



# HEALTH RISK BEHAVIORS

According to the  
Centers for Disease Control and Prevention  
Youth Risk Behavior Surveillance (YRBS)



# Youth Risk Behaviors

Not wearing seatbelts

Not wearing helmets

Unhealthy eating

Eating disorders

Lack of physical activity

Consuming alcohol

Use of tobacco products

Use of illegal drugs/inhalants

Use of prescription drugs without a prescription

Use of steroids without a prescription

Bullying / Fighting

Carrying a weapon

Suicide

Sexual intercourse

Dating violence

Forced sex





# HEALTH RISK BEHAVIORS

Fact:

In the United States, 70% of all deaths among youth and young adults aged 10-24 years result from four causes:

- **23%** Motor-vehicle crashes
- **18%** Other unintentional injuries
- **15%** Homicide
- **15%** Suicide

(CDC Data)

## Leading Causes of Death-Adolescents

How can we decrease risky behaviors?

By having our  
Essential Human Needs  
meet in healthy ways

# ESSENTIAL NEEDS

ESSENTIAL NEED	EXAMPLES
Security	Safety from harm; trust in those around you
Connection	Love; feeling respected; enjoying time with others; sense of belonging; friendship
Purpose	Feeling that you have value, talents, and significance
Support	Having guidance and opportunities for personal growth
Contribution	Doing good things for those around you; serving your community

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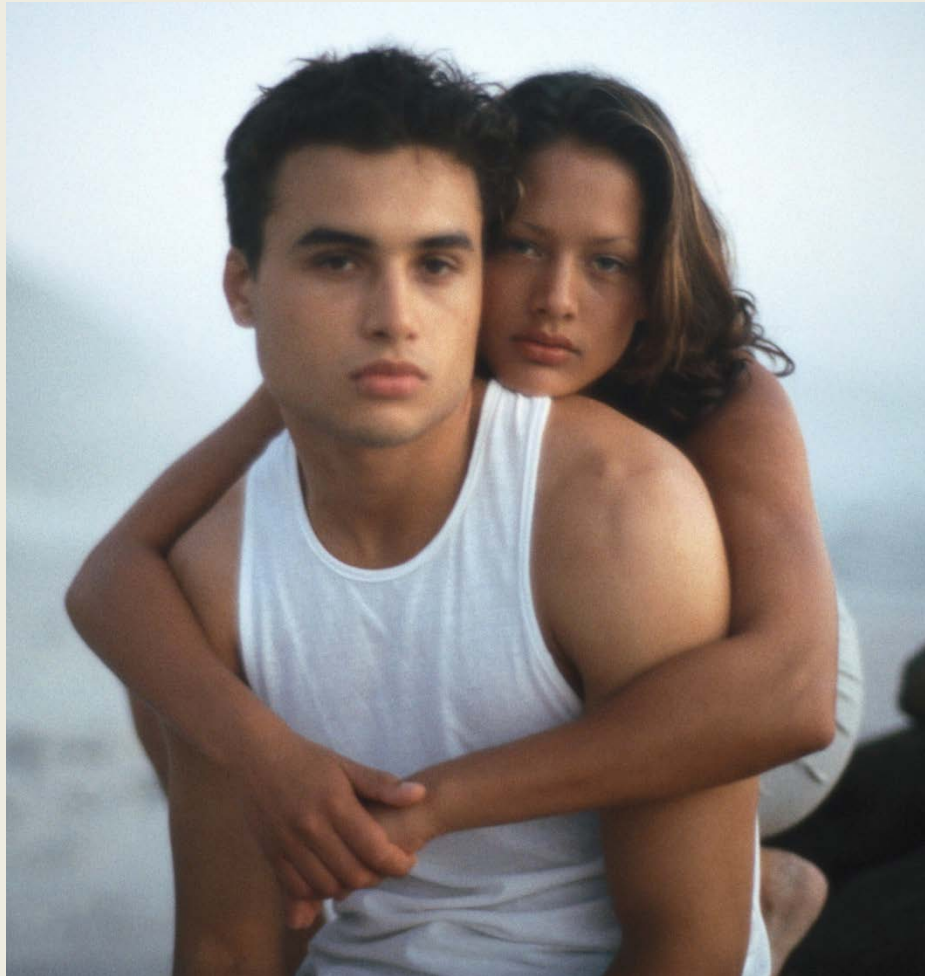
# Why should we worry about adolescents having sex?



