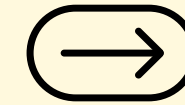




Town Hall



hosted by the *Live Well San Diego* Youth Leadership Team

Sexual Health Matters

Integrating Youth Voices Into Safe
Sex Education



Agenda



Introduction

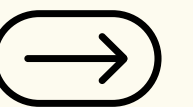
Testing What YOU Know

Background Information

Guest Speakers

Question Panel

Closing and Feedback





Live Well San Diego Youth Sector

The *Live Well San Diego* Youth Leadership Team...

- Strives to incorporate youth voices into problems that affect ALL youth populations across the county
- Is an internship and a mentorship program
- Organizes youth-led town halls
- Encourages youth participation in county boards and commissions



Introducing Our Youth Leadership Team



KEMYRON MCCOY



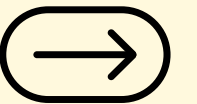
Kemyron is a Senior at Lincoln High School who joined the Live Well Youth Leadership program to give youth a voice. He aspires to go into law and public policy.



KAREN VEGA



Karen is a student at San Diego City College majoring in Sociology and is dedicated to promoting mental health awareness and expanding access to resources for all.



Introducing Our Youth Leadership Team



ARUSHI KALAM



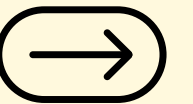
Arushi is a junior at San Diego State University majoring in Nursing and is interested in helping to further health education within the community.



ALLISON HAUW



Allison is a senior at Westview High School, interested in further studying public health.



Introducing Our Facilitators



SACHI CHAUHAN



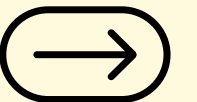
Sachi is a senior at Del Norte High School, passionate about public health and expanding accessibility to health resources.



MILAN SHAH

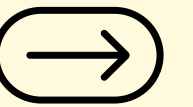


Milan is a senior at Westview High School. He is Chairman of the youth commission, the sole youth commissioner on the Human Relations Commission, and a Youth Leader for *Live Well San Diego*.



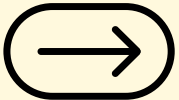
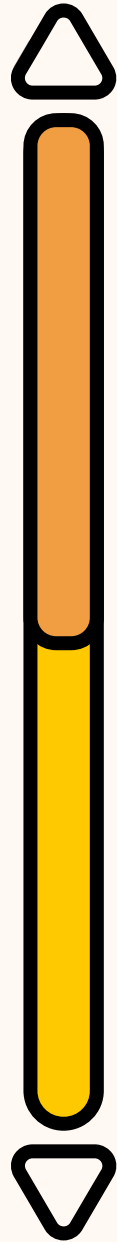
[Kahoot :\)](#)

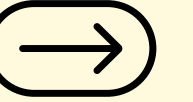
**Test your
knowledge!**





Background Information on Sexual Health Education

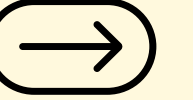




What is CHYA?



The California Healthy Youth Act was passed in 2015, requiring schools that received funding from the state to provide students with comprehensive sexual health and HIV prevention education.



