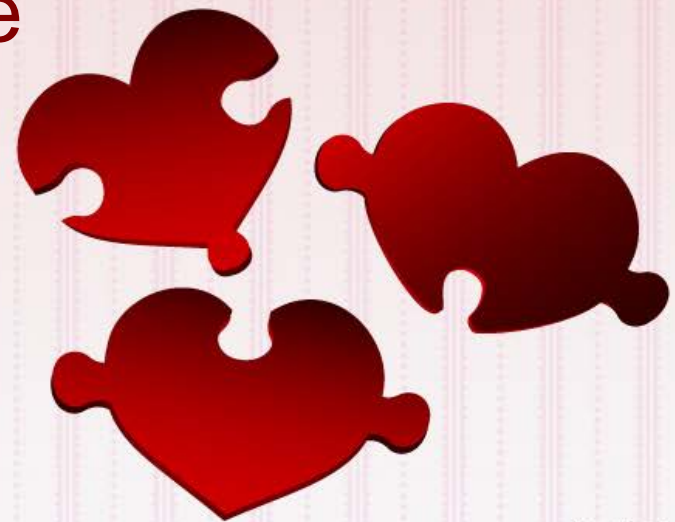


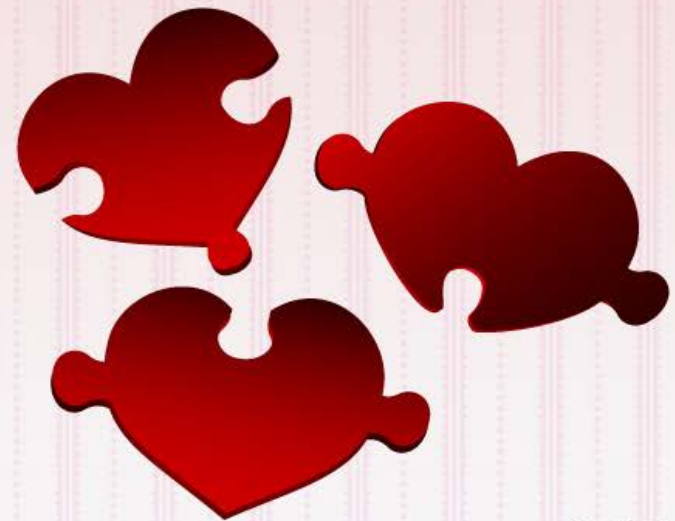
# Engaging Adolescents

Paula Bitter, BSN/RN  
Administrator/Health Officer  
Russell County Health Department  
DNP Student-Fort Hays State  
University



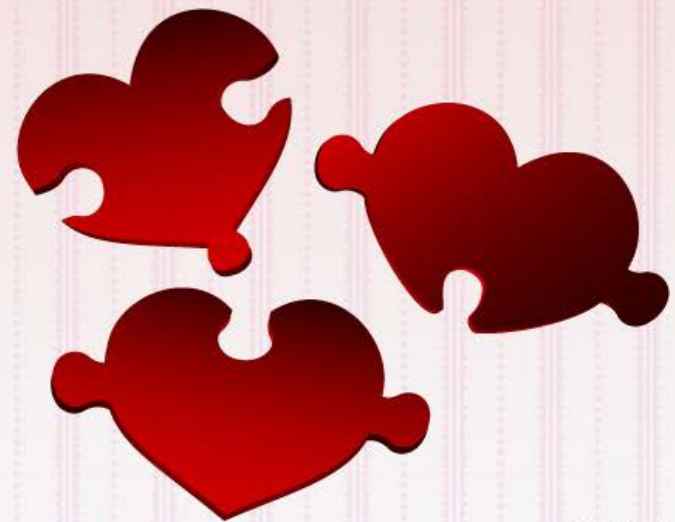
# Objectives

- Understand the adolescent mind
- Tips to communicate with adolescents
- Activities to engage adolescents

