

# Bridges to the Future Transitional Care Program

## Relationships



**KOSAIR  
CHILDREN'S  
HOSPITAL**  
*Supported by the  
Children's Hospital Foundation*



# Important Information

- The information in this presentation is offered to supplement the care provided by your physician. It is neither intended nor implied to be a substitute for professional medical advice.
- Always seek the advice of your physician or other qualified health provider prior to starting any new treatment, dietary change or exercise program, or with any questions regarding medical conditions or information in this workshop.
- While Norton Healthcare, Inc., has attempted to ensure the accuracy of this information, it makes no representations or warranties, expressed or implied, as to the accuracy or completeness of the information reported.



# Important Information

- Norton Healthcare, Inc. assumes no legal liability or responsibility for any errors, omissions or damage resulting from the use of information in this presentation.
- This information does not offer any guarantee regarding services that Norton Healthcare, Inc., provides patients.
- Links to other sites and references to other organizations do not imply an endorsement by Norton Healthcare, Inc., which does not have responsibility for such sites or organizations.
- By attending this workshop, you acknowledge that you understand, consent to, and abide by these limitations and disclaimers.



# All Relationships are Complicated!



# Social Networks

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?



# You Deserve Respect

Abuse can come in many forms such as:

- ▶ Emotional
- ▶ Verbal
- ▶ Physical
- ▶ Sexual



# Finding Someone Special



# Healthy Romantic Relationships

- Reciprocal
- Responsible
- Respectful
- Rewarding





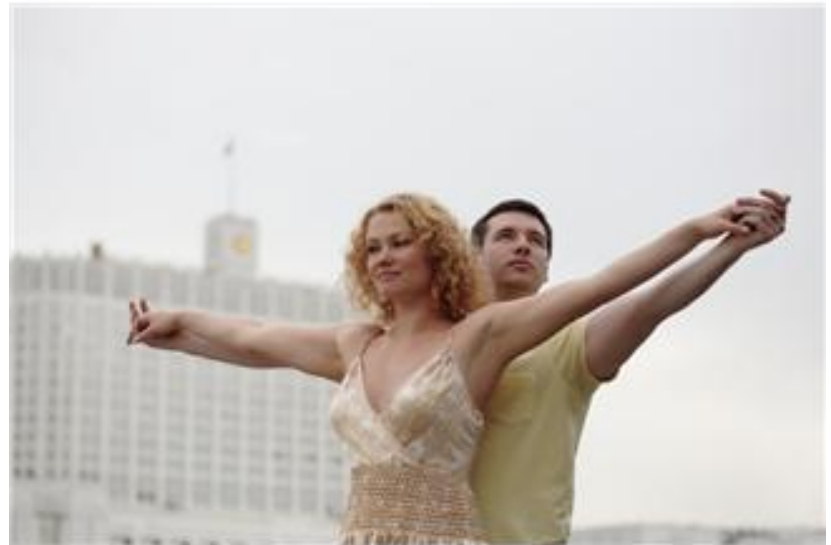
# What is Safe Sex?

- 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



KOSAIR  
CHILDREN'S  
HOSPITAL

# Birth Control Options

Female Barrier Methods

Oral Contraceptive Pills



KOSAIR  
CHILDREN'S  
HOSPITAL

# Birth Control Options

## Contraceptive Patch “Ortho Evra”



## Contraceptive Ring “NuvaRing”



KOSAIR  
CHILDREN'S  
HOSPITAL

# Birth Control Options

## Depo Provera



## Nexplanon



KOSAIR  
CHILDREN'S  
HOSPITAL

# Birth Control Options - IUDs

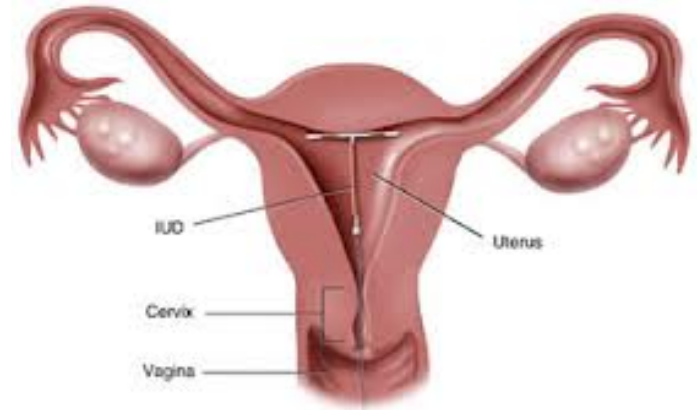
- Hormone-containing IUDs

- Mirena
- Skyla



- Hormone-free IUD

- Paragard



KOSAIR  
CHILDREN'S  
HOSPITAL



# 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](mailto:bridgesinfo@nortonhealthcare.org)

Website:

[www.Kosairchildrens.com/Bridges  
TransitionalCare](http://www.Kosairchildrens.com/BridgesTransitionalCare)



# Resources for Bridges Workshops



Harvard School of Public Health



INSTITUTE FOR  
CHILD  
HEALTH  
POLICY

