

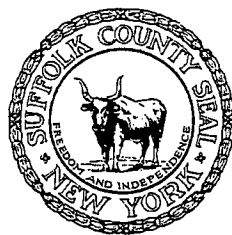
SUFFOLK COUNTY TASK FORCE ON TEEN PREGNANCY



REPORT TO THE SUFFOLK COUNTY LEGISLATURE

MAY 10, 2011

HAUPPAUGE, NEW YORK



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# SUFFOLK COUNTY TASK FORCE ON TEEN PREGNANCY

## FINAL REPORT – APRIL, 2011

### REVIEW OF ENABLING LEGISLATION

In October 2009, responding to concerns about a sudden upsurge in teen pregnancy in several communities in Suffolk County, Deputy Presiding Officer Vivian Vilorio-Fisher, joined by County Legislators DuWayne Gregory, Rick Montano, and Cameron Alden, introduced Resolution 1851, establishing a Teen Pregnancy Task Force. The Suffolk County Legislature unanimously approved County Resolution 881-2009, creating the ten member task force and charging it with studying and analyzing the increased rate of adolescent pregnancy in Suffolk County, proposing methods to decrease the rate, and developing a long-term plan to address the issue.

The Task Force, representing governmental, educational, health and social interests, held a total of twenty-four meetings and four Public Hearings. The Public Hearings were held at the County Center in Riverhead, Mastic-Moriches-Shirley Community Library in Shirley, Brentwood Public Library in Brentwood, and the Babylon Town Hall Annex in North Babylon. Minutes of meetings and Public Hearings were posted on the Suffolk County Legislature’s website. The Task Force also held a full day retreat in July, facilitated by Grisel Arredondo from Cicatelli Associates, a nationally recognized leader in providing technical assistance and training to health and human services organizations.

In addition, Task Force members attended a Youth Speak-out forum on teen pregnancy at the SNAP-sponsored “Leaders of the Future” conference, which featured students from Brentwood, Bay Shore, Central Islip, and Wyandanch.

### HISTORY AND SCOPE OF ADOLESCENT PREGNANCY IN SUFFOLK COUNTY

As evidenced, Suffolk County falls below national and state rates of teen pregnancy and birth. However, several of our most disadvantaged communities have been greatly affected by this issue. It is also clear that every teen pregnancy has far-reaching consequences for young women, their partners, children, families, and the community at large.

**Teen Pregnancy & Birth Rates per thousand females 15-19 for three year period  
2006-2008**

	Birth Rates	Pregnancy Rates
United States	41.5	n/a
New York State	27.9	57.9
Suffolk County	20.9	36.7

Source: EOC of Suffolk, Inc.-SNAP Division Data Source: United States: Center for Disease Control  
New York State & Suffolk County – NYSDOH Vital Statistics Table 30 for 2006-2008

According to the Centers for Disease Control and Prevention, (CDC) the U. S. birth rate fell by more than a third between 1991 and 2005, then took an upward turn, increasing by over 5% over two consecutive years. However, the birth rate declined 8% from 2007 – 2009, reaching an historic low at 39.1 births per 1,000 youth ages 15 – 19, the lowest level ever recorded in the past 70 years. Birth rates fell significantly for all teens in all age groups, and for all racial and ethnic groups, from 2007 – 2009. Births and birth rates for youth under 15 are also declining. In 2009, the rate for 10 – 14 year olds was 0.5 births per 1,000, the lowest ever recorded, and two-thirds lower than in 1990.

The CDC reports that the United States still has the highest rate of adolescent pregnancies, births, abortions, and sexually transmitted infections (STI) in the developed world. Although teens are reporting less sexual activity, 30% become pregnant by age 20. Pregnancy rates nationwide show a great disparity between white teens and teens of color: 19% of non-Hispanic white teen girls under the age of 20 become pregnant, compared with 53% of Latina teens and 51% of African American teens.

According to the Vital Statistics of the New York State Department of Health, in 2008, New York State reported 39,312 pregnancies to adolescents ages 10 – 19, resulting in 17,487 live births. The number of pregnancies to adolescents ages 10 – 19 in Suffolk County declined from 2,043 in 2007 to 1,864 in 2008, and the number of live births declined from 979 in 2007 to 934 live births in 2008, 846 of them out-of-wedlock, and almost all of these young mothers chose to keep the child in their home. In 2008, Suffolk County reported 37 pregnancies to adolescents under the age of 15, and 546 to adolescents 15 – 17.

According to the Guttmacher Institute, many factors influence the differences in teen sexual health between the U. S. and other industrialized nations: affordable family planning services, sustained, realistic media campaigns, public health policy grounded in pragmatism and research, and sexuality information characterized by open, honest dialogue. Philosophically, many European countries accept that adolescents, especially older ones, will be sexually active. Therefore, policies and programs focus on protective behaviors and skills. In the United States, policies and national initiatives focus on delaying sexual initiation as long as possible, and few comprehensive sex education programs exist.

The National Campaign to Prevent Teen and Unplanned Pregnancy reports that teen pregnancy is closely linked to a host of other critical social issues — poverty and income, overall child well-being, out-of-wedlock births, responsible fatherhood, health issues, education, child welfare, and other risky behaviors. Children born from unplanned pregnancies also face a range of developmental risks. For example, these children report poorer physical and mental health compared to children born as the result of an intended pregnancy. And a new analysis from Child Trends indicates that, after controlling for numerous background factors, children 2 years old who were born as the result of an unplanned pregnancy have significantly lower cognitive test scores when compared to children born as the result of an intended pregnancy. Most teen pregnancies are unplanned.