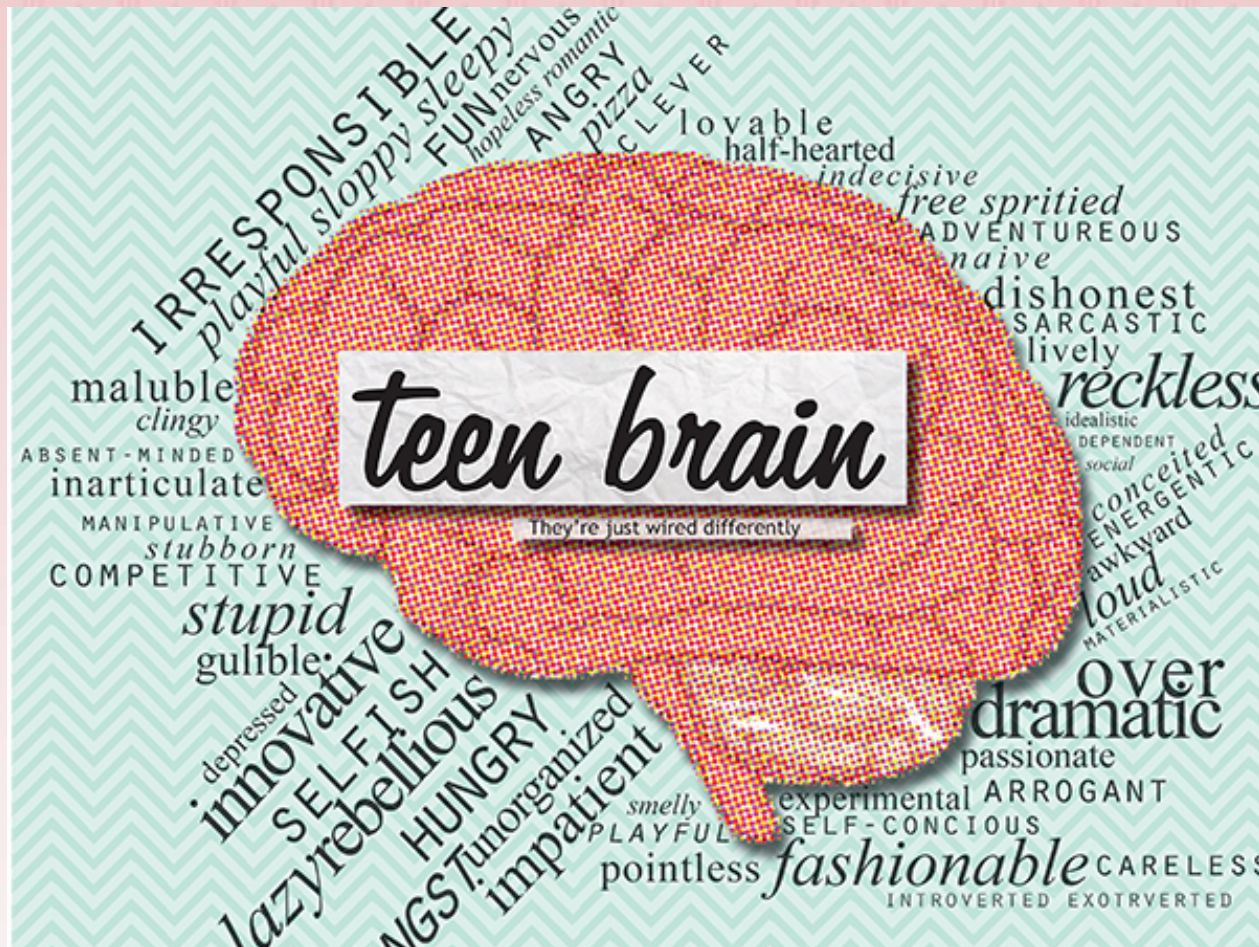


# Disclosures

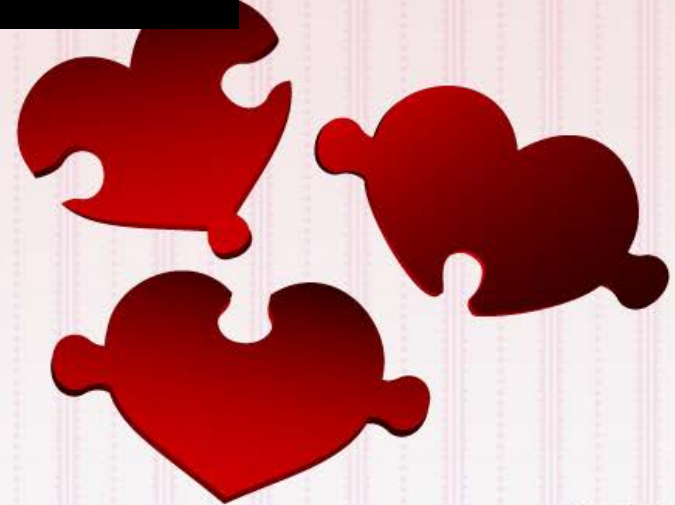
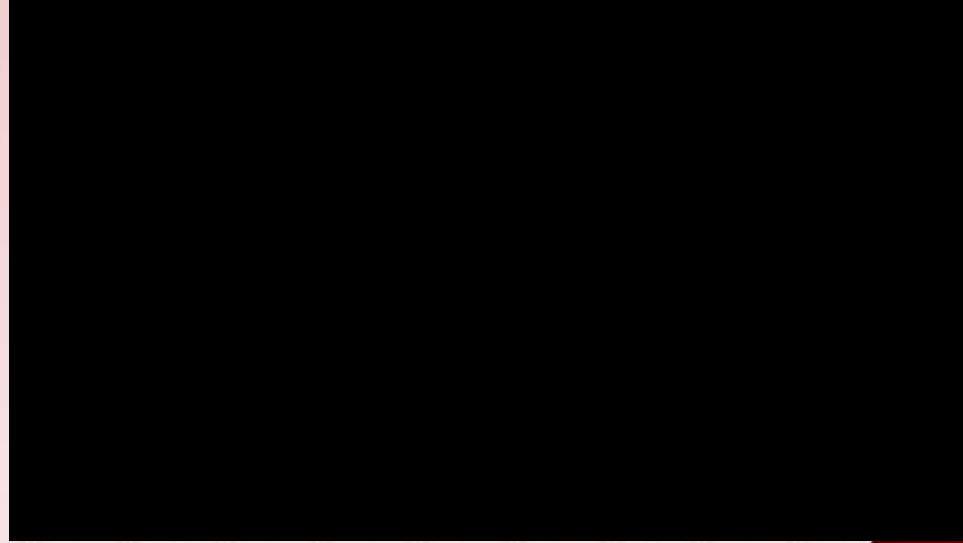
- I am NOT a professional speaker
- I am NOT an expert on adolescents
- Absolutely NOTHING



