

PREVENTION CORNER

February 2022 | Vol.1

Inside this Issue:

- You and Your Health
- Prevention Talks Series
- Upcoming Events

Our February issue of our Prevention Newsletter recognizes Sexual Health Awareness Week and of course, Valentine's Day. Valentine's Day is an annual celebration when people typically show extra gratitude to loved ones and share feelings of love, affection and friendship through cards and gifts. As we transition into adulthood, human affection begins to develop in new ways, as we build relationships, homes, and families that we hope will thrive. This phase in our life marked by puberty and changes in our bodies and influenced by social pressures and misinformation which can make it difficult to grasp the realities of what it means to be sexually active, understanding our bodies and respecting and setting boundaries for ourselves as an individual. Sexual health can mean different things for each person and doesn't stop at avoiding sexually transmitted diseases or unwanted pregnancy. Its affects are carried out into the overall health and wellness of individuals, couples, families, and their economic status.

PARENT TIP

As a concerned individual or parent, it is important to understand that as humans, we all have sexual desires, and it is equally important to take care of the body that takes care of us. We first start to learn about sexual health in sex education classes when we're young, and often the rooms fill with giggles. Likely, we were too embarrassed to ask questions, and the teachers can only share so much. This is followed by rumors and misinformation traveling through our social group, school, and social media networks.



It is important for you to do research and stay up to date on information regarding sexual health. It can be helpful to have age-appropriate conversations with your child to ensure they have accurate information about sex education and the dynamics of intimate relationships. Family prevention can provide a safe space to have these conversations.

RELATIONSHIPS & COMMUNICATION

Maintaining open communication about sexual health, boundaries, and desires is essential when building a strong relationship with your partner. Seek partners that respect boundaries and make you feel safe and comfortable. Understand that VERBAL CONSENT is CRUCIAL and that an individual can withdraw consent at any time, despite the length of the relationship.

"The most beautiful and liberating love story I have ever seen and felt; it was when I finally learned to love myself."

- Practice self-love
- Healthy relationships possess qualities of respect, safety, accountability, trust, and honesty
- Relationships can be healthy or unhealthy. It is up to you to decide what you value and to set boundaries that you are comfortable with
- Learning to love yourself and your body is one of the most important aspects of maintaining sexual health. Compliment yourself and give your body thanks for keeping you healthy.

Upcoming Events

Parenting Classes:

Parenting Teens: To be announced

Parenting Today: To be announced

*Classes are offered weekly for six consecutive weeks on Zoom.

Ways You Can Ensure That You Are Taking Care of Your Sexual Health:

- Build Positive Relationships.
- Understand and Establish Your Values and Goals
- Sexuality is an important aspect of one's identity, along with their physical and emotional health. Take the time to know what you are comfortable with and know that your needs may change overtime.
- Understand that sexual health involves respect, safety, and freedom from discrimination and violence.
- Make sexual health a normal part of your health care routine.
- Find a health provider for routine checkups or to address any concerns pertaining to sexual health.

Remember to:

- Schedule annual examinations.
- Use proper protection when engaging in sex (including condoms & birth control).
- If sexually active, it is recommended that you also get tested for any STIs/STDs just to be safe.

LOCATION & CONTACT INFO



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register - DavidLawrenceCenter.org/parentingprograms
Preventions Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