Adolescent pregnancy and childbearing have been associated with adverse health and social consequences for young women and their children. Many studies have shown that adolescent births are a major contributing factor to poverty and welfare dependence as a growing proportion of adolescent mothers are unwed and more than half of welfare spending goes to families formed by a teenage birth.

Adolescent childbearing is a pressing social issue because of its broad social and economic consequences for the mothers, their families, the babies, and for society. The negative effects of early childbearing affect the health, education, and employment opportunities of the mothers; poverty is a frequent outcome. The long-term implications for the offspring include poor opportunities in society, risks of poor health, and adverse developmental outcomes. Children of teen mothers are more likely to have lower cognitive attainment and proficiency scores at kindergarten entry, exhibit behavior problems, have chronic medical conditions, rely more heavily on public-provided health care, be incarcerated at some time during adolescence until their early 30s, drop out of high school, give birth as a teenager, and be unemployed or underemployed as a young adult (Maynard, 2008).

A study by the National Campaign to Prevent Teen and Unplanned Pregnancy revealed that teen childbearing costs taxpayers at least \$9 billion dollars a year. Most of the costs were associated with negative consequences for the children of teen mothers: in New York in 2004, annual taxpayer costs associated with children born to teen mothers included \$186 million for public health care (Medicaid and SCHIP), \$204 million for child welfare, \$203 million for incarceration, and \$117 million in lost tax revenue due to decreased earnings and spending. The National Campaign to Prevent Teen and Unplanned Pregnancy estimates that 80% of unmarried teens who give birth will end up on welfare.

A study by the Robin Hood Foundation documents that 70% of adolescent mothers never finish high school; more than 70% of unmarried adolescent mothers will receive cash assistance within five years of giving birth and 40% will remain dependent on the welfare system for 5 years or longer (Maynard, 1996). For those few teens who marry as a result of pregnancy, most marriages end in divorce. Housing, prenatal care, child care, employment, job training, and completion of school are major hurdles that pregnant teens must overcome if they are to become self-sufficient.

Although adolescents today are maturing earlier, the interim time between development of their ability to reproduce and to full adulthood (when they are equipped with the means to support and maintain a family) is considerable. Our complex society requires years of training and preparation for individuals to obtain the necessary skills to take on the psychological, financial, and social responsibilities of childbearing and parenting. Despite recent declines in pregnancy rates, teen girls cite sex and pregnancy as the number one issue they face today, according to a report by the American Association of University Women (AAUW) Educational Foundation.

While a myriad of reasons exist for why teens become pregnant, the Suffolk County Legislature Teen Pregnancy Task Force has identified major contributing factors:

Lack of Knowledge. Young people may not know enough about their bodies, the reproductive processes, or pregnancy prevention. They can be misled by myths about contraceptives and their

efficacy. They may be unaware of pregnancy risk or the consequences of early childbearing, and might also be embarrassed to reach out for information. Access to accurate, culturally and age-appropriate information about sexual and reproductive health is a necessary component to teen pregnancy prevention. Just as young people may be embarrassed to reach out for information, parents and other caregivers can also be uncomfortable discussing sexuality issues with adolescents.

Fear, Resistance and Isolation. Fear and resistance from parents and schools, conflicting religious and cultural values, and the lack of a statewide mandate for comprehensive sex education programs factor into the ability of individual school districts to establish sustainable sexual health and pregnancy prevention programs. Although studies have shown that the overwhelming majority of parents support sexuality education, the vocal minority of opponents have the ability to create an atmosphere that discourages districts from establishing these programs and policies. School officials have been reluctant to admit that teen pregnancy exists in their districts. School-based service providers who work directly with this population often function in isolation and without articulated policies and procedures.

Lack of Skills in Decision-Making and Communication. Teenagers may not know how to resist the pressures that arise in peer situations; they fear the rejection that might result from not going along with the crowd. Young men and women need to develop the tools to learn how to postpone sexual activity when they do not feel ready to engage and also how to negotiate emotionally-charged relationships. Contraception is not frequently discussed, not consistently used, and often used incorrectly. Examples of factors influencing contraceptive choice may include partner-pressure, the phenomenon of “sexing-in” to gangs and the misconception by some young women that the use of contraception will label them as “promiscuous.”

Both young males and females may lack the knowledge regarding available modes of contraception; however, pregnancy prevention messages frequently target females and rarely address the needs of males. Consequently, young men may have fewer skills and resources and less access to contraceptive counseling than young women.

It has become increasingly clear to psychologists and neurologists that for social and biological reasons, teens have increased difficulty making mature decisions and understanding the consequences of their actions. This is due to the way the brain develops during the adolescent years, causing teens to seek out high-risk situations without a full understanding of possible consequences. A positive youth development program teaches youth how to develop healthy relationships by recognizing the inherent dignity and worth of each person. Parents, educators and mentors have the responsibility to guide and support teens in their decision-making. We as county leaders are charged with providing parents and other responsible adults with the tools to be better equipped to educate and guide teens.

Access to Contraception. In Suffolk County there is a lack of consistency for the access to and funding for family planning/sexual healthcare services. Inconsistencies in both of these components make it difficult to maintain their effectiveness. Transportation, hours of service, eligibility, bureaucratic requirements (forms, documents and inflexible rules), community attitude, language and cultural differences, and affordability are significant barriers to adolescents interested in accessing services.

Even where family planning clinics exist, teenagers may feel uncomfortable using them. One of the most important benefits of consistency in the access to contraception and the informed use of the same is the prevention of unintended pregnancies, and, possibly, abortions.