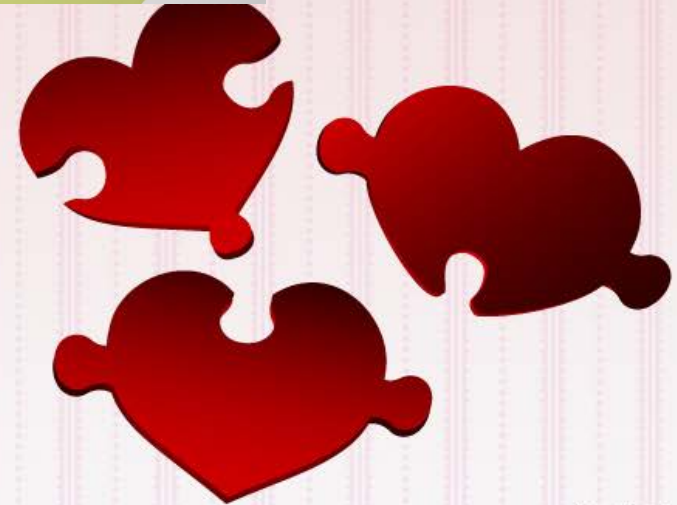
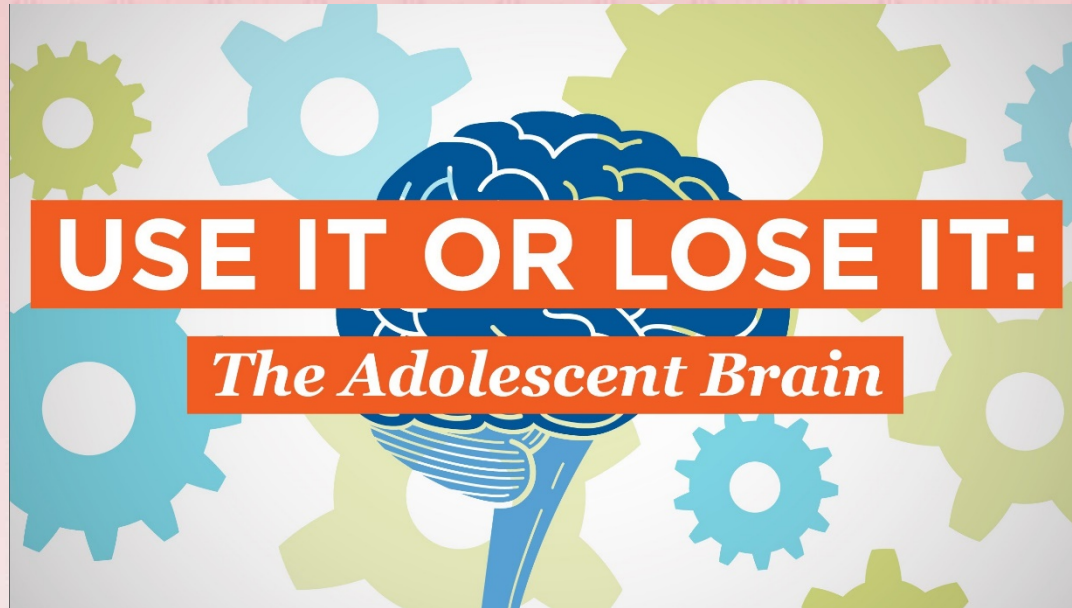
