

PSI Teen Leaders' Ways of Affection 2004-05

The suggestions below were made by Cincinnati PSI Teen Leaders as alternative ways to show affection without having sex. They are distributed in a color handout to young teens and pre-teens who participate in PSI.

Talk on the phone ♥ Go dancing ♥ Make a scrapbook ♥ Paint their toenails ♥ Grease their scalp ♥ Play your favorite songs ♥ Hugs ♥ Walks ♥ Talk to each other ♥ Go out for ice cream ♥ Go to fairs together and win each other prizes ♥ Listen to one another ♥ Visit them when they're sick ♥ Take them out on a date ♥ Do hands-on activities ♥ Tell them you love them ♥ Write a poem or letter ♥ Gifts ♥ Spend time together ♥ Deep conversations ♥ Make them smile or laugh ♥ A long dance in the rain ♥ Sing to them ♥ Play games ♥ Go to the show ♥ Spend money on them ♥ Voice your love ♥ Hang out ♥ Give each other gifts, flowers or candy ♥ Tell them how you feel ♥ Whisper sweet nothings ♥ Respect and understand them ♥ Have a romantic dinner ♥ Hold hands ♥ Kiss ♥ Send a card ♥ Buy them roses ♥ Say nice things about them ♥ Care about them when they're down ♥ Let them know what's right and what's wrong ♥ Do things together ♥ Cuddle ♥ Chill ♥ Go out of your way to show you care ♥ Watch a movie ♥ Give a massage ♥ Buy things for each other ♥ Bake a cake ♥ Snuggle ♥ Go to dinner ♥ Be kind ♥ Talk to one another about personal problems ♥ Words: speaking, poetry, letters, text messages ♥ Go to the park ♥ Short kisses ♥ Get a dog tag made with their name on it ♥ Sing to each other ♥ Go places together ♥ Exchange meaningful gifts ♥ Play 25 Questions ♥ Rub each other's feet ♥ Wash each other's hair ♥ Be around each other and just have a good time sharing ♥ Talk often ♥ Be a friend ♥ Keep it real ♥ Make them a CD of their favorite songs ♥ Make them a picture ♥ Show that you care ♥ Listen ♥ Smile ♥ Cook for each other ♥ Be there for them ♥ Say "no" if they pressure you ♥ If they pressure you, ask them why ♥ Walk away if they pressure you ♥ Spoil and pamper them ♥ Play board games together ♥ Enjoy one another's company

Supported in part by the U.S. DHHS - HRSA - MCHB/Ohio Department of Health-Abstinence Only Education Program Grant, United Way, UC-GEAR UP, and Kohl's Cares for Kids

NUMBER OF TEEN BIRTHS IN CITY DROPS: Down 51 percent since 1993

"The number of girls age 12 to 16 who gave birth in Cincinnati reached a 16-year low last year," headlined *The Cincinnati Post* on its front page. A PSI study, released in conjunction with The National Campaign's Teen Pregnancy Prevention Day, May 4, 2005, tallied 191 births in 2004 to young girls who reside in Cincinnati Public School zip codes, compared to 391 births in 1993. The 51% drop in births represents the lowest number since Cincinnati PSI teen leaders first started teaching, and a 16% decrease from 228 births in 2003. The annual PSI study reviews hospital teen birth records.

Where We Are as a Nation...

Once considered intractable social problems in the United States, teen pregnancy and birth rates have been declining nationally since the early 1990's. Despite impressive progress towards the National Campaign's goal of a one-third decline in teen pregnancy between 1996 and 2005, the United States still has the highest rates of teen pregnancy and birth among comparable countries. One in three girls still become pregnant by age 20. Consequently, the National Campaign is challenging the nation to reduce the teen pregnancy rate by another one third over the next ten years.

What's it Going to Take?

- Recognize the problem isn't solved.
- Parents must do more to help. Teens consistently say parents most influence their decisions about sex but parents don't believe it and don't use this power.
- Make the connection between teen pregnancy and poverty. Declining

teen pregnancy and birth rates have significantly improved overall child well-being, including nearly half a million fewer children living in poverty in 2002.

- Teen pregnancy is not just a "girl" thing. Efforts with fathers should focus on how they can help their sons and daughters avoid teen pregnancy.

- Stop fighting about "abstinence versus contraception." Teen pregnancy rates have declined because of both less sex and more contraception.

Some parents worry that stressing abstinence to teens while also providing them with information about contraception sends teens a confusing, "mixed message." Two surveys from the National Campaign suggest that the majority of adults and teens in America do not view the message as encouraging teens to have sex.

Talking Back: What Teens Want Adults to Know About Teen Pregnancy

Cincinnati PSI Teen Leaders **Ra'Shawn Brown** (Hughes '04) and **Brittany Thomas** (Dater '07) are members of the National Campaign's Youth Leadership Team whose ideas and



PSI Teen Leaders Darrell Kindell, Hughes '06, Nyema Ivey, Brittany Buxton, Hughes '06, Amber Shelton, and Garrett Mason pose with PEOPLE Magazine correspondent Kelly Williams and PSI Director Chris Kraus in front of PSI Wall of Fame at Hughes.

suggestions form the basis of this advice. For more information, go to www.teenpregnancy.org.