Access to Healthcare. Teens have limited knowledge of and access to sexual healthcare, either because their general practitioners are uncomfortable with the subject or because of other barriers. Some young women have their first gynecological/obstetrical exam at the emergency room when pregnancies present. This Task Force has heard from Emergency Department personnel that women in their late teen years or early twenties often come in reporting an obstetrical history of 3-5 previous pregnancies, none resulting in live births, and also that some of the young women who choose to terminate their pregnancies become pregnant again within a short period of time. The extent of education related to pregnancy and prevention is frequently limited to the brief emergency encounter with no opportunity for follow-up. This phenomenon is consistent with health disparities that are usually associated with income and education disproportions.

Lack of a Sense of Opportunity. With few perceived options in society, disadvantaged youth can become unmotivated to delay parenthood. While most teen pregnancies are unintentional, teens from low socioeconomic backgrounds may believe that childbearing is a desirable option versus their misconceived lack of a future. Teens who feel hopeless about their futures may be more likely to drift into parenthood than those teens who feel optimistic about their future.

The Media. Media outlets, including television, the Internet, advertising campaigns and print, market sexually explicit messages to our youth. Both sexually explicit media marketing and real-time informational sharing platforms produce sexually saturated channels that not only desensitize our youth about sexual behaviors, but also further limit positive exposure to responsible role models. Social networks create an immediacy and amplification of these messages. By depicting sexually explicit material and not providing young people with responsible role models, print and electronic media convey a confusing message about appropriate behavior for young people.

Limited Access to Culturally-Tailored Resources. Many adolescents, parents and other caregivers who live in under-resourced communities are more likely to have limited access to resources that might otherwise help guide them in decision-making and safer health practices than those living in communities with readily accessible resources. Teen pregnancy is increasing most in communities with large concentrations of Latino families who may not be fluent in English or who may not have access to computers and the Internet. Some of these families may be reluctant to access services due to fear of deportation and a general mistrust of governmental agencies. In some communities, adolescent childbearing may be viewed as more culturally acceptable. Additionally, day-to-day survival outweighs teen pregnancy prevention as a priority. Given Suffolk County's increasing diversity, efforts to address teen pregnancy and parenthood must take into account the variety of racial and ethnic barriers to provide culturally-tailored resources for vulnerable communities.

Community Involvement. One of the persistent themes heard during the Teen Pregnancy Task Force's hearings, was the importance of community support as an antidote to teen pregnancy. Young

people expressed great differences in their individual communities' acceptance of teen pregnancy and parenting.

These students identified a variety reasons that teens become pregnant. These included: seeking love, no positive vision of the future, lack of parenting and adult role models, domestic/dating violence/rape, the role of gang violence, community acceptance of early parenting, the perceived need to concretize a relationship through pregnancy, rebellious behaviors, peer pressure, media influence, ignorance or lack of knowledge, attention seeking, and filling a void in their lives.

## RECOMMENDATIONS FROM THE SUFFOLK COUNTY TASK FORCE ON TEEN PREGNANCY

### I. SUCCESSOR GROUP:

The Suffolk County Legislature's Task Force on Teen Pregnancy recommends that a successor body be established to provide ongoing support, coordination, technical assistance, and oversight to Suffolk County's efforts to reduce teen pregnancy. The successor body shall include representatives of a culturally diverse cross-section of professionals actively involved in youth issues, including adolescent health and adolescent sexuality, gangs, bullying and anti-violence, drug/alcohol prevention, victim services, education, workforce development, social services, juvenile/criminal justice, foster care, and other pertinent disciplines, as well as representatives from communities to be served, including teenagers.

#### A. This body shall be charged with:

1. Addressing the barriers to preventing teen pregnancy identified by this task force,
2. Creating focus groups to discover how these barriers intersect with other issues faced by community members,
3. Promoting educational outreach,
4. Coordinating existing services for youth at risk of pregnancy,
5. Advocating for increased access to family planning services for sexually active youth,
6. Developing collaborative initiatives and program models to help young people - particularly youth in marginalized groups - avoid risky behaviors, including those that place them at risk for pregnancy,
7. Partnering with existing state or federal organizations to leverage their resources,
8. Facilitating ongoing communication and collaborative grant funding efforts between direct service providers and the municipal stakeholders to establish better coordinated partnerships among all service providers and create a long-term awareness of the programs and services to the public,
9. Partnering with libraries, youth organizations, etc., to distribute information and links to resources for teens and adult care givers, and;
10. Partnering with community organizations to promote mentoring opportunities that include both adult to teen and peer-to-peer educational and informational exchange.

B. The successor body shall convene an annual summit of organizations that work with teens, families and communities to move forward an agenda of community-building and community support for Suffolk's teens. The agenda of the summit shall address the recommendations of this report, with training workshops tailored to:

1. County employees,
2. Medical personnel,
3. Professionals who work with youth in non-health related fields (such as librarians, scout leaders, religious youth leaders, foster parents etc.), and;
4. Other groups as deemed necessary, including train-the-trainer workshops for professionals who can reach out to others in their field.

## II. EDUCATIONAL OUTREACH:

A. Support a mandate for adolescent sexual health programs in schools:

The Suffolk County Legislature shall take a stance in support of a statewide mandate for adolescent sexual health programs in public schools and alternative learning venues subject to State jurisdiction. Such a stance may include urging, in writing, either the New York State Legislature or the New York State Department of Education, or both, to enact a mandate for adolescent sexual health programs.