- **Pregnancy**
- **Social/Economic Issues**
- **Sexually Transmitted Diseases (STDs)**
- **Legal Implications**
- **Emotional Issues**



# Teen Pregnancy







Has the teen pregnancy rate been increasing or decreasing over the past 20 years??

# Trends in Teen Births 1991-2012

	Total Teen Births	% Change	% Unmarried
<b>1991</b>	531,591		68.8%
<b>2005</b>	414,593	-34%	83.0%
<b>2006</b>	435,436	3%	84.2%
<b>2007</b>	451,094	2%	85.5%
<b>2010</b>	372,252	-9%	88.1%
<b>2011</b>	329,797	-8%	87.2%
<b>2012</b>	305,420	-6%	89%

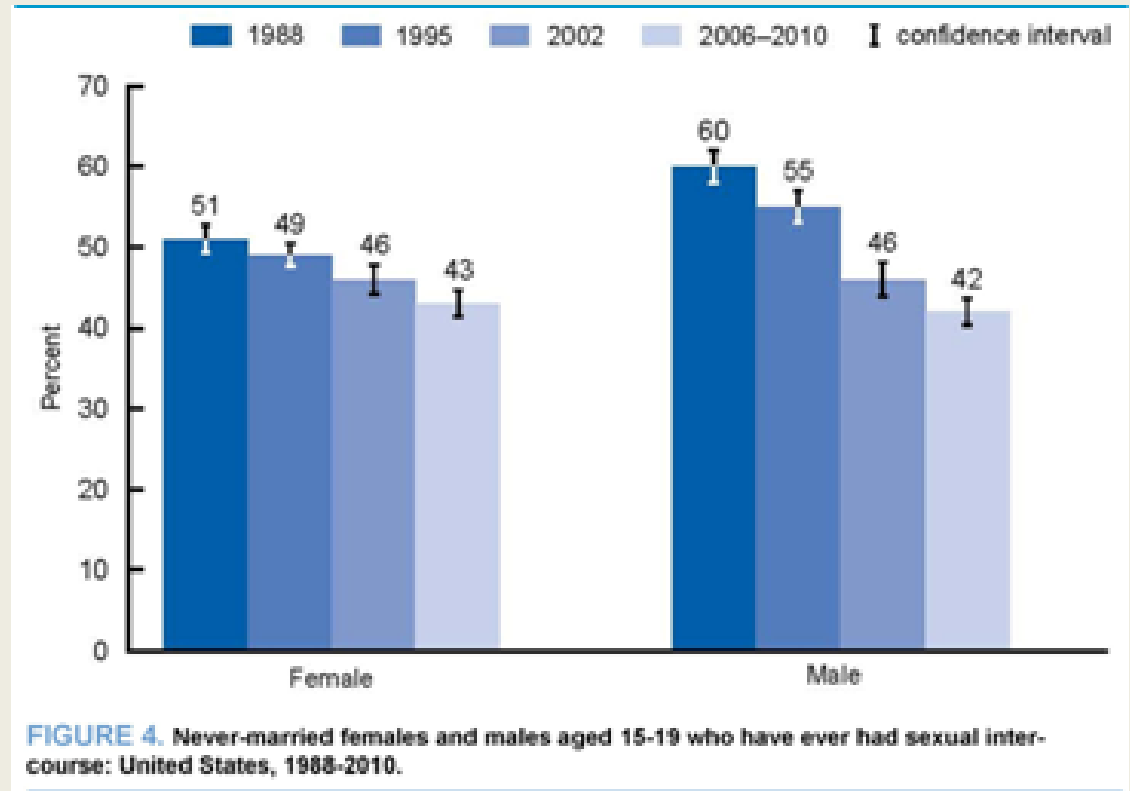
Good News! **52%** decrease since 1991!!!