- Show us why teen pregnancy is such a bad idea.
- Show us what good responsible relationships look like.
- Talk to us honestly about love, sex, and relationships.
- Don't leave us alone so much.
- We hate "The Talk" as much as you do.



Parent panelists and other guardians of PSI Teen Leaders pose at Hughes after teen leadership training in January, 2005 on "How to get along with your Parents."

UC-GEAR UP PARTNERSHIP FOR SUCCESS

The University of Cincinnati's federally funded GEAR UP college readiness program financially sponsored PSI in 14 Cincinnati Public Schools and East End Community Heritage School during 2004-05. GEAR UP provides academic enrichment like tutoring to the lowest performing, low-income public schools. PSI encourages teens in these schools to graduate. Dr. Steffi Gilbertson directs GEAR UP through the Teacher's College's Center for Research, Development and Policy in Teacher Education. GEAR UP increased PSI's reach by 50% in 2004-05. GEAR UP proposes to subsidize even more schools for PSI in 2005-06. For more information on GEAR UP, call 513-556-3611.

1000 TEEN LEADER ALUMNI

Over 1000 high school students have been a Cincinnati PSI Teen Leader since 1990. PSI Teen Leader alumni are a big part of PSI operations. This year, **LaToya Gates** (Walnut Hills '99) became the fifth alum to serve a 10-month PSI Associate Adult Leader internship with Public Allies of Cincinnati, Inc. **Leslie Barnes Stephens** (Walnut Hills '95) is a member of the PSI Advisory Committee. Alumni also assist in training. Many alumni request references, letters of recommendation, updated research for college papers, or email with kind words.



PSI Teen Leader Seniors, Class of 2005, pose at the annual banquet in May at Children's Hospital. (standing, L-R): Ceair Baggett-Taft, Sydnei Johnson-Hughes, Ashley Williams-Jacobs, Amber Shelton-Walnut Hills, Charmaine Harris-Jacobs, Chenelle Coleman-Hughes, Rachel Kabasele-Hughes. (seated, L-R): Candiss Phillips-Walnut Hills, Kendra Davis-Hughes. (missing): Nyema Ivey-Hughes, Shayla Ellery-Withrow International, Shybria Peeples-Withrow International.

risten Johnson (Shroder, '04) wrote in April 2005, "I go to Northern Kentucky University and I am studying Criminal Justice (I want to be a Lawyer and a Judge). It is fun yet it is also so much work...I just want to thank you for allowing me to participate in PSI because it helped a lot with my public speaking skills, connecting with my peers and also just changing my way of thinking about sex and young people...Keep up the great work. You know as well as I do that PSI actually changes kids' lives...Especially those who teach it."

Children's Hospital's employee newsletter recently featured Teen Leader alumna **Shannon Lackey Myatt** (Walnut Hills '96) who is now a Pediatric Nurse Practitioner at the Teen Health Center. Myatt received a William K. Schubert Scholarship from Children's Hospital for pursuing a health career in college. Says Myatt, "I have always wanted to work at Cincinnati Children's. This is my dream job."



Five of the 28 Withrow PSI teen leaders - Courtney Carroll, Nina Griffin, Ashley Crockett, Amber Vaughn, and Laquita Mosley - recruiting their friends and relatives at the Spring PSI picnic.

Finally, **Janine Smith**, former PSI Teen Leader (Woodward and Withrow International) and Adult Leader, and current Withrow University teacher, recruited the largest class of teen leaders from Withrow ever, far surpassing one or two PSI Tigers a year. Over 28 **Withrow University and International Teen Leaders** taught PSI in 2004-05 with originality and reliability.



Taping new video clips on peer pressure are, L-R, PSI Teen Leaders Caprece Thomas, Ahmyah Smith, Christian Wright, and MediaBridges Consultant Christian Appleby.

UPGRADING THE LESSONS

Original Video Clips

PSI Adult Leaders **Anthony Davis** and **Nzingha Byrd** produced five new educational video segments on peer pressure. The clips, filmed in and around The Hughes Center, feature former PSI teen leaders **Lamar Ashe, Ra'Shawn Brown, Eleazar Robinson, Demetrius McKinney, Ahmyah Smith, Christian Wright, and Martina Jones**, along with **Caprece Thomas, R.A. Taft '06**. The updated language, dress, and scenarios were familiar to over 2,000 PSI 7th and 8th graders who watched the segments in 2004-05. Martina and other teen leaders helped write the new scripts.

STDs and STIs

With help from Teen Health Center physician **Jessica Kahn, MD**, PSI piloted a patient education protocol on human papilloma virus (HPV), a.k.a. genital warts, in eighth grade classrooms. PSI educators emphasized the extreme prevalence and asymptomatic course of HPV. Fifty to 75% of sexually active men and women acquire genital HPV infection at some point in their lives. At teachers' request, PSI teen leaders showed their 8th graders color photos of genital warts.