Such programs will include:

1. Age and culturally-appropriate information about puberty and adolescent sexuality,
2. The benefits of abstinence or postponement of sexual activity,.
3. Responsible sexual behavior, including the necessity of contraceptive use,
4. Prevention of sexually transmitted infections,
5. Promotion of self-actualization, responsible decision-making, and healthy relationship building
6. Presentations that are inclusive of a wide variety of students in, including:
  - a) Students who have already engaged in sexual activity as well as those who have not,
  - b) Those who identify as gay, lesbian, bisexual, transgender, or who are questioning their sexuality, and
  - c) Students with physical disabilities, learning disabilities, and with other special needs.

7. Curricula consistent with the Centers for Disease Control and Prevention's guidelines for school health programs, or available evidence-based curricula proven to reduce rates of teen pregnancy and sexually transmitted infections.
- B. The Teen Pregnancy Task Force suggests that the County offer county-sponsored, evidence-based training for individuals who work with youth. Ideally, this training would be offered by an agency specializing in such training and offered at the annual summit sponsored by the successor group. The purpose of such training is to ensure that all people working with youth understand the basic facts about adolescent sexual health, so that they can appropriately respond or make appropriate referrals to youth at risk of unintended pregnancy or sexually transmitted infections. Training would also include optimal methods and venues for communication around these issues.

This training would be open to:

1. All Suffolk County employees who work with youth between the ages of 10 and 21, and the employees of contracted agencies who work with youth between the ages of 10 and 21.
  2. Any adults who work with youth outside of the school day, for example medical personnel, librarians, scout leaders and youth counselors.
- C. The Task Force recommends that the Legislature promote and support educational/informational programs that are particularly effective in diverse communities, for example:
1. *Promotoras*: this program educates adult Latinas as peer educators in sexuality; current participants are all bilingual or speak only Spanish. *Promotoras* conduct community programs and serve as peer resources for friends and family; the program has also trained participants in child and adolescent sexuality so they can be the primary sexuality educators of their children.
  2. *Home Health Parties*: home-based gatherings in target communities to encourage age-appropriate, open, honest and factual dialogue between adults and youth about sexuality and reproductive health. Home Health parties offer community members the opportunity to attend workshops in the comfort of their own home or in a friend's home.
- D. Support and direct constituents to the community database: 211 Long Island:  
<https://211longisland.communityos.org/cms/>In order to make healthy decisions, teens must be empowered to find reliable information, both online and by talking with responsible adults, such as their parents or guardians, youth workers, and health professionals. The 211 Long Island database allows teens and the adults in their lives to find local resources such as healthcare, support groups and counseling from a safe, reliable source.

The Teen Pregnancy Task Force recommends that:

1. the Suffolk County Legislature continue to support the 211 Long Island database to ensure that it is kept up-to-date and is easily accessible;
2. the Successor Group can assist in this endeavor by:
  - a) encouraging organizations to regularly update their entries in the database,
  - b) checking, periodically, to ensure that all relevant organizations are represented in search results and
  - c) having representatives from 211 Long Island offer training in the database at the yearly summit, thus increasing visibility and usability of this resource.
3. The Task Force recommends that the 211 Long Island database
  - a) add a "frequent search" link from their homepage specifically focused to teen pregnancy prevention; and
  - b) encourage the 211 Long Island staff to explore how the database could be made more accessible to the multicultural population of Suffolk County.

#### E. Social Marketing and Media Outreach

1. The Suffolk County Legislature should promote and support the initiative of the New York State Department of Health, which funded ACT for Youth <http://www.actforyouth.net/> as part of its effort to promote positive youth development and prevent risky and unhealthy behaviors amongst adolescents. By promoting the website <http://www.nysyouth.net/> and Facebook page <http://www.facebook.com/NYSYOUTH> and using their already created promotional materials in youth centers, medical centers, bus stops, libraries and more, Suffolk County can reach out to teens in need without duplicating efforts and funding.
2. Additional online resources can be found in the appendices of this report.

TABLE 1:

## Suffolk County Summary of Recent Statistics Related to Adolescent Pregnancy and Birth

		Total Pregnancies	Total Rate *	Live Births #	Induced Abortion #	Spontaneous Fetal Deaths #
2004	New York State	39,236	61.9	17,031	21,111	1,094
	Suffolk County	1,898	39.7	881	970	47
2005	New York State	39,036	60.7	17,036	20,880	1,120
	Suffolk County	1,706	34.8	847	826	33
2006	New York State	40,121	59.2	17,405	21,657	1,059
	Suffolk County	1,935	37.3	940	961	34
2007	New York State	39,910	58.4	17,599	21,293	1,018
	Suffolk County	2,012	38.3	968	1,006	38
2008	New York State	38,450	56.0	17,245	20,123	1,082
	Suffolk County	1,827	33.5	920	873	34
2009	New York State	n/a	n/a	16,455	n/a	n/a
	Suffolk County	n/a	n/a	826	n/a	n/a

\* Teen Pregnancy/Birth Rates = per 1,000 female population aged 15-19.

Source: EOC of Suffolk, Inc.-SNAP Division Data Source: New York State and Suffolk County - NYSDOH Vital Statistics

**TABLE 2:**  
**Birth & Pregnancy Rates Above Countywide Average - Per Thousand Females**  
**Ages 15-19 in Suffolk County 2006-2008**