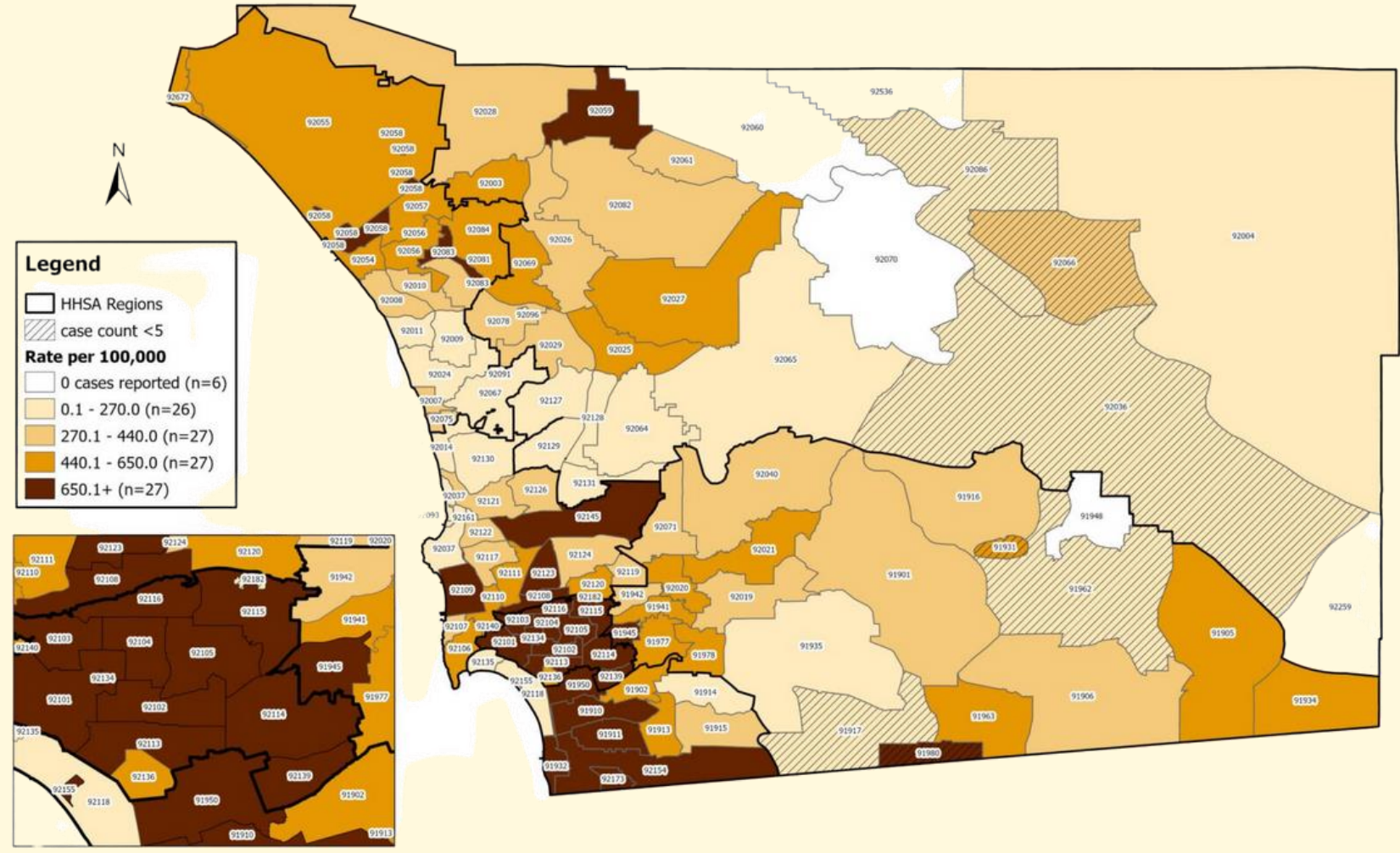
So, What's the Problem?



- **As of 2024, there are STILL schools that have failed to comply with these standards, leaving thousands of students without sexual health education.**
- **Even in schools that provide sexual health education, the curriculum is not standardized, creating varying degrees of thoroughness and understanding**



Chlamydia Rates by Zip Code, San Diego County, 2022

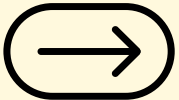
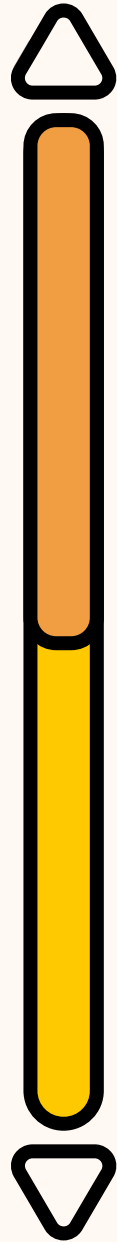


- STIs disproportionately affect lower income areas, as indicated by this graph of the rates of Chlamydia (the most common STI in the County of San Diego)
- These areas also often lack necessary funding for sexual health education for students

Source: County of San Diego, Health and Human Services Agency, HIV, STD, and Hepatitis Branch; May 3, 2024



**Stay until
the end for
the the \$50
gift card
giveaway!**



IS YOUR SCHOOL COMPLYING WITH CHYA?

