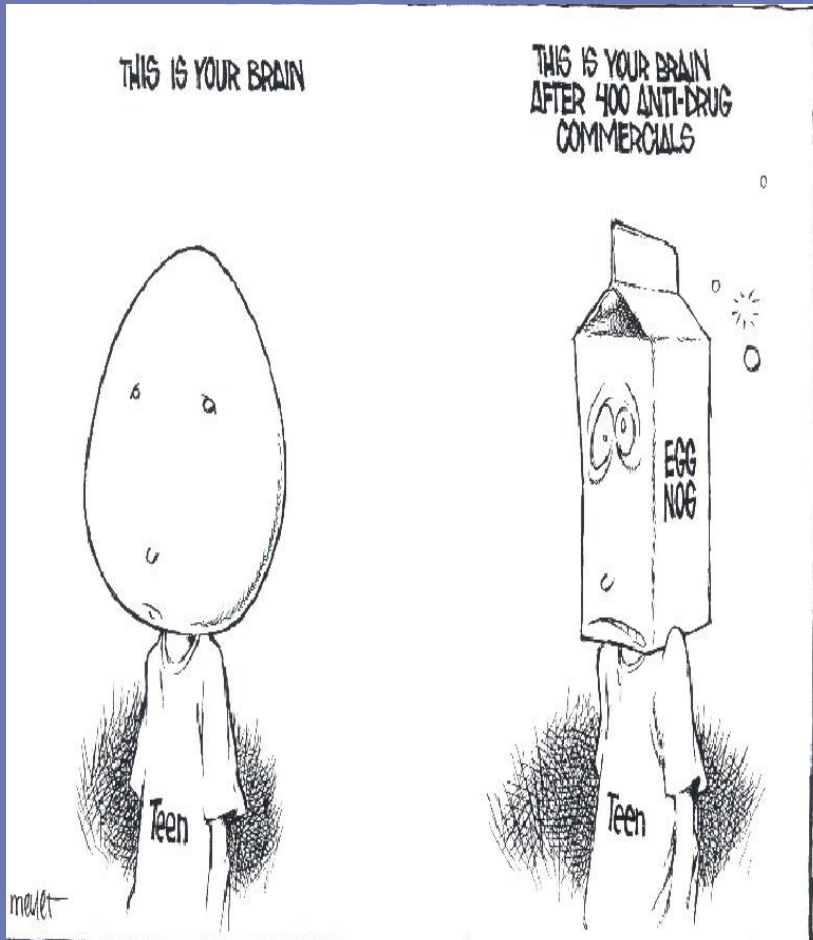


# What's key to helping kids thrive?

(no matter how we define that!)

- Your love and attention
- Feeling safe, connected, listened to & supported
- The “basics” (shelter, food, activity, sleep ...)
- Good listening on our part and open, honest conversation (that starts early)
- Positive role models – **“be the adult we want our kids to be”**
- Sharing our expectations
- Knowledge and skills to navigate today's world
- Recognizing we all make mistakes
- All of us working together!

# What doesn't help?



# *I'm a Hummingbird Parent\**

*I hover nearby, but not over my kids.*

*I remain distant enough to let them explore  
and learn to solve problems.*

*I teach them skills, mainly by example.*

*I zoom in only when their survival is threatened.*

*My goal for them isn't a risk-free childhood,  
but a resilient life.*

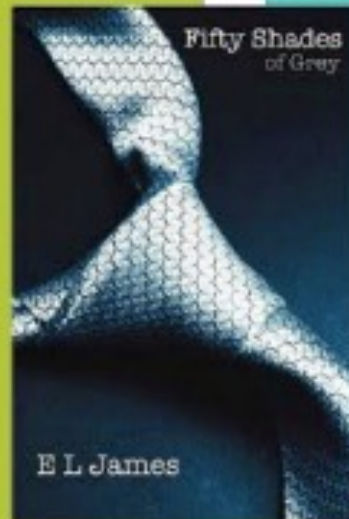
Photo © Cheryl Charles

\* <http://blog.childrenandnature.org>





**Sex. Sex. Everywhere!! Is every one else having sex?**





# Realities of Adolescent Sexuality on Southern Vancouver Island

- 79% of Respondents in the 2013 Adolescent Health Survey have *not* have had intercourse.
- 26% of students reported ever having oral sex and likelihood increased with age *yet only* 10% indicated they had used a condom or barrier.
- 74% of sexually active youth reported using a condom the last time they had sex

Source: *A Picture of Health: Highlights from the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society, 2014.