Zip Code/ Town	Birth Rates	Pregnancy Rates
11701 - Amityville	42.6	64.1
11703 - North Babylon	n/a	32.5
11706 - Bay Shore	36.1	52.6
11713 - Bellport	36.0	62.3
11715 - Blue Point	26.9	47.6
11717 - Brentwood	73.0	95.5
11722 - Central Islip	58.2	78.6
11726 - Copiague	41.5	62.3
11727 - Coram	19.1	34.6
11746 - Huntington Station	27.2	36.6
11749 - Islandia	24.5	36.8
11763 - Medford	21.2	38.1
11772 - Patchogue	23.9	39.6
11778 - Rocky Point	n/a	33.7
11784 - Selden	n/a	30.9
11789 - Sound Beach	n/a	41.3
11798 - Wyandanch	62.2	91.6
11901 - Riverhead	44.6	65.0
11937 - East Hampton	22.0	32.7
11944 - Greenport	23.0	34.5
11946 - Hampton Bays	29.7	42.4
11950 - Mastic	47.3	76.0
11951 - Mastic Beach	44.6	72.0
11952 - Mattituck	17.9	n/a
11953 - Middle Island	19.6	n/a
11955 - Moriches	27.8	69.4
11967 - Shirley	23.8	41.6

Source: EOC of Suffolk, Inc.-SNAP Division Data Source: United States: Center for Disease Control  
New York State and Suffolk County - NYSDOH Vital Statistics, Table 30 for 2006- 2008.

**APPENDIX #1:**

## Online Resources for Teens and Adults

### NEW YORK STATE: ACT YOUTH NETWORK

[http://www.nysyouth.net/sexual\\_health/](http://www.nysyouth.net/sexual_health/)

The youth health site from New York State has information about sex, abstinence, safety, birth control and more. It includes a contact list of family planning clinics by county.

### ABSTINENCE AND DECISION MAKING

<http://www.studentaffairs.duke.edu/duwell/wellness-tips/abstinence>

Do you have a healthy relationship? Are you ready for sex? What are the advantages of abstaining from sexual intercourse?

### BIRTH CONTROL PROBLEM SET

[http://www.biology.arizona.edu/human\\_bio/problem\\_sets/birth\\_control/birth\\_control.html](http://www.biology.arizona.edu/human_bio/problem_sets/birth_control/birth_control.html)

Learn about different methods of birth control and how effective they are for preventing human pregnancy.

### CAMPAIGN FOR OUR CHILDREN

<http://cfoc.org/>

This site aims to educate teens and their parents about the benefits of abstinence.

### COALITION FOR POSITIVE SEXUALITY

<http://www.positive.org/>

This site has information "for teens who are sexually active now or just thinking about having sex," in an online tour which they call "Just Say Yes" [also available in Spanish as "Di Que Si"]. The site also has features which enable teens to talk to each other or "resident sexperts" about sex.

### DATE RAPE / ACQUAINTANCE RAPE

[http://www.gmu.edu/depts/unilife/sexual/NSR\\_Intro.htm](http://www.gmu.edu/depts/unilife/sexual/NSR_Intro.htm)

Answers the question: "What is Acquaintance Rape?" Also provides a list of useful precautions, discusses the myths about acquaintance rape, as well as ways to resist acquaintance rape.

### FAMILY HEALTH INTERNATIONAL (FHI)

<http://www.fhi.org/en/RH/Pubs/index.htm>

"FHI is a not-for profit organization committed to helping women and men have access to safe, effective, acceptable and affordable family planning methods; preventing the spread of AIDS and other sexually transmitted diseases (STDs); and improving the health of women and children." The information on this site is available in English, French, Spanish and other languages."

GO ASK ALICE!

<http://www.goaskalice.columbia.edu/>

This site, from Columbia University, offers loads of advice for teens and college students on topics great and small. Teens may ask Alice about relationships, nutrition and diet, drugs, sex, alcohol, stress, etc.

#### **I WANNA KNOW**

<http://www.iwannaknow.org/>

"The purpose of this site is to provide a safe, educational and fun place for teenagers to learn about sexually transmitted diseases (STDs) and their sexual health. Answers to your questions about teen sexual health and STD prevention." Includes sections on Puberty, 'Sex on the Brain', and 'Basic Info Fast' and real-time chat.

#### **IT'S GREAT TO WAIT**

<http://www.greattowait.com/>

"The site that shows why the best choice is abstinence until marriage. Stay a while and get more information about why you should wait, who else is waiting, and where you can learn more. There is also a section for parents who want some help talking to kids about abstinence. The answers are just a click away!"

#### **IT'S YOUR (SEX) LIFE**

<http://www.itsyoursexlife.com/>

Tells you what you need to help you in an emergency, how to prevent pregnancy, and how to talk to your partner about protection. From MTV.

#### **KIDS' HEALTH: TEENS**

<http://kidshealth.org/teen/>

This site contains vital information from medical experts for Teens. Topics covered include: asthma, contraception, dieting, depression, STDs, training, eating disorders, steroids, alcohol, date rape, smoking, lyme disease, self-defense, drugs, abuse, suicide, shoplifting, and so much more. Available *en español*.

#### **KID'S HELP PHONE**

<http://www.kidshelpphone.ca/Teens/Home.aspx>

Hotline and forums to help teens looking for guidance. Sections include: Friendship & Love, Diversity, Family, Birth Control, STIs & AIDS, Eating Disorders, Drug Abuse, Abuse, Sexual Violence, Suicide, and Violence. The site is also available in French.

#### **LESBIAN GAY BI TRANS YOUTHLINE**

<http://www.youthline.ca/>

This site is an offshoot of an Ontario-based toll-free helpline for lesbian, gay, bisexual, transgendered, and questioning teenagers. You can call their number with any questions or concerns you may have, instant-message with Youthline counselors, or surf the site to find a wealth of resources for queer teens.

#### **NOT-2-LATE.COM: THE EMERGENCY CONTRACEPTION WEBSITE**

<http://ec.princeton.edu/index.html>

Operated by the Office of Population Research at Princeton University, this site contains information about emergency contraception. An extensive bibliography is included. Services include an Emergency Contraception Hotline.

