

TOILET TALK

Issue #19

What You Need to Know about Alcoholism:

Research shows that children of alcoholics are approximately four times more likely to develop alcohol problems as others. But alcoholism isn't determined only by genes. Half of all children of alcoholics do not become alcoholics. Sadly, alcoholism is an enormous problem in the United States. And 1 out of 3 children live with a parent who is either alcohol or drug dependent. Aside from risks such as blacking out or being injured from falls, research shows alcoholism increases the chances of heart disease, liver cirrhosis, depression, brain damage, cancer, stroke and suicide. Nearly half of all fatal car accidents are alcohol-related.

Alcoholism cannot be treated by willpower alone. There is no known cure, but it can be treated. Treatment often consists of detoxification, prescription medications and counseling. Regular attendance to Alcoholics Anonymous (alcoholics-anonymous.org) meetings can be highly successful.

- Teens and families affected by alcoholism, visit www.nacoa.org.

Source: GL Magazine, Dec. 2006/Jan. 2007

The Facts About ... Date Rape

Date rape, also known as acquaintance rape, is unwanted sexual intercourse performed by a known person of the victim. The perpetrator can be a friend, relative, boyfriend, classmate, etc. Date rape frequently occurs in public places such as during a party.

Acquaintance rape is quite common among teenagers and young adults. Although most rapes go unreported, some statistics say that acquaintance rapes accounts for 50% to 75% of all rapes reported.

Date rape and any type of sexual abuse are violent crimes. It is not done for sexual pleasure-the rapist gets satisfaction from using control and force to make someone have sex with them. In most cases, women are usually the victims and men are usually the attackers, but it can happen the other way around.

Contact the Collins Center in Harrisonburg @ 540-434-2272, or New Directions Center in Staunton @ 540-886-6800 for more information, or if you just need to talk to someone.

Source: www.teenhealthfx.com

FACT:

Individuals who begin drinking before the age of 15 are four times more likely to become alcohol-dependent than those who begin drinking at age 21.

Source: www.teenhealthfx.com

Some statistics for you...

Each year in the United States:

- About 750,000 adolescent females become pregnant
- It is estimated that 9.1 million new STIs occur among 15-24 year olds each year.

Source: www.advocatesoryouth.org

Test Your Knowledge

Question: True or False - A girl can't get pregnant the first time she has sex.

Answer: False, it only takes one sperm and one egg for a girl to become pregnant. It doesn't matter if it's your first, fifth, or twelfth encounter having sex.

Question: True or False - You can practice abstinence even though you had sex with your ex-boyfriend when you dated.

Answer: True, just because your previous relationship was sexual doesn't mean your next relationship has to be as well. It is normal to change your mind about having sex because of differing comfort levels, values, and beliefs. Make sure you clearly address your feelings to your significant other so that they respect your decision.

Remember - you should get tested for STIs and pregnancy if you have had sex.

FACT:

At least 50% of sexually active people will get HPV at some time in their lives. About 6.2 million Americans get a new genital HPV infection each year.

Source: www.cdc.gov



I CHOOSE NOT TO HAVE SEX BECAUSE I KNOW ABSTINENCE IS THE ONLY GUARANTEED METHOD OF BIRTH CONTROL.

FIND YOUR REASON

www.findyourreason.org

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative

Questions? Contact us!

Staunton/Aug./Waynesboro: 942-6757 (Donna) or email: WellsDM@ci.waynesboro.va.us

Harrisonburg/Rockingham: 568-7083 (Kim) or email: hartzlkm@jmu.edu

Approved by: 