□ ACLU's [Know Your Rights: Sex Education](#)

□ Provides information, compliance guidance, tools for action, and FAQs.

□ ACLU's [My School My Rights](#)

□ Provides information and resources on student health rights.

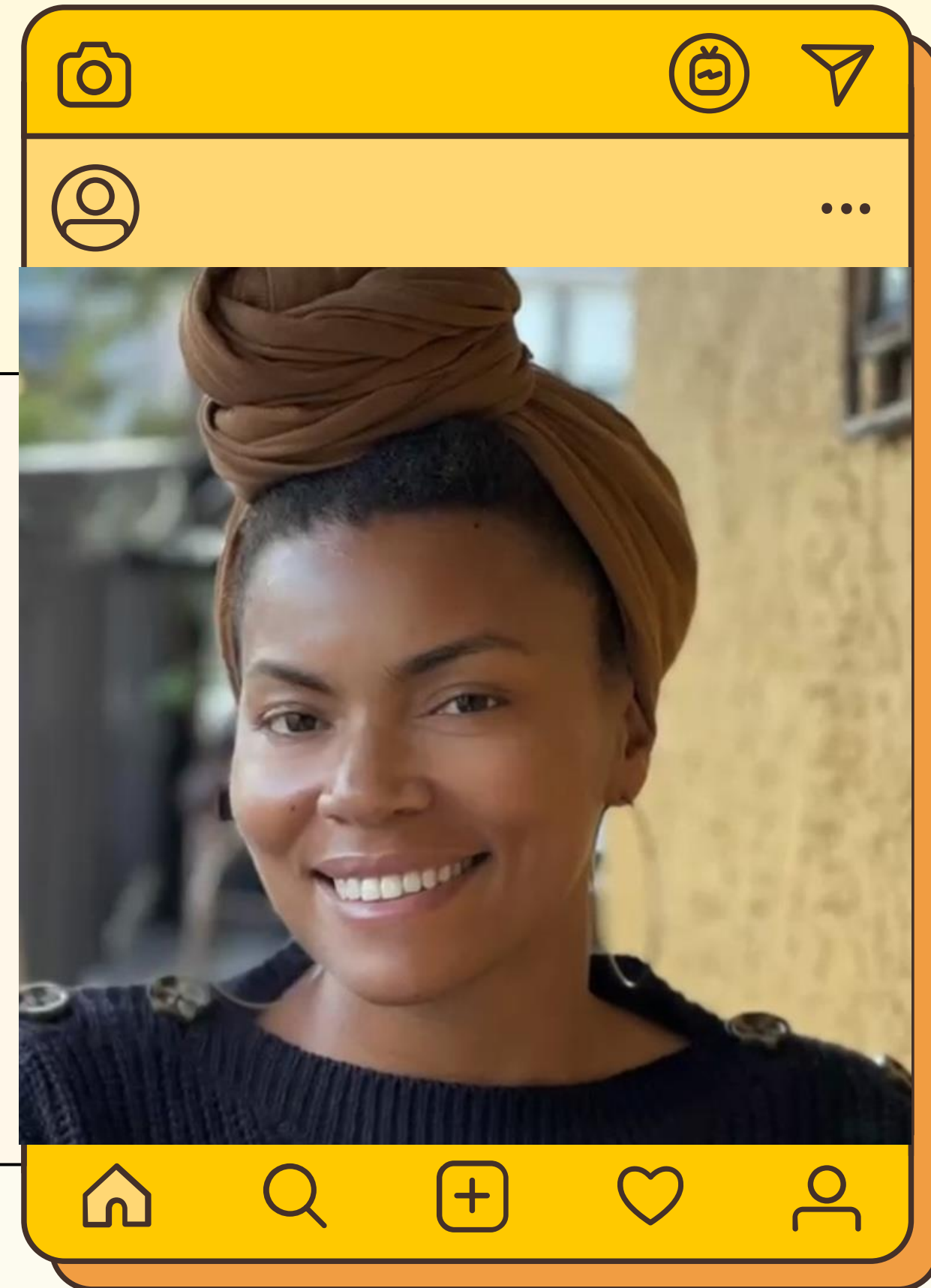
□ ACLU's [What You Should Be Getting in Sex Ed](#)