# Realities of Adolescent Sexuality

Sexual Orientation	Male	Female	Victoria Youth
Completely straight	85%	77%	79%
Mostly straight	4%	9%	7%
Bisexual	1%	4%	4%
Gay or Lesbian	1%	1%	2%
Questioning	1%	2%	1%
Don't have attractions	8%	7%	7%

Source: *A Picture of Health: Highlights from the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society, 2014.

Sources of Sexuality Information
•Parents
•Internet
•Friends
•School

\*Source: Island Sexual Health Research, 2015.

# Current Issues in Youth Sexuality

- **Realistic and Positive Sexuality**
  - Media's influence
  - **Diversity** (Orientation, Gender Identity and Expression)
  - **Pleasure**
- **Accurate Information**
  - **Sexual Health** (STIs, Birth Control, Safer Sex)
  - **Resources** (sexual health/youth clinics, sexual assault centres, youth lines, access to safer sex methods)
- **Relationship Skills**
  - **Sexual Decision Making** ([6Rs](#) and [Heart/Head/Gut/Groin](#))
  - **Consent** (Enthusiastic/Clear/Coherent/Ongoing)

CONSENT

IT'S SIMPLE AS TEA

# 7Rs of Sexual Decision Making™

**Am I Ready?**

Results

What can sex result in?  
(Negative/Positive)

Responsibility

What kinds of things do sexually active people need to be responsible for/about?

Relationship

How can sex affect relationships between partners, friends, families, and peers?

Respect

What do you need to be respectful of & respected for if you're sexually active?

Right

What factors make the decision to have sex right or wrong?

Risk

What types of risks do you have to consider if you choose to have sex?



# Key Ingredients for Healthy Sexual Decision Making

## HEAD



### Thinking

Helps a person to consider risks/benefits of sexual activity.

## GUT

### Instinct/Conscience

Helps a person to consider whether decision is right or wrong for them. This also helps us check in with our comfort and fear.