# Adolescent Brain



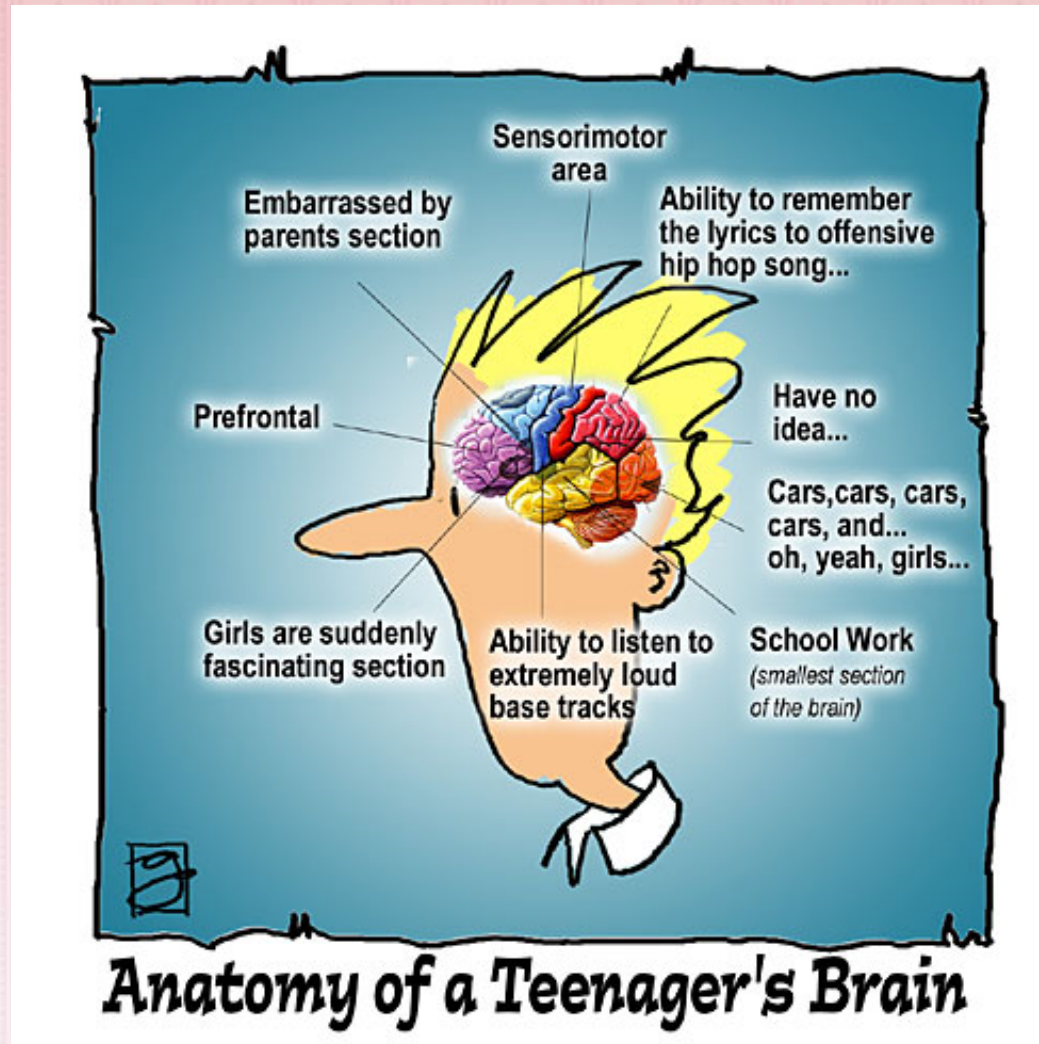
# What is Remodeling??