Realities of Teen Parenthood

How much does it cost to rear a child from birth to age 18 in Cincinnati? \$259,818! That was the opening question from Dater High School junior honor roll student **Dominique Crittenden** in her lesson on The Realities of Teen Parenthood. Dominique shared her personal experiences and answered all students' questions honestly while making 11 presentations for 269 8th graders.

SCHOOL PARTNERS, 2004-05

30 Cincinnati Public Schools and a charter school hosted PSI for 2,741 students in 2004-05:

AMIS	Losantiville
Bond Hill	McKinley
Bramble	Mt. Washington
Burton	Parham
Central Fairmount	Roberts
Cheviot	Rockdale
Clifton	Rothenberg
Dater	Sayler Park
Douglass	Shroder
East End	South Avondale
Fairview	Walnut Hills
Hays	Washington Park
Heberle	Whittier
Hoffman	Winton Montessori
Hughes	Woodford
Linwood	

EVALUATIONS

In 2004-05, 2,053 young teens and preteens completed evaluations at the end of their fifth PSI session. Preliminary, independently tabulated results show that after completing Cincinnati PSI, participants significantly strengthened their knowledge of assertiveness skills in the face of sexual pressure. 71% recognized at least two of the three assertiveness techniques, compared with 52% before PSI. In a survey of classroom teachers hosting PSI, 82% of respondents feel their students benefit from PSI.

TEEN LEADER AMBASSADORS

PSI selected several Teen Leaders to represent Cincinnati PSI regionally and nationally this year. **Kendra Davis** (Hughes '05) trained 8 teen leaders at New Miami High School in Butler County, Ohio. **Garrett Mason** (Withrow University '06) and Kendra trained 12 teen leaders in Williston, North Dakota. **Brittany Thomas** (Dater '07) went to Washington, DC to serve a two-year term on the teen advisory board of the National Campaign to Prevent Teen Pregnancy (www.teenpregnancy.org). On May 11, 2005, **Kirsten Kinne** (Walnut Hills '06) and **Charmaine Harris** (Jacobs High '05) hosted PSI's annual banquet at Children's Hospital

for 170 attendees. PSI also nominated **Caprece Thomas** (R.A. Taft '06), **Tiffany Tooson** (Hughes '06) and **Daniel Williams** (Withrow International '06) as delegates to the National Conference of Community and Justice's "ANYTOWN Youth Leadership Institute" in July 2005.



The January 31, 2005 edition of **PEOPLE Magazine** published a special edition on Young Teens & Sex. The popular national magazine featured Cincinnati PSI Teen Leaders **Nyema Ivey** (Hughes '05), **Amber Shelton** (Walnut '05), and **Garrett** as experts on talking to your teen about sex. Nyema's advice is to "tell kids their family looks forward to them being a shining star."

ADULT HONOREES

PSI honored outstanding adult educators at the Spring Banquet, including **Robert Suess**, retiring Principal of **The Hughes Center**, for his longstanding support of the PSI teen leaders, and his role as PSI's benevolent landlord. PSI also honored **Gloria Duke**, Administrative Assistant of **Rothenberg Academy**, and mother of former PSI Teen Leader Carlotta Duke. In a year of a new building, new principal, and new funding, Ms. Duke guided the PSI program into three grades at her school, and promoted the strengths of Rothenberg students in an annual report to the United Way. PSI also honored **Neri Lauwerier**, retiring teacher at Academy of Multi-Lingual Immersion Studies (AMIS), and PSI Advisory Board Member, as an outspoken advocate for health education, foreign languages, and PSI.

ADVISORY COMMITTEE

Shelia Becker, Chair
Nicole Black
Paula Braverman, MD
Thomas Gougeon
Neri Lauwerier
Joseph Rauh, MD
Kevin Stinson
Leslie Stephens
Reginald Tsang, MD

PSI STAFF 2004-05

Christopher Kraus, JD, MTS, Director
Allison White, Coordinator
Anthony Davis, MEd, MCP, Adult Leader
Angie Allendorf, Administrative Assistant
LaToya Gates, Public Ally
Travis Hines, Public Ally
Rachel Kabasele, Hughes '05, Teaching Intern
Chenelle Coleman, Hughes '05, Teaching Intern
Brittany Thomas, Dater High '07, National Campaign Board Member
Michael Carter, Walnut Hills '08, Summer Youth Employment Intern
Jill Huppert, MD, MPH, Consultant
Jessica Kahn, MD, Consultant
78 Classroom Teachers,
Cincinnati Public Schools
Kathy Cooper,
Milford Exempted School District
Brenda Young, RN, C-FNP, New Miami School-Linked Health Center

CASH CONTRIBUTORS

Cincinnati Public Schools
Citizen's Committee on Youth
Community Action and Development Program, Williston, North Dakota
Dayton, KY Independent School District
Healthy Visions, Inc.
Kohl's Cares for Kids
Ohio Department of Health,
Abstinence Education Program
Police/Youth Community Basketball League, Cincinnati
Public Allies of Cincinnati, Inc.
Three Square Music
Foundation/Empowerment Zone
United Way & Community Chest of Greater Cincinnati
United Way of Tristate, NY
University of Cincinnati,
GEAR UP Program