□ Provides a form to submit to ACLU to describe the quality and quantity of the Sex Ed that you have or have not received at your school.



Kenyatta Parker

- Kenyatta Parker has dedicated 15 years to specializing in sexual health and wellness, with a focus on HIV/AIDS prevention, care, and treatment for marginalized communities
- As the Director of Sexual Health and Wellness at The San Diego LGBT Community Center, she oversees comprehensive testing services, education, and department programs
- Her work ensures clients have access to a compassionate, sex-positive environment, along with treatment and prevention support, long-term medical care, and supplemental services





THE SAN
DIEGO
LGBT
COMM
UNITY **CENTER**

THE IMPORTANCE OF LGBTQ- INCLUSIVE SEX EDUCATION

Kenyatta Parker (She/Her)

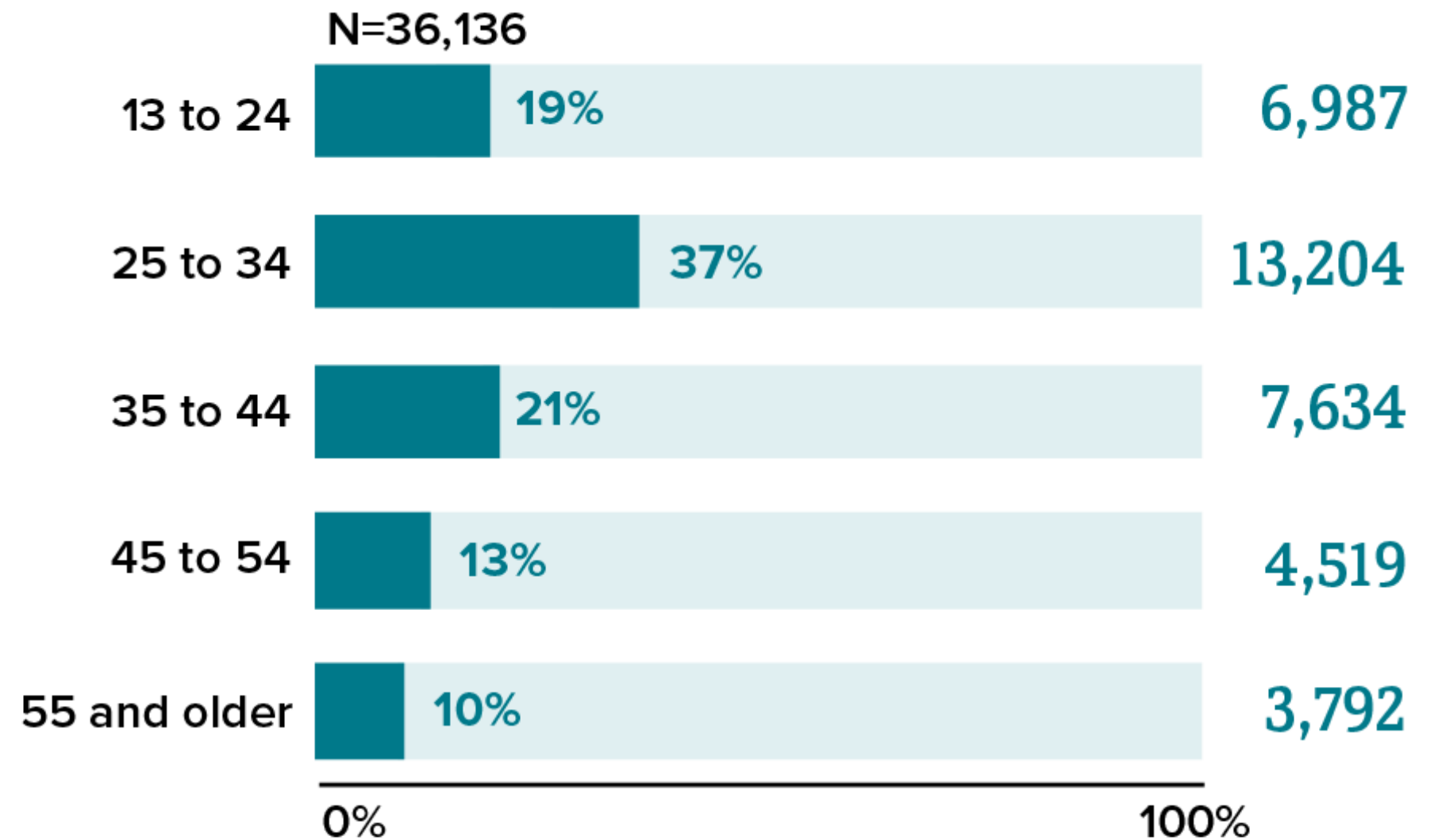
Director of Sexual Health & Wellness

THE STATE OF SEXUAL HEALTH FOR LGBTQ YOUTH

- LGBTQ youth are disproportionately affected by health risks:
 - **HIV:** 21% of new HIV diagnoses in the U.S. are among gay and bisexual males aged 13–24 (CDC, 2023).
 - **Mental Health:** 42% of LGBTQ youth seriously considered attempting suicide in the past year (Trevor Project, 2023).
 - **STIs:** Lesbian and bisexual females are less likely to receive information about STI prevention compared to heterosexual peers (Journal of Adolescent Health, 2022).

Differences in New HIV Diagnoses by Age

People aged 13 to 34 accounted for more than half (56%) of new HIV diagnoses in 2021.



Source: CDC. Diagnoses of HIV Infection in the United States and Dependent Areas, 2021. *HIV Surveillance Report* 2023;34.