#### **PLANNED PARENTHOOD INFO FOR TEENS**

<http://www.plannedparenthood.org/info-for-teens>

Includes information on anatomy, relationships, pregnancy, and LGBTQ issues. The website also links to Planned Parenthood information specifically for parents, which is also available in Spanish. (Info for teens is only available in English.)

#### **RAINN: RAPE, ABUSE & INCEST NATIONAL NETWORK**

<http://www.rainn.org/>

RAINN "operates America's only national hotline for survivors of sexual assault. The hotline 1-800.656.HOPE offers free, confidential counseling and support 24 hours a day, from anywhere in the country." Visit their site to learn more.

#### **SEX, ETC.**

<http://www.sexetc.org/>

From the homepage: "Welcome to SEX, etc., a happening new teen-produced web site that answers the questions you'd only ask other teens. Written and produced by teens for teens, SEX, etc. talks about love, sex, abstinence, contraception, AIDS, STDs, drugs and drinking, violence and health topics, just to name a few."

#### **TEENGROWTH.COM**

<http://www.teengrowth.com/>

Created by a team of teens, doctors, and teachers who are "committed to improving the lives of adolescents." Topics include body, emotions, health, friends, sports, danger, school, family, and sex.

#### **TEEN HELP**

<http://www.teenhelp.com/index.html>

Information for teens about their most pressing issues including sex, health, drugs, alcohol, depression, suicide, pregnancy, stress, eating disorders and more. Links to articles about topics and also has a glossary of terms that are of use to teens. Parents can learn a lot too.

#### **YOUTHCO AIDS SOCIETY**

<http://youthco.org/>

A peer driven organization in Vancouver, B.C. which addresses youth issues concerning AIDS and HIV. Includes a zine, "Spicy," with an advice column, information about safer sex, and space for contributions of prose and poetry by youth. Be aware that some of the safer sex information is illustrated in an explicit fashion.

*Thank you to the Internet Public Library [www.ipl.org](http://www.ipl.org) for the majority of the links above.*

**APPENDIX #2:**  
**Sexual Health Clinics open to Teens**

- Planned Parenthood Hudson Peconic: (800) 230-PLAN Hotline Phone:  
(800) 248-7797 (24-Hour Information Line)
  - Amagansett, 618 Montauk Highway, Amagansett, NY 11930 (631)267-6818
  - Huntington, 755 New York Ave Suite 333 Huntington, NY 11743 (631) 427-7154
  - Patchogue, 450 Waverly Ave Patchogue, NY 11772 (631)475-5705
  - Riverhead, 550 E Main St Suite 100 Riverhead, NY 11901 (631)369-0230
  - Smithtown, 70 Maple Ave Smithtown, NY 11787 Main Phone: (631)361-7526
  - West Islip, 180 Sunrise Highway, West Islip NY 11795 (631)893-0150
  
- Suffolk County Department of Health Services:
  - Brentwood Family Health Center, 1869 Brentwood Rd Brentwood 11717 (631)853-3400 (Main #); (631) 439-1551 (Appointments)
  - Dolan Family Health Center, 284 Pulaski Rd Greenlawn 11740 (631) 425-5250
  - Elsie Owens North Brookhaven Health Center, 82 Middle Country Rd. Coram 11727 (631)854-2301; (631)853-3013; (631)439-1551 (Appointments); (631)852-4815 (Emergency #/After hours)
  - Family Planning Clinic – Amityville, 1080 Sunrise Highway Amityville 11701 (631)854-1036
  - Family Planning Clinic – Brentwood, 1869 Brentwood Road Brentwood 11717 (631)853-3434
  - Kraus Family Health Center, Southampton , 240 Meetinghouse Lane Schenck Bldg. Southampton 11968 (631)852-8822
  - Marilyn Shellabarger South Brookhaven Family Health Center-East, 550 Montauk Hwy Shirley 11967 (631)852-1141
  - Martin Luther King, Jr Health Center, 1556 Straight Path Wyandanch 11798 (631)854-1768
  - Riverhead Health Center, 300 Center Drive 2nd Floor County Center Riverhead 11901 (631)852-1810
  - South Brookhaven Health Ctr West, 265 E Main St Patchogue 11772 (631)854-1209

- Stony Brook University Medical Center – Adolescent Medicine Clinics/Family Planning Benefit Program. For first appointment, call Sharon at (631)444-2730; all others: (631)444-5437.
  - 37 Research Way, East Setauket 11733
  - 2701 Sunrise Highway, Islip Terrace 11752
  - 15 West Second Street, Riverhead 11901

### APPENDIX #3:

#### Evidence Based Programs and Research Based Programs with the goal of preventing Teen Pregnancy

##### EVIDENCE BASED PROGRAMS CURRENTLY OFFERED ON LONG ISLAND:

*Be Proud! Be Responsible!*

<http://www.selectmedia.org/customer-service/evidence-based-curricula/be-proud-be-responsible/>

*Cuidate*

<http://www.selectmedia.org/customer-service/evidence-based-curricula/cuidate/>

<http://www.selectmedia.org/customer-service/evidence-based-curricula/%C2%A1cuidate-en-espanol/>

*Draw the Line/Respect the Line*

<http://pub.etr.org/ProductDetails.aspx?id=10000&itemno=S028>

*Making a Difference*

<http://www.selectmedia.org/customer-service/evidence-based-curricula/making-a-difference/>

*Making Proud Choices*

<http://www.selectmedia.org/customer-service/evidence-based-curricula/making-proud-choices/>

*Promoting Health Among Teens (PHAT)*

<http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens-comprehensive-abstinence-safer-sex/>