# Inside the Adolescent Brain



# Brain Under Construction



# What is a Parent to Do?



Welcome to being a parent of a teenager. Prepare for a large amount of eye rolling, emotional outbursts, and thoughts of running away. And that's just the parents.





# Tips for Parents

- Let the child take some **healthy** risks
- Help the child find new creative and expressive outlets
- Talk through decisions
- Use family routines
- Provide boundaries
- Offer frequent praise
- Be a positive role model
- Stay connected
- Talk with the child about his developing brain



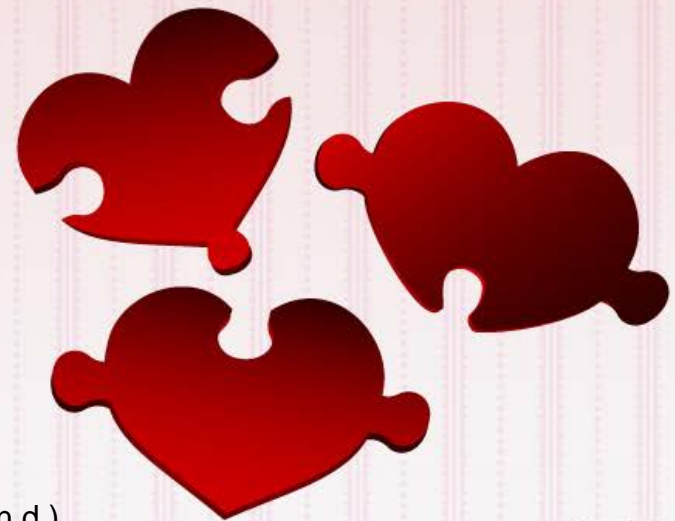
(Raising Children Network, with the Centre for Adolescent Health, 2017)

# Heads Up!! Teen in the Clinic!



# Tips to Communicate with Teens

- Ask how they are doing
- Make it about them
- Let teens teach you
- Use culture
- Do something active
- Get them to perform
- Give them a choice
- Set them a challenge
- Technology is not a subject
- Be yourself



(Hudson, n.d.)