# Why has the teen birth rate decreased?

## Less Teens Having Sex? YES!!!

- 57% of females aged 15-19 years had never had sex- an increase from 49% in 1995<sup>1</sup>
- 73% of females aged 15-17 years had never had sex<sup>1</sup>

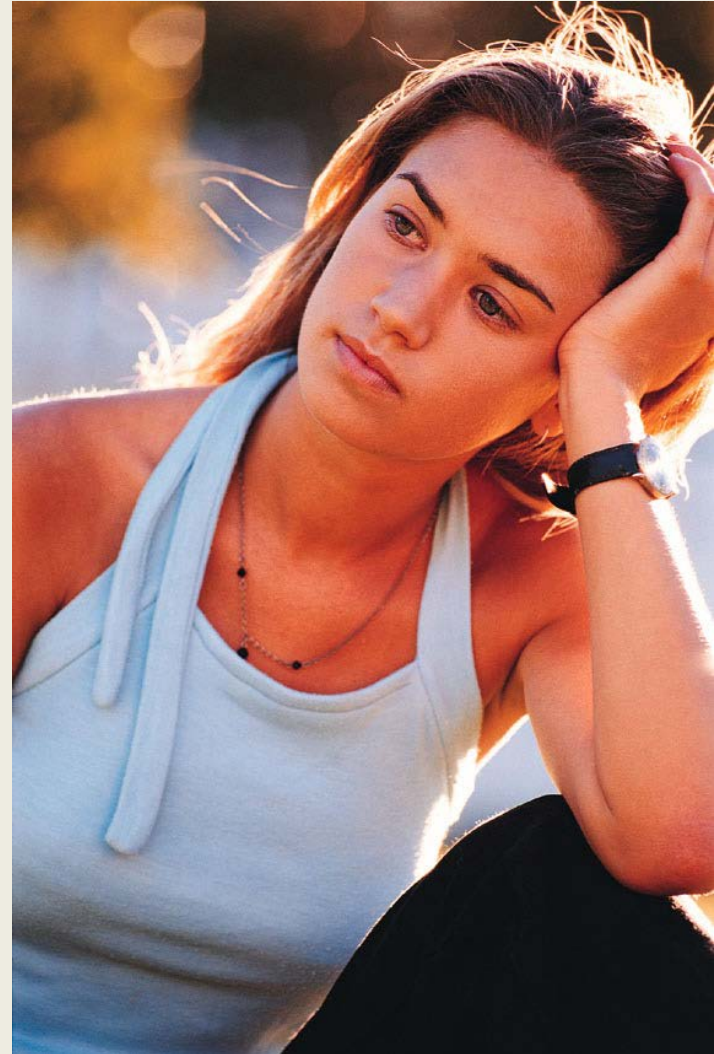


<sup>1</sup>Centers for Disease Control and Prevention. MMWR 2012; 61(17), 297-301

<sup>2</sup>Centers for Disease Control and Prevention. YRBS June 2011; MMWR 2010; 59 (No. SS-5)

# Teens & Pregnancy

What are your  
options if you  
find out you  
are pregnant?



## If a Girl Gets Pregnant, She Might . . .

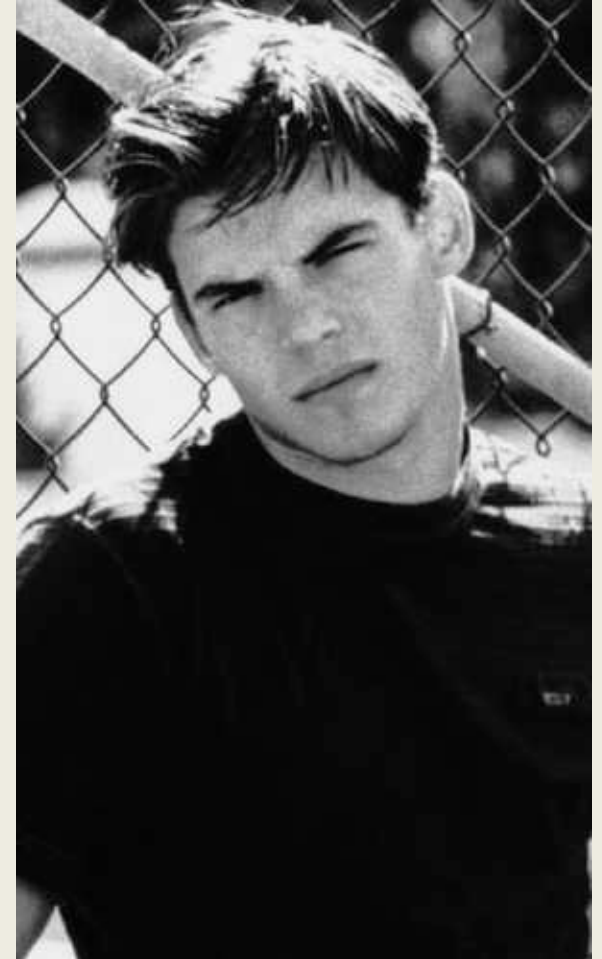
- Be a single mom
- Get married
- Place the baby for adoption
- Have an abortion