*Safe Dates*

<http://www.hazelden.org/web/public/safedates.page>

*Safer Choices*

<http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=131>

*Wyman Center Teen Outreach Program (TOP)*

<http://www.wymantop.org/>

##### RESEARCH BASED PROGRAMS CURRENTLY OFFERED ON LONG ISLAND:

*HealthSmart*

<http://pub.etr.org/category.aspx?id=230000>

*LOVE U2 Relationship Smarts Curriculum*

[http://www.dibbleinstitute.org/?page\\_id=1908](http://www.dibbleinstitute.org/?page_id=1908)

*LifeSkills*

<http://www.philliproxy.com/category-lifeskills.asp?CatCode=LIF>

*Quinceñera Program*

<https://www.friendsfirst.org>

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Visit the Center for Disease Control's site on Teen Pregnancy Prevention to see example of other evidence- and research-based programs: <http://www.cdc.gov/TeenPregnancy/PreventTeenPreg.htm>

APPENDIX #4:

Suffolk County Sponsored Programs

SUFFOLK COUNTY EXECUTIVE OFFICE DIVISION OF HUMAN SERVICES:

- **WOMEN'S SERVICES:**

Website: [www.suffolkcountyny.gov/departments/CountyExec/womensservices.aspx](http://www.suffolkcountyny.gov/departments/CountyExec/womensservices.aspx)

Email: [womens.services@suffolkcountyny.gov](mailto:womens.services@suffolkcountyny.gov)

Phone: 631-853-8284, Hotline: 631-853-8222

- **YOUTH BUREAU:**

Website: [www.suffolkcountyny.gov/departments/CountyExec/youth.aspx](http://www.suffolkcountyny.gov/departments/CountyExec/youth.aspx)

Phone: 631-853-8270

- **MINORITY AFFAIRS:**

Website: [www.suffolkcountyny.gov/departments/CountyExec/minorityaffairs.aspx](http://www.suffolkcountyny.gov/departments/CountyExec/minorityaffairs.aspx)

Phone: 631-853-4738

- **CHILD CARE IN SUFFOLK COUNTY:**

[www.suffolkcountyny.gov/home/departments/misc/child%20care.aspx](http://www.suffolkcountyny.gov/home/departments/misc/child%20care.aspx)

APPENDIX #5  
Suffolk County Youth Bureau Contract Agencies

- BABYLON VILLAGE YOUTH
- BIG BROS OF LI CATH CHARITIES
- BRENTWOOD YOUTH DEVEL CORP.
- BRIDGEHAMPTON CHLD CARE & REC CT
- COMMUNITY PROGRAM CENTER OF LI
- COMSEWOGUE YOUTH CLUB INC
- COPIAGUE YOUTH COUNCIL
- COPIAGUE YOUTH LEAGUE
- DEER PARK COMMUNITY ORG INC
- EAST HAMPTON JUVENILE AID
- FAMILY COURT WAITING ROOM
- GORDON HEIGHTS YOUTH PROGRAM
- GREAT SOUTH BAY YMCA,BAY SHORE
- HALF HOLLOW HILLS YOUTH DEV CTR
- HAMPTON COUNCIL OF CHURCHES INC.
- HUNTINGTON VILLAGE YOUTH
- LINDENHURST YTH SVCS BOARD IN
- LONGWOOD YOUTH SPORTS ASSN
- NORTH AMITYVILLE COMM ECON CNL
- NORTH BABYLON TEEN CENTER INC
- NORTH SHORE YOUTH COUNCIL
- POLICE ATHLETIC LEAGUE-CTYWIDE
- RESPONSE OF SUFFOLK COUNTY IN
- RIVERHEAD COMM AWARENESS PROG
- RIVERHEAD TEEN CENTER
- S. SHORE BOYS CLUB INC SAYVILLE
- SACHEM TEEN CENTER INC
- SAG HARBOR YOUTH CENTER INC
- SELDEN-CENTEREACH YOUTH ASSN IN
- SHELTER ISLAND COMM YOUTH ASSN
- SMITHTOWN YOUTH/KINGS PARK
- SNAP
- SOUTHDOLD YOUTH BUREAU
- SPRINGS YOUTH ASSOCIATION
- SUFFOLK CNTY SPECIAL OLYMPICS
- SUFFOLK COUNTY BOY SCOUTS
- SUFFOLK COUNTY GIRL SCOUTS IN
- THREE VILLAGE COMMUNITY SVCS
- TOWN OF BROOKHAVEN
- TOWN OF HUNTINGTON YOUTH BOARD
- TOWN OF ISLIP
- TOWN OF SMITHTOWN
- UNITED NO AMITY YOUTH
- WEST ISLIP YES
- YOUTH DEVLPMNT ASSN OF COMMACK INC.
- SC POLICE ATHELETIC LEAGUE
- SMITHTOWN VETERANS YOUTH
- COLONIAL YOUTH & FAMILY SVC
- PATCHOGUE MEDFORD YOUTH
- HECKSHER STATE PARK YOUTH
- THE SUNSHINE CENTER INC
- LI GAY & LESBIAN YOUTH
- SAG HARBOR SD YOUTH AT RISK
- COUNTYWIDE COUNSEL PGM HUNGTGN
- PARENTS FOR MEGANS LAW
- FAMILY SVC LEAGUE/FAST PROGRAM
- MIDDLE COUNTRY YOUTH ASSN
- SELDEN/CENTEREACH LITTLE LEAGUE
- CENTRAL SUFFOLK FOOTBALL LEAGUE
- ST. JOHN BAPTIST PEER MINISTRY
- FAMILY SVC HUNTGN STA FAM CTR
- ADELANTE OF SUFFOLK CTY INC.
- MIDDLE COUNTRY PUBLIC LIBRARY
- LIFELINE MEDIATION CENTER
- TOWN OF BABYLON YOUTH BUREAU
- FAMILY SV LEAGUE BAY SHORE CTR
- TRINITY EVANGELICAL LUTHERAN
- HAUPPAUGE YOUTH ORGANIZATION
- HAUPPAUGE EDUCATIONAL FOUNDATN
- SUFFOLK JEWISH COMM CENTER
- CONNETQUOT YOUTH ATHLETIC LG
- YOUTH EXPERIENCE ART (YEA) PRO
- ST. JOSEPH'S CYO
- LAKE GROVE TRIANGLE SOCCER
- MASTIC SPORTS
- BOYS & GIRLS CLUB OF BELLPORT
- MIDDLE COUNTRY SOCCER
- SOUTH SHORE YOUTH