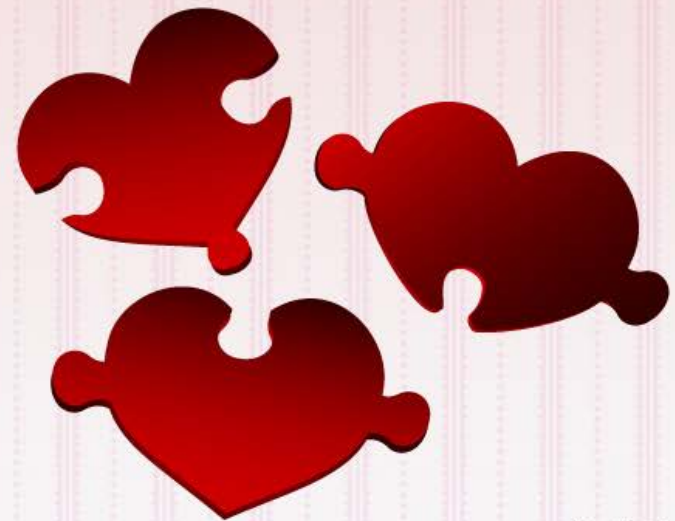
# Teaching Teens about Sexuality

- Today's teenagers do need access to contraceptive and STI information
- Teenage males as well as female adolescents need counseling in the area of sexual conduct regarding the prevention of pregnancy and STI's
- Teenagers continue to have misconceptions concerning pregnancy and birth control despite in-school sexual development/health classes



# How to be an Effective Family Planning Educator

- Listen
- Be approachable
- Be sincere
- Overcome discomfort
- Be sensitive



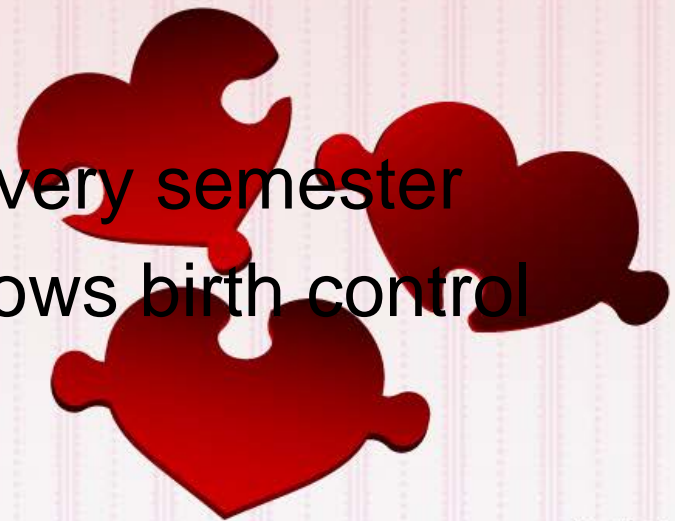
# Important Counseling Points

- Effective teaching and counseling as preventive measures are critical
- Sensitive listening and open communication are important elements
- It is important to be aware of your own personal attitudes and biases regarding human sexual conduct, and these personal views should not be imposed on teenagers
- A sensitive, open, and non-judgmental approach is necessary with adolescents



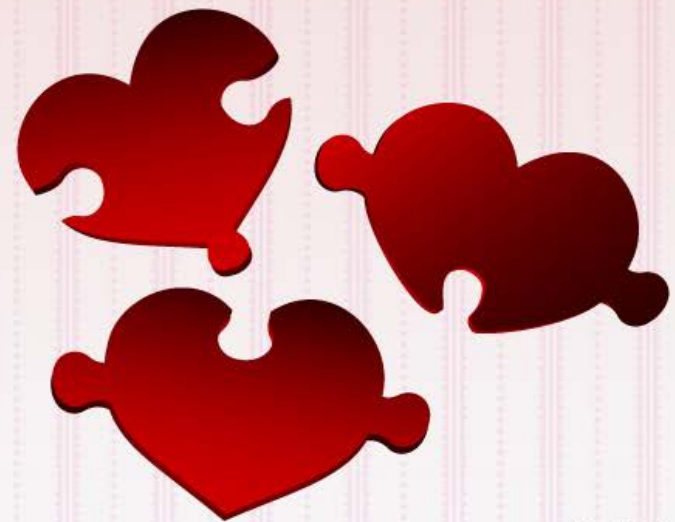
# So why am I Here?

