

School Health Advisory Council

Meeting Minutes

Tuesday, February 23,, 2010

Next meeting: Tuesday, April 13, 2010

1. Introductions

Welcome and introductions by O. J. Kemp

2. Review minutes from January 28th meeting

The Committee reviewed and approved the minutes as written.

3. Pathways to Success Presentation

Anna Lee and Terri Chapa shared some areas covered by the program; we want them to abstain from risky behavior.

- a. Risky behavior leading to violence
- b. Gateway activities – obstacles of drugs and alcohol
- c. Forming early relationships – early sexual behavior - abstinence

The program is age appropriate through campus site based instruction. The students have been eager to ask questions and get information. A pretest on knowledge and attitudes was given to 8th grade students at Hutcheson Jr. High and Workman Jr. High and 7th grade students at Carter Jr. High. We don't mind talking about age appropriate situations. The teenagers have lots of questions, and some of them are "far out" questions. Many times, we say you need to ask your parents. The pre-test consisted of five easy true/false questions on knowledge and attitudes.

The first question was: "Abstinence is the only 100% way to prevent pregnancy." Only 40% answered the question correctly on the pretest and post-test showed a 15-20% increase. The next questions dealt with setting boundaries and dealing with character education. The second question was "Setting boundaries will help me achieve my goals." 97% answered correctly on the pre-test and there was a small increase on the post-test. The third question was "Jealousy and constant texting are signs of a healthy relationship." 90% answered correctly on the pre-test and 3-5% on post-test. The fourth question was "Avoiding one risky behavior is a step to protecting myself from other risky behaviors." Scores were in the high 80's/low 90's on the pre-test with 4-8% increase on post-test. The last question was dealing with STD's. We discussed this on a very basic level: Is it viral or bacterial? The fifth question was "The person must be showing symptoms of a virus to pass it to another person." 59% scored correctly on the pre-test with an 18% increase on post-test. We want the data, but we also want to make a difference to the teenagers. Through the pre-test and post-test we increased their knowledge. Behavior will not change until you increase their knowledge. We do parent presentations as well and parents want to talk about sexting and technology

dangers. After talking with kids, two weeks later, we set up parent meetings. We found great websites for parents, and she gave us a website and texting handout. Teenpregnancy.org is a wonderful website to get a lot of information. They have conversation starters about how to talk to your kids. Powertotalk.org is another great website. This site shows parents how to start the sex conversation with their kids and it is also available in Spanish. Powertowait.org is a teen website and the presenters use some of the information on healthy relationships when talking to their students. Commonsensemedia.org is another website that is available. She demonstrated some text lingo with us and commented that many students write on their school papers just like they text. Kids are bilingual in technology. Even a three year old understands when you punch enter on the computer, something comes up different. We want to talk to our students about technology and setting your boundaries because most relationships are about conversations and setting boundaries. The key is to learn how to set their boundaries.

Tori Sisk, Coordinator for Pregnancy Related Services, spoke to us. She oversees the prevention and intervention team for AISD. Tori and her staff work with 500-600 pregnancy and/or parenting students each year. That number does include males. Currently, we are at 463 students this year and we do about 200 consultations per year. I don't have the evidence to prove it, but last year we had 30 students in Jr. High with pregnancies and this year we have 13. It looks like Pathways is making a difference. I need you guys because when we get ready to write grants, we need some SHAC approval. The President has put forth a team and a staff in Washington, D.C. on pregnancy prevention initiative.

Meeting adjourned at 5:20 p.m.
Minutes submitted by: O. J. Kemp