- CENTRAL ISLIP CIVIC COUNCIL
- VENETTES CULTURAL WORKSHOP
- ALTERNATIVES FOR CHILDREN
- BRENTWOOD PUBLIC LIBRARY
- CAST(COMM. & SCHOOLS TOGETHER)
- CENTRAL ISLIP PUBLIC LIBRARY
- GERALD RYAN OUTREACH
- MADD
- MARV AVERY PALMORE CTR.OF HOPE
- NORTH SHORE LITTLE LEAGUE
- NORTHEAST YOUTH SPORTS ASSOC.
- SOUTHAMPTON YOUTH BUREAU
- ST. CYRIL & METHODIUS OUTREACH
- ST. HUGH'S OUTREACH
- YES INC
- TRI-COM YOUTH AGY HUNTINGTON SD
- CHILDREN'S MUSEUM OF THE EAST END
- EAST ISLIP SOCCER CLUB
- MIDDLE ISLAND CARING FOR KIDS
- MORICHES COMMUNITY CENTER, INC.
- PUERTO RICAN COALITION FOR BETTER COMMUNITY
- SHOREHAM WADING RIVER LITTLE LEAGUE
- SPLASHES OF HOPE
- DEER PARK LITTLE LEAGUE
- HALF HOLLOW HILLS LITTLE LEAGUE
- TOWN OF BABYLON YOUTH COURT
- SAJES TEEN ACTION PROJECT
- SNAP LONG ISLAND-AFTER SCHOOL PROGRAM FOR RIVERHEAD
- KEVIN WILLIAMS MEMORIAL FOUNDATION
- PAT-MED CLUB (YOUTH FOOTBALL & CHEERLEADING CLUB INC)
- LONG ISLAND SCHOOL OF THE ARTS
- YAPHANK PRESBYTERIAN CHURCH YOUTH PROGRAM
- SECCA
- ELIZABETH T. MCNAMEE MEMORIAL FUND
- EASTPORT SOUTH MANOR SPORTS ASSOCIATION(ESMSA)
- TIME FOR TEENS, INC.
- AMERICAN DANCE THEATRE OF LONG ISLAND
- SAYVILLE LACROSSE CLUB
- COMMACK EDUCATIONAL FOUNDATN
- NORTH SHORE COLTS FOOTBALL LEAGUE
- SOUND BEACH SOCCER LEAGUE
- LI SOUND SHARKS FOOTBALL
- 2ND PRECINCT SCHOOL RESOURCE OFFICER
- SACHEM COMMUNITY YOUTH SERVICES
- BROOKHAVEN YOUTH COURT
- FAMILY SERVICE LEAGUE-OPERATION SUCCESS
- HELPING HANDS RESCUE MISSION
- MONTAUK YOUTH ASSOCIATION
- RAINBOW CHIMES, INC.
- S.C.C.C. FOUNDATION-SURVEY COMMUNITY YOUTH
- BISHOP HALE COMMUNITY ACTION CENTER
- TOWN OF BABYLON UJIMA PROGRAM
- NORTHERN BROOKHAVEN LITTLE LEAGUE, INC
- CROSSROADS COUNSELING CENTER INC.
- ST. MARGARET'S BASEBALL/SOFTBALL LEAGUE
- NEWFIELD TRAVEL SOCCER CLUB INC.
- KNIGHTS OF COLUMBUS OUR LADY OF ROSARY COUNCIL NO. 4428
- SUFFOLK Y JCC-DISCOVERY MUSEUM AND THE NATIONAL JEWISH SPORTS HALL OF FAME AND MUSEUM
- BAYSHORE HIGH CREW
- BROOKHAVEN HOMELESS
- HUNTINGTON HOMELESS
- ISLIP HOMELESS-YMCA
- MADONNA HEIGHTS
- MERCY CENTER
- THE MINISTRIES INC (RESIDENCE)
- TOWN OF BABYLON
- TOWN OF HUNTINGTON
- TOWN OF ISLIP
- BELLPORT COMM ACTION COMMITTEE
- FAMILY SERVICE LEAGUE
- ISLIP YMCA-OUTREACH
- RESPONSE OF SUFFOLK COUNTY IN
- SMITH HAVEN MINISTRIES MALL

- TOWN OF ISLIP
- WYANDANCH YOUTH SERVICES, INC
- COLONIAL YOUTH & FAMILY SERVICE
- Kaeli Kramer Foundation
- BRENTWOOD YOUTH ACTIVITIES, INC.
- HUNTINGTON STATION ENRICHMENT CENTER
- LITTLE LEAGUE OF THE 3 VILLAGES
- WEST BABYLON COMMUNITY YOUTH CENTER
- WEST ISLIP LIBRARY
- WEST ISLIP SUMMIT COALITION