## HEART

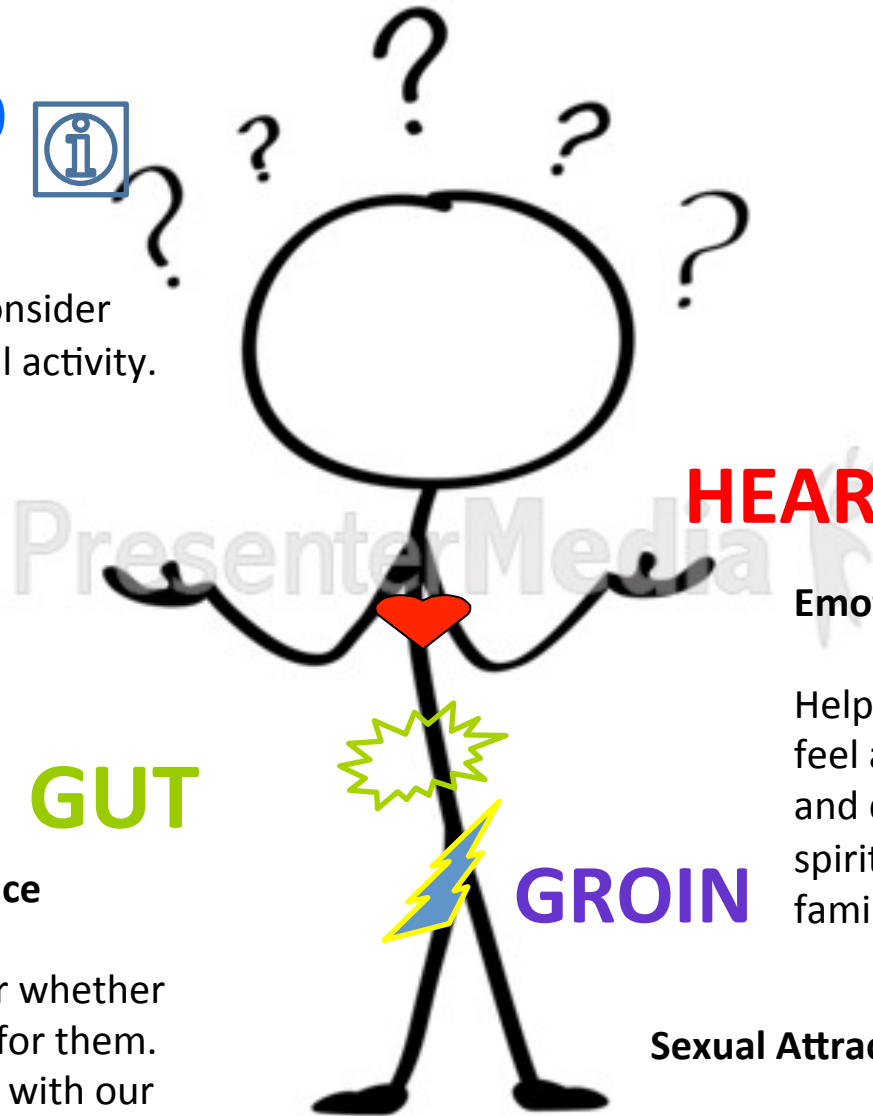
### Emotion/Values

Helps a person consider how they feel about their partner, situation, and decision. This is the filter for spiritual, religious, cultural, and family beliefs and values.

## GROIN

### Sexual Attraction

Often a very powerful experience that may make it difficult to equally consider the other components or sexual decision making.



# The good news...

Global research confirms that youth who have access to ongoing comprehensive sexual health education:

- Are older when they engage in sexual activity
- Have fewer unintended pregnancies
- Have fewer sexually transmitted infections
- Have more positive sexual experiences

Source: [sexualityandu.ca](http://sexualityandu.ca)