## If a Guy Gets a Girl Pregnant, He Might . . .

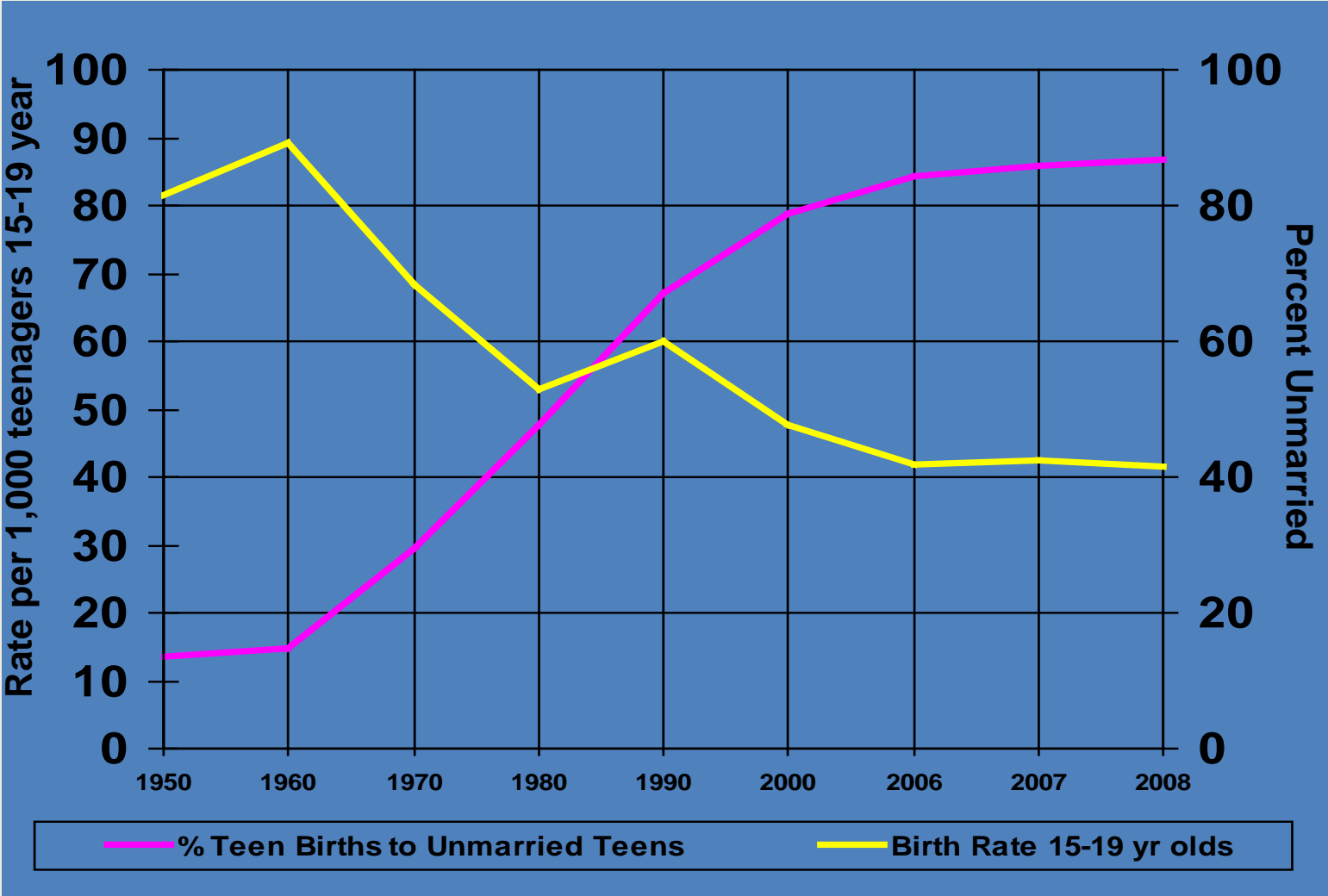
- Be a single father
- Get married
- Financially support the child
- Place the baby for adoption
- Have an abortion

**He may not have a choice!**



# Unmarried Teen Birth Rates, 1950-2008

**% Unmarried**  
**1950 - 13.4%**  
**2008 - 86.8%**



# The LAW Says You Are Responsible for the Baby

Shelter

Diapers

Child  
Support

Health  
Insurance

Clothing

Food





# The Problems of Teen Pregnancy

- Today, in the United States, about **1 OUT OF EVERY 10** babies are born to teenagers
- Today, teenagers have about **1 OUT OF EVERY 5** abortions

# What is Best for the Baby?

**Unmarried parents who have not finished school**

**or**

**Married parents who have an education and are committed to each other and the baby**

**The baby doesn't have a choice. YOU DO!**

What is 100% Effective in Preventing Pregnancy?

