

CONDOM AVAILABILITY

It is the policy of the Canaan School District that we will provide a comprehensive health education program regarding healthy behaviors, decision making, and the risks associated with sexual activity as appropriate. This comprehensive health education program shall include:

1. Appropriate counseling will be provided by specifically trained and designated faculty/staff to each student requesting condoms.
2. Condoms will be available to students in grades 9-12 from the school nurse.
3. In order to protect student privacy, no records will be maintained relating to requests for condoms.
4. The individual student will decide whether to access the available services.
5. The primary responsibility of the schools is to provide an education. Students seeking condoms in the school setting will receive education on the correct use of condoms and the risks involved, how to communicate with a partner about the use of condoms, personal decision making, and the risks associated with unprotected sexual activity.
6. An oversight committee made up of the school nurse, student assistance person, guidance counselor, and school principal will meet annually to review this program.
7. The Youth Risk Behavior Survey and statistics from the Vermont Department of Health will be reviewed by the oversight committee annually.

Date Approved: March 20, 2017
Date Adopted: April 3, 2017
Date (s) Revised:
Legal Reference(s):
Cross Reference:

August 2017

Dear Parent (s) or Guardian (s):

Teen pregnancy, HIV/AIDS, and other (STI's) sexually transmitted infections have become increasingly common in Vermont. Public health statistics and reports indicate that growing numbers of adolescents are becoming involved in behavior that puts them at risk for pregnancy and potentially deadly infections.

At Canaan Schools, we offer a comprehensive health education class that emphasizes abstinence as the only completely reliable way of preventing pregnancy and infection. However, many students choose to engage in sexual activity. According to the 2015 Canaan High School Youth Risk Behavior Survey data, 29% of ninth-twelfth graders have had sexual intercourse. Of the sexually active students, only 45% used condoms the last time they had sex. Research indicates that properly used latex condoms provide some protection against pregnancy and sexually transmitted infections. **The Canaan School Board has approved the implementation of a condom distribution program, allowing the school nurse to make sexual health information and latex condoms available to high school students (grades 9-12) upon request. In making condoms available, Canaan Schools assumes no liability.**

Parents, educators and medical providers are critical partners in sexual health education for adolescents. It is important for parents to offer their children factual information and to discuss their values about sexuality. Sexual health conversations can be uncomfortable or difficult for some. Please refer to the enclosed handout for suggestions of how to communicate about it. These websites are also good resources:

www.advocatesforyouth.org

www.childrennow.org/parenting-resources/sex.html

www.kidshealth.org

[www.plannedparenthood.org/parents/resources-for-](http://www.plannedparenthood.org/parents/resources-for-parents)

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You may call school with any questions or concerns about how to talk with your child about sexuality related information. You can direct your call to the guidance counselor, the school nurse, the health teacher or principal. We can all be reached at 266-8910.

Sincerely,

Deborah Lynch

Megan Prehemo, RN

Principal

School Nurse



Ten Tips for Talking about the Facts of Life

When parents talk to and affirm the value of their children, young people are more likely to develop positive, healthy attitudes about themselves. This is also true when the subject is sex. Research shows that positive communication between parents and their children can help young people establish individual values and make healthy decisions.

Parents who act on the belief that young people have the right to accurate sexuality information are parents whose teens will delay the initiation of intimacy and use contraceptives when they choose to become sexually active.

Initiating conversations about the facts of life may be difficult for some parents because they did not grow up in an environment where the subject was discussed. Some parents may be afraid they do not know the right answers or feel confused about the proper amount of information to offer. To help, here are 10 tips from the experts at Advocates for Youth.

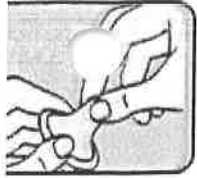
Ten Tips

1. First, encourage communication by reassuring kids that they can talk to you about anything.
2. Take advantage of teachable moments. A friend's pregnancy, news article, or a TV show can help start a conversation.
3. Listen more than you talk. Think about what you're being asked. Confirm with your child that what you heard is in fact what he or she meant to ask.
4. Don't jump to conclusions. The fact that a teen asks about sex does not mean they are having or thinking about having sex.
5. Answer questions simply and directly. Give factual, honest, short, and simple answers.
6. Respect your child's views. Share your thoughts and values and help your child express theirs.
7. Reassure young people that they are normal—as are their questions and thoughts.
8. Teach your children ways to make good decisions about sex and coach them on how to get out of risky situations.
9. Admit when you don't know the answer to a question. Suggest the two of you find the answer together on the Internet or in the library.
10. Discuss that at times your teen may feel more comfortable talking with someone other than you. Together, think of other trusted adults with whom they can talk.

*Compiled by Barbara Huberman, RN, MEd, Director of Education and Outreach
October 2002 © Advocates for Youth*

Male Condoms

Male condoms are effective when they are used properly **and** they minimize the risk of pregnancy and protect you against most (but not all) sexually transmitted infections. It takes a little practice to use one properly – here are some tips:

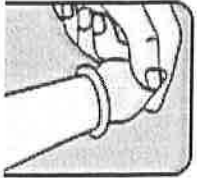


-Always remember to use a condom with a quality mark (Kite or CE mark) on the pack and check the expiry date

-Be careful that condoms don't tear when opening the packet – don't use your teeth and be careful with long nails- and jewelry

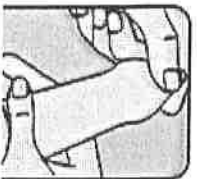
-Put the condom on before there is any genital contact or penetration – there can be semen on the penis before ejaculation

-Don't try to put a condom on if the penis is not hard



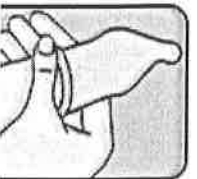
-Hold the condom at the head of the penis, pinch the top of the condom to get rid of any air and with your other hand gently roll it down over the penis

-Oil-based lubricants (massage or baby oil, petroleum jelly) and products such as body cream can damage condoms making them split. Water based lubricants are designed especially for use with condoms. Most pharmacies stock these products close to the condom display



-When pulling out after sex, hold the base of the condom and be careful when removing the condom that you don't spill any semen (fluid that spurts out of the penis at ejaculation). There will still be semen on the penis so keep it away from the vagina

-Wrap the condom and dispose of it safely and hygienically (not down the toilet)



Condoms offer the **BEST PROTECTION** from sexually transmitted infections and HIV but no method of contraception can provide 100% protection from STIs, HIV or pregnancy.

Never use a condom after its expiry date. Store condoms in a cool, dry place away from sunlight, heat and cold. Don't use condom that's sticky, gummy, tacky, dry or brittle. Handle condom carefully once it's out of the package.

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