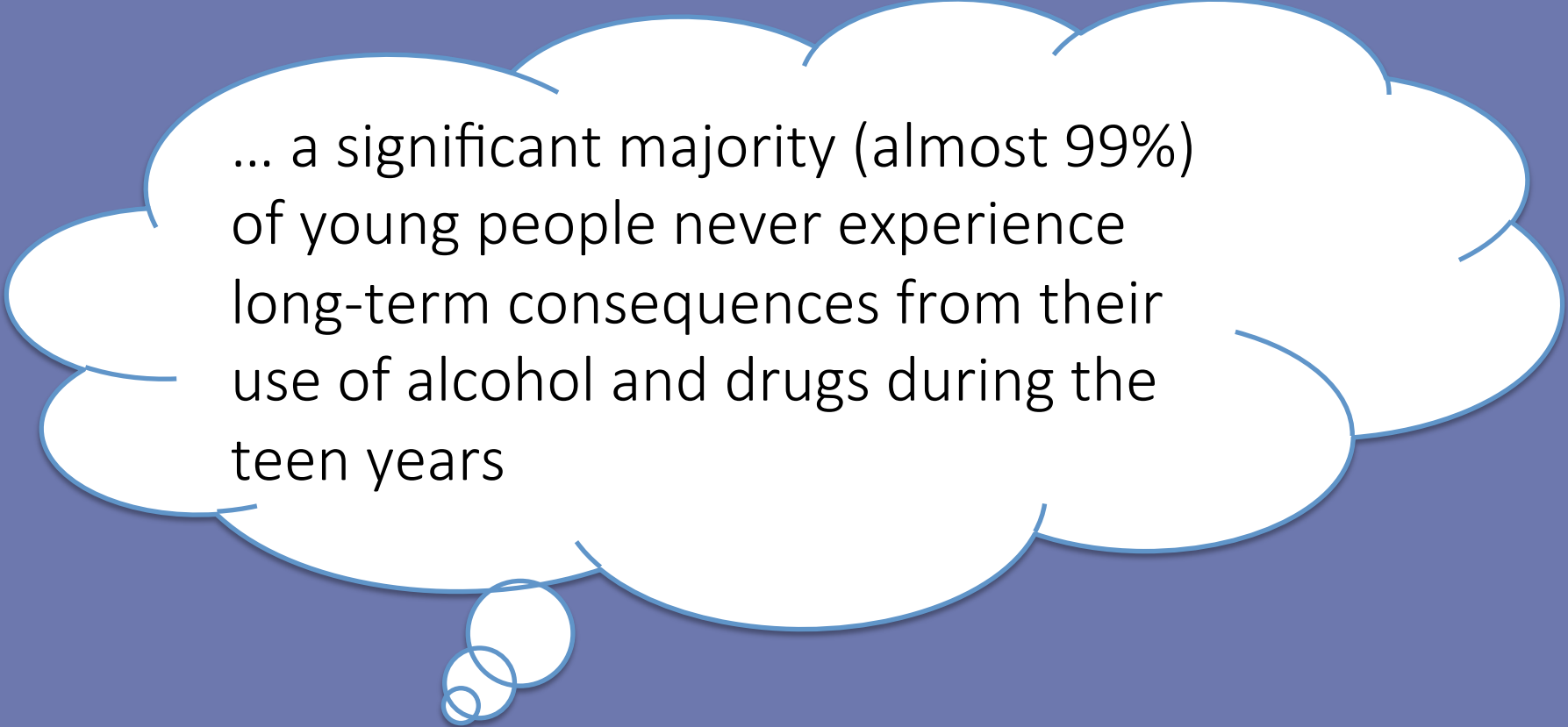


A person with long dark hair, seen from the back, wearing a blue hoodie and a grey backpack. The backpack is filled with school supplies: a red book titled 'Algebra' by Johnson & Burman, a blue pen, a ruler, a black and white star-patterned cloth, a composition notebook, a red apple, and a bottle of Thompson's Liquor. The liquor bottle label reads 'THOMPSON'S LIQUOR EXTRA AGED 40% alc./vol. 375ml'. The background is a bright, overcast sky with a faint silhouette of a tree and a green hill at the bottom.

**YOU MAY NOT SEE IT,  
BUT YOU CAN STILL  
TALK ABOUT IT.**

Visit **AlcoholSenseBC.ca**  
and start talking with your  
kids about alcohol to help  
them make healthy choices.





... a significant majority (almost 99%)  
of young people never experience  
long-term consequences from their  
use of alcohol and drugs during the  
teen years

# Substance Use - concerns we share

- Binge drinking (4 plus drinks) – declining rates but still worrisome
- Females drinking at the same levels of males and at younger ages are drinking regularly and heavily
- Mixing different types and/or with energy drinks
- 23% of marijuana users are using 6 or more times during the past month
- Smoking rates are lowest ever (21%) – but those smoking are doing so more regularly

“ We heard from college students that some turn to excessive drinking and marijuana use to ‘blot out’ stressing over excessive responsibilities or to reward themselves for enduring stressful life demands. These substances are also frequently used as a sleep aid. ”



“Changes and Challenges – a Decade of Observations of the Health and Well-being of Young Adults in British Columbia” Leadbeater et al, Oct 2016

# So what helps?

- Be available and listen more than talk
- Use “teachable moments” to approach the topic
- Respond without judgement or your own feeling (“tell me more” and then listen)
- Expressing concern – “I “ statements & safety first!
- Believe in them! Focus on what they CAN do (not what they can’t do)
- Help them develop skills e.g.,
  - Coping with stress
  - Managing risk - **Not too much, not too often, always in a safe context**
- Conversation starters: *Tell me about it. Go ahead, I’m listening. What’s your take on it? This seems like something important to you.*

# Less helpful ...

- Ordering – *“you must, you have to ..”*
- Advising – *“Why don’t you ... it would be best if ..”*
- Warning – *“You’d better, if you don’t ...”*
- Lecturing – *“Do you realize, the facts are ...”*
- Diagnosing – *“What you need is, what’s wrong with you is ...”*
- Moralizing – *“You should, you ought to ...”*
- Judging – *“You are wrong, you are acting stupidly ...”*
- Interrogating – *“Why ... who ... how...”*



Let's play ... keeping in mind there's no magic formula!





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