**Abstinence**

It's never too late to start over!



# Teens & Sex: Social and Economic Issues

**What are the total costs and consequences  
of adolescents  
having children?**

**KIDS HAVING KIDS**

Economic Costs & Social Consequences  
of Teen Pregnancy, 2008

# Consequences for the Children of Adolescent Mothers

## More likely to

- **be born premature and to have low birthweight babies**
- **suffer from poor health**
- **grow up in a house without a father**
- **run away from home**

# Consequences for the Children of Adolescent Mothers

- **Far more likely to be physically abused, abandoned, or neglected**
- **Perform much worse in school**
- **Daughters more likely to become teenage moms**
- **Sons more likely to be imprisoned**

# Consequences for Adolescent Mothers and Fathers

- **Lower levels of education**
- **Higher rates of single parenthood**
- **Majority live in poverty or on welfare**



Decreasing teen pregnancy is an important socioeconomic issue





# Teens & Sexually Transmitted Diseases (STDs)



**Sexually active teens have the highest STD rate.**



# Sexually Transmitted Diseases (STDs)

- **Of all infections that are reported to the CDC, the most common types are STDs**
- **18.9 million new cases of STDs per year**
- **Over 9 million STDs in 15 to 24 year olds**



# Sexually Transmitted Diseases (STDs)

**According to the CDC, adolescents are at higher risk for acquiring STDs than adults:**

- **multiple sexual partners**
- **high risk partners**
- **more susceptible to infection**

# Sexually Transmitted Diseases

## **Bacteria**

- Chlamydia
- Gonorrhea
- Syphilis

## **Viruses**

- Herpes Simplex Virus (HSV)
- Human Papillomavirus (HPV)
- Human Immunodeficiency Virus (HIV)

## **Protozoa**

- Trichomoniasis



**MOST PEOPLE INFECTED WITH  
STDs DON' T EVEN KNOW IT!**



# STDs: No symptoms

- **Chlamydia: 75% of girls & 50% of boys**
- **HSV Type 2: 90%**
- **HPV: over 90%**
- **HIV: approx. 25% do not know they are infected; most are asymptomatic for years before developing symptoms**



# STDs can cause problems

- Precancer / cancer: cervix, anus, penis, vulva, mouth, & throat
- Socioeconomic detriment
- Psychological sequelae
- Tubal pregnancy
- Infertility
- Legal ramifications
- Pain, even death



What does the law have to say  
about teens & sex?





# What is sexual contact?

Any **touching** of the anus, breast, or any part of the genitals of another person with **intent** to arouse or gratify the sexual desire of any **person (Texas Penal Code 21.01)**

# Why do teens need to know about the laws on sex

- to make informed decisions about sexual behavior.
- to understand what sexual activities are against the law.



# Sexual Responsibility: Legal Implications

□ **Family Law**

□ **Criminal Law**





Each state has laws regarding sexual activity.

Do you know age of sexual consent in your state?

# Example: Texas Laws

- **You have to be 17 years old to legally consent to sex**
- **Sex with a child 13 years old or younger is aggravated sexual assault (statutory rape)**

**What are the laws in your state?**

# Sexual Abuse: The Unfortunate Reality

- **Indecency**
- **Child pornography**
- **Date rape**
- **Incest**
- **Fondling**
- **Forced sex**

**1 in 3 girls and 1 in 6 boys  
will be sexually abused by age 18**



# Are Teens Capable of Handling All the Consequences of Sex



# Emotional Consequences

- Sexually active **girls**:
  - more than **3x** as likely to be depressed
  - nearly **3x** more likely to attempt suicide
- Sexually active **boys**:
  - more than **2x** as likely to be depressed
  - **8x** more likely to attempt suicide







# Emotional Consequences

**Sex & drug behavior predicted increased likelihood of depression, but depression did not predict behavior.**

*N= 3,491 from Wave 1 ('95) & then 1 yr later, Wave 2*

Halfors, D. et al, *Am J Prev Med* 2005;29(3)



But.....  
What are our kids  
exposed to today??

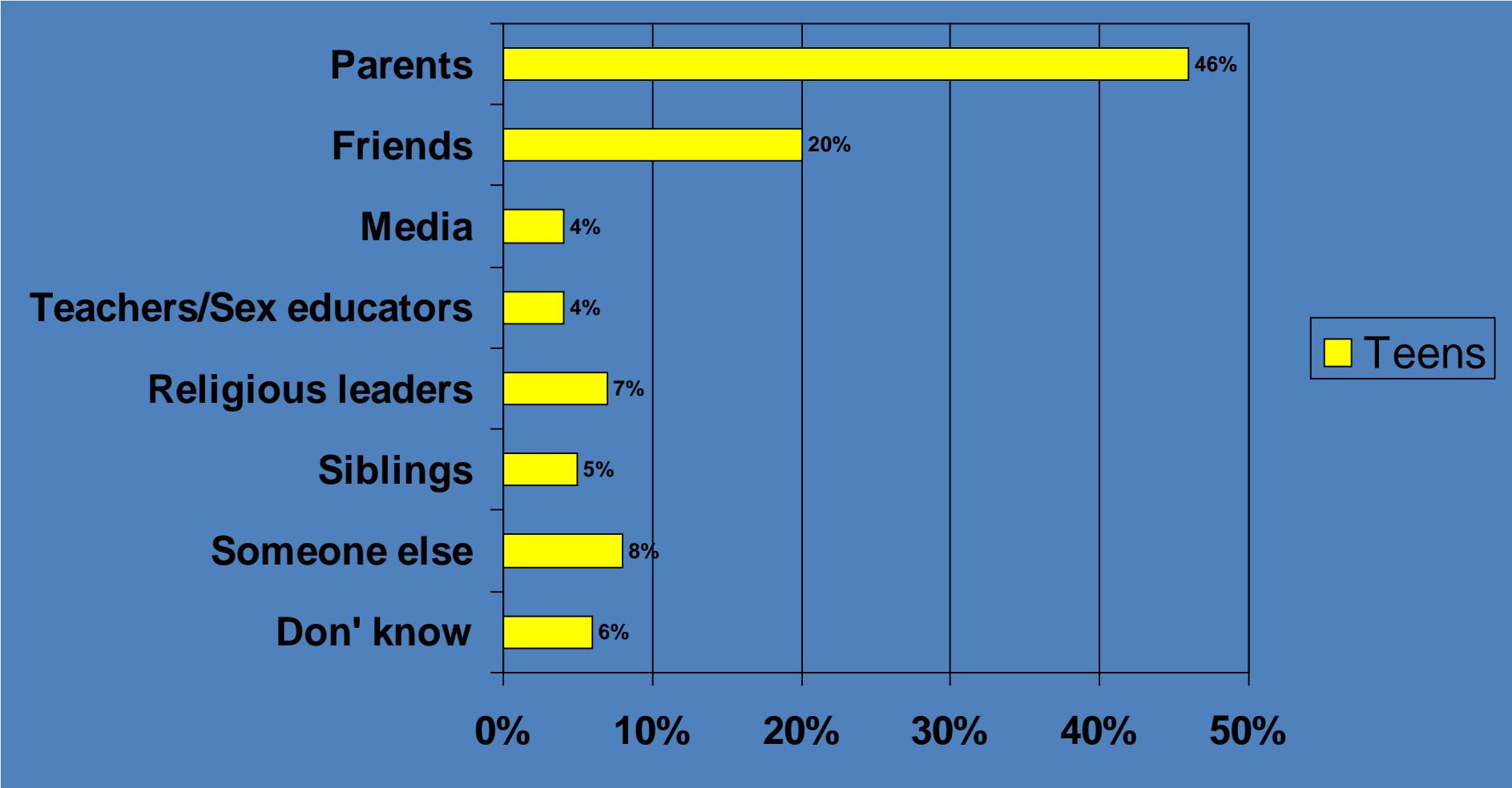
# What are teens being exposed to today in:

- Music
- Movies
- TV
- Internet
- Advertisements



Who or what  
influences teen's  
decisions about sexual  
activity?

