BETH ENGLAND-MACKIE
ASSISTANT DIRECTOR

SEXUAL & RELATIONSHIP HEALTH PROGRAMS MANAGER
BACKGROUND

- Received MPH, CSULB
- Joined Obesity Prevention Task Force at Mission Hospital
- Youth Programs Manager at American Cancer Society (ACS)
- Gap in Health Education
- Program Manager at Shanti Orange County
- Sexual & Relationship Health Programs Manager at UCI
- Assistant Director, UCI
CENTER FOR STUDENT WELLNESS & HEALTH PROMOTION

SEXUAL HEALTH PROGRAMS & SERVICES

1:1 Consultations
Workshops and Presentations
Condom Co-Op
HIV Testing
Student Events
Professional Development
SEXUAL HEALTH
STUDENT ACTIVITIES

- Love Smart Jeopardy
- Sexual Health Bingo
- Yes-No-Maybe activity
- STD Roulette
It's Time to Talk
CONVERSATION DO’S & DON’TS

**DO’S**

• Be honest & direct
• Listen and stay calm
• Take advantage of opportunities
• Ask them what they know and where they got their information
• Offer to look something up
• Listen to their point of view

**DON’Ts**

• “No birth control. No sex. Just no."
• Interrupt your teen
• Don’t lecture, listen
• Give incorrect information
TALKING MAKES A DIFFERENCE

TEENS WHO HAVE GOOD CONVERSATIONS WITH THEIR PARENTS ARE:

• More likely to delay sexual activity
• Have fewer partners
• Use condoms/protection
• Use contraceptives
HEALTH EDUCATION

Improves young person’s skills & knowledge
Gives them tools to be safe, healthy and responsible
Can be perfect opportunity to engage with teen
And yet, it is not compulsory!
BE READY! BE INFORMED!

- Know what resources your teens/young adults are using
- Get online and do your research
- Be prepared for anything!
- Don’t expect to know everything
- Talk to other parents/experts for advice
- Be ready to talk when they are ready
- Learn to laugh and relax about sex and sexuality
ONLINE DATING
MORE THAN 70% OF ADULTS IN US USE DATING SITES

- Match
- eHarmony
- Zoosk
- Elite Singles
- OurTime
- Christian Match
- Gay and Lesbian Dating
- Tinder
QUESTIONS?
REMEMBER: You are the most influential role model in your child's life!
RESOURCES

Parents:
- Center for Disease Control (CDC) https://www.cdc.gov/
- Planned Parenthood https://www.plannedparenthood.org/
- Mayo Clinic http://www.mayoclinic.org/

Teens:
- Sex, Etc. (https://sexetc.org)
- Scarleteen (www.scarleteen.com)
- Planned Parenthood
- I Wanna Know! http://www.iwannaknow.org/
- YouTube Videos
  - Laci Green
  - Hannah Witton
MAGAZINES

Teens
- Teen Vogue
- Teen Magazine
- Seventeen
- Cosmogirl
- Elle Girl

Young Adult/Adult
- Women’s Health
- Men’s Health
- Cosmopolitan
- Men’s Fitness
- Shape
- Time
THANK YOU!