- Russell County had a 50.7% teen pregnancy rate in 2009 for teens aged 15-19
- In 2016, the teen pregnancy rate was 11.0%
- Why??
  - Talk to the freshman class every semester
  - Family Planning program allows birth control options for teens



# How?

- Invite school officials to be part of the advisory committee
- Visit with the principal
- Visit with the health teacher





# Activities/Methods I use to Engage Adolescents

- Interactive activities
- Show pictures
- Show examples
- Show videos
- Provide pamphlets and printed information that is directed at adolescents

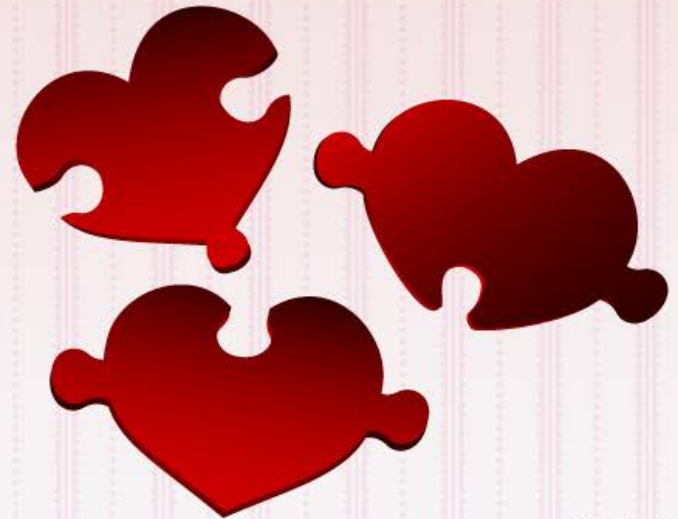
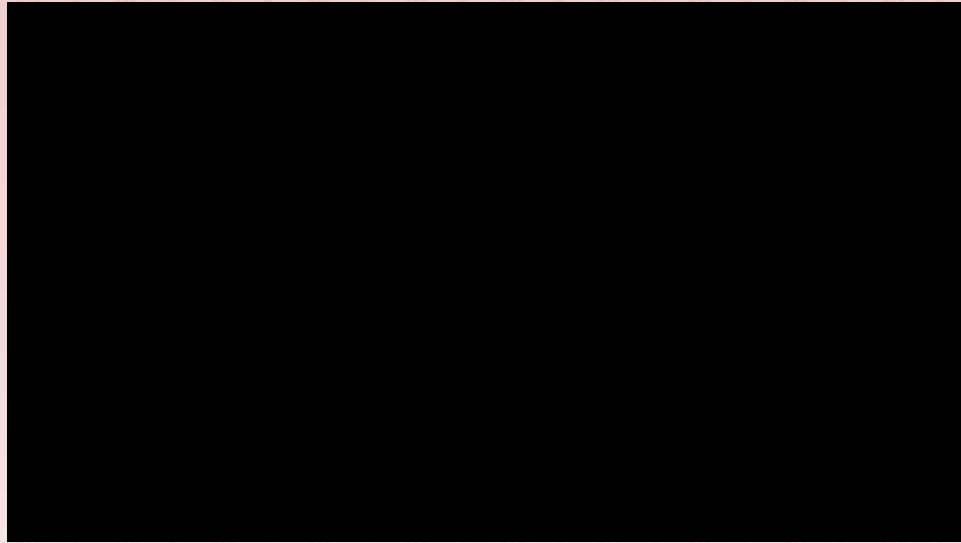


# COLOR CODE



- ◉ Plain **Blue**=Condoms or Dental Dams
- ◉ Plain **Green**=Trichomoniasis
- ◉ Plain **Yellow**=Gonorrhea
- ◉ Plain **Red**-Chlamydia
- ◉ Plain **Orange**=Syphilis
- ◉ Peanut **Green**=HIV
- ◉ Peanut **Red**=Hepatitis B
- ◉ Peanut **Orange**=Herpes
- ◉ Peanut **Yellow**=HPV

# Video





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