# When it comes to your decisions about sex, who is most influential?



# The Good News

- **Fewer teenagers today are having sexual intercourse compared to years ago**
- **The teen pregnancy rate has gone down**
  - **decreased births**
  - **decreased abortions**
- **Decreased Herpes type 2 in teens**

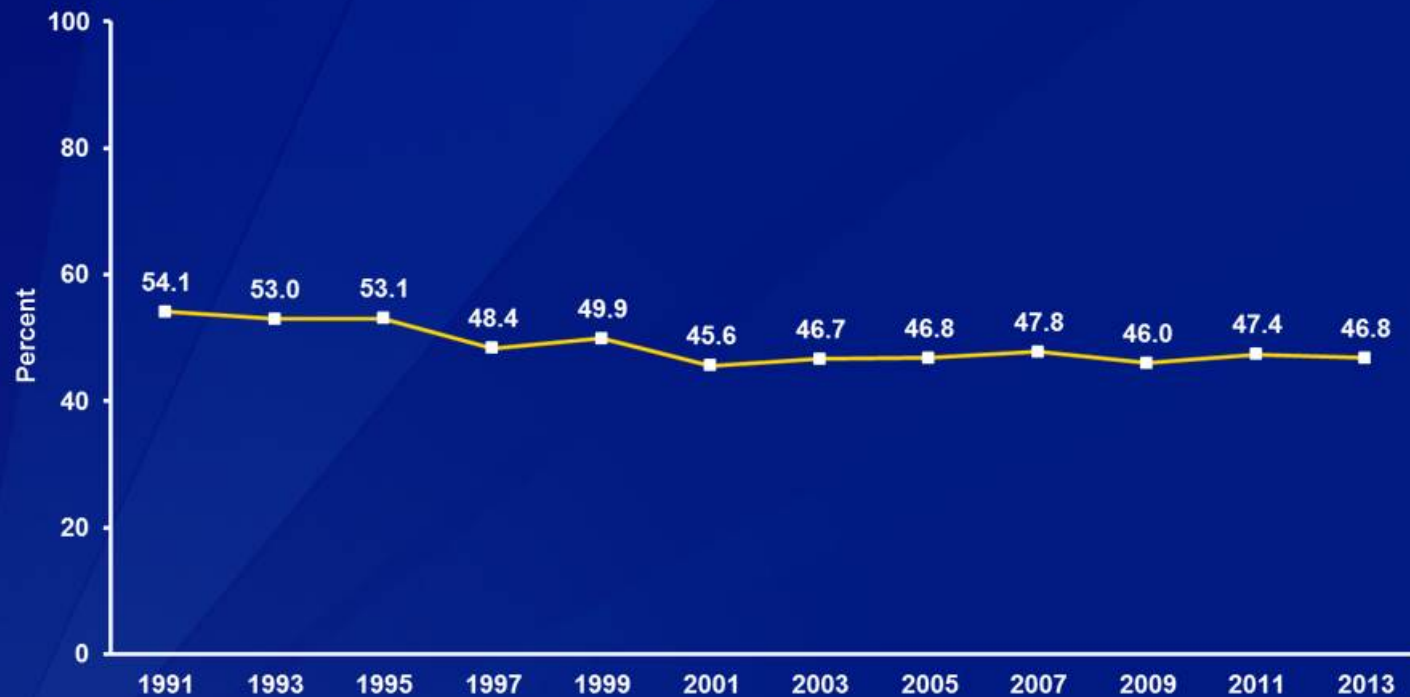
<sup>1</sup>MMWR. 2010:59(SS-5), June 4, 2010

<sup>2</sup>Centers for Disease Control and Prevention.



# Youth Risk Behavior Surveillance United States, 2013

**Percentage of High School Students Who Ever Had Sexual Intercourse, 1991-2013\***



\*Decreased 1991-2013, decreased 1991-2001, no change 2001-2013 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ( $p < 0.05$ ). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

# What Teens Say About Sex

National Campaign to Prevent Teen Pregnancy

- 60% of all sexually experienced teens said they wish they had waited longer to have sex
- 75% of teens do *not* think it's embarrassing for high school teens to admit they are virgins



# Healthy Messages for Children

- Sex is **NOT** an adolescent recreational activity
- No matter what your past regarding sex, what do you want for your children
- Renewed abstinence - it's never too late to make a fresh start



# Consequences of Teenage Sexual Activity

- **Sexually Transmitted Diseases**
- **Pregnancy**
- **Social/Economic Issues**
- **Legal Implications**
- **Emotional Consequences**