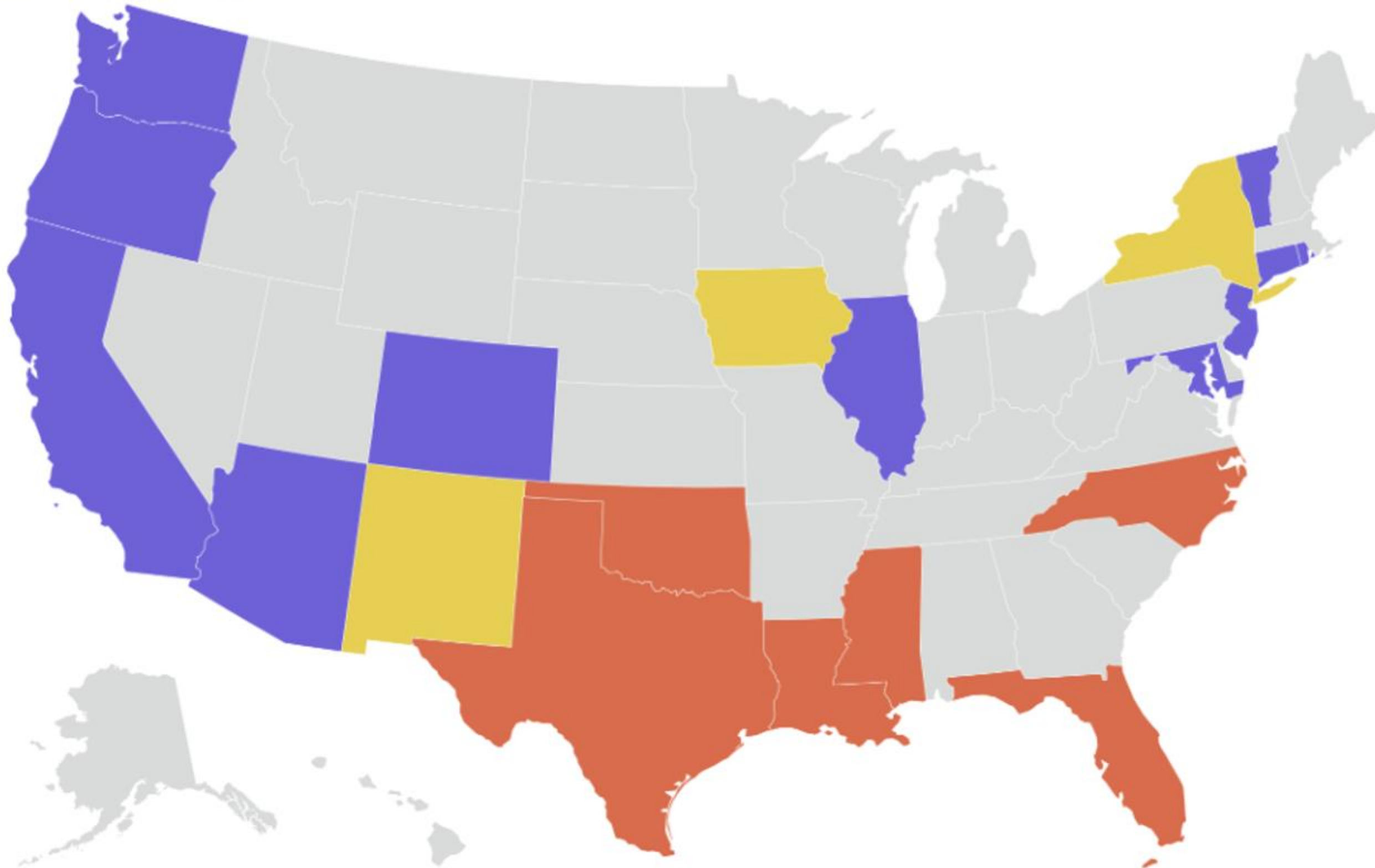


WHAT'S MISSING IN TODAY'S CURRICULA?

- Most curricula focus solely on heterosexual relationships and cisgender experiences
 - Only 8 states require LGBTQ-inclusive curricula (GLSEN, 2023).
 - 75% of LGBTQ students say their sex ed class excluded their identity (Human Rights Campaign, 2023).
- **Consequences:**
 - LGBTQ youth are 2x more likely to turn to unreliable online sources for health information (Trevor Project, 2023).
 - Feelings of invisibility perpetuate stigma and unsafe behaviors.

State attitudes toward LGBTQ+ sex education

inclusive **neutral** **discriminatory** **no mandate**



THE CASE FOR INCLUSION

- Mental Health Benefits:
 - LGBTQ-inclusive education reduces bullying by 15% (GLSEN, 2022).
 - Students in inclusive schools report higher feelings of safety (63% vs. 46%) compared to non-inclusive schools.
- Health Outcomes:
 - LGBTQ youth receiving inclusive education are 60% more likely to practice safe sex (CDC, 2023).
- Fostering Empathy:
 - Schools with inclusive policies see a 35% reduction in discriminatory incidents (GLSEN, 2022).
- Educational Equity:
 - Inclusive curricula ensure all students are equipped with information to make informed decisions about their health.

BENEFITS OF LGBTQ-INCLUSIVE EDUCATION

- **Safer Schools:**

- 91% of LGBTQ students in inