Bridges to the Future
Transitional Care Program

Relationships
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All Relationships are Complicated!
Developing a social network does NOT mean making more “friends” on Facebook!
Real Social Networks

- Family
- Close friends
- Co-workers
- Employer/Employee
- People with similar hobbies
- People you date or marry
Healthy Relationships

- Reciprocal
- Responsible
- Respectful
- Rewarding
7 Secrets to Healthy Relationships:

- Good Communication
- Mutual Respect
- Trust
- Honesty
- Support
- Fairness
- Equality
- Separate Identities
Relationships Aren’t Always Easy:

“Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it...

That factor is attitude.”

- Author William James
Top 5 Ways to Ruin a Relationship

► Lie
► Cheat
► Steal
► Take Advantage
► Betray Trust
Secrets You Should Never Keep

You should let your parents or other trusted people know if someone tells you that:

They - or someone they know - are being harmed by someone and/or are in danger.

They – or someone they know - are planning to harm someone or commit a crime.
Unhealthy Relationships

- One-sided
- Disrespectful
- Controlling
- Abusive
Signs of Unhealthy Relationships

Ask yourself: Does my boyfriend or girlfriend:

► Get angry when I don't drop everything for him or her?
► Criticize the way I look or dress?
► Say I'll never be able to find anyone else who would date me?
► Keep me from seeing friends or talking to any other guys or girls?
► Want me to quit an activity, even though I love it?
► Ever raise a hand when angry, like he or she is about to hit me?
► Try to convince or force me to go further sexually than I want to?
Abuse can come in many forms such as:

- Emotional
- Verbal
- Physical
- Sexual
Finding Someone Special
Healthy Romantic Relationships

- Reciprocal
- Responsible
- Respectful
- Rewarding
What is Safe Sex?

- Taking precautions against STDs and pregnancy.
- Using barrier methods against the spread of viruses and bacteria.
Play it Smart!

Talk with people you trust AND discuss birth control options with your sexual partner.
Abstinence: The Only 100% Effective Birth Control
Birth Control Options

• Males
  – Condoms

• Females
  – Barrier methods
  – Oral contraceptive pills
  – Contraceptive patch
  – Contraceptive ring
  – Depo Provera
  – Nexplanon
  – Intrauterine Devices
Birth Control Options

Female Barrier Methods  Oral Contraceptive Pills
Birth Control Options

Contraceptive Patch
“Ortho Evra”

Contraceptive Ring
“NuvaRing”
Birth Control Options

Depo Provera

Nexplanon
Birth Control Options - IUDs

- Hormone-containing IUDs
  - Mirena
  - Skyla

- Hormone-free IUD
  - Paragard
Don’t Become Another Statistic

One in four (26 percent) young women between the ages of 14 and 19 in the United States – or 3.2 million teenage girls – is infected with at least one of the most common sexually transmitted diseases (human papillomavirus (HPV), chlamydia, herpes simplex virus, and trichomoniasis).

– Center for Disease Control
Sexually Transmitted Diseases (STDs):

- Chlamydia
- Gonorrhea
- Syphilis
- Herpes
- Hepatitis B Virus (HBV)
- Human Papillomavirus (HPV)
- Human Immunodeficiency Virus (HIV)
How are STDs Spread?

ANY type of unprotected sex
ANY sexual partners
ANY type of body fluid - even tiny amounts!
Sharing needles
Babies can be infected via mothers
How to Prevent STDs

- Do not have unprotected sex of any kind.
- Always using latex condoms for all types of sexual intercourse and dental dams for oral sex.
- Avoid contact with bodily fluids.
- Never share needles.
Final Words of Advice

- If you have questions about STDs or birth control, you can talk to your family doctor, pediatrician, adolescent doctor or gynecologist.
- Many clinics offer both anonymous HIV testing (meaning the clinic doesn't know a person's name) and confidential testing (meaning they know who a person is but keep it private).
- Most clinics will ask you to follow up for counseling to get your results, whether the test is negative or positive.
What else do we need to know?
To Contact Bridges to the Future

Call: 502-629-3904
Email:
bridgesinfo@nortonhealthcare.org
Website:
www.Kosairchildrens.com/Bridges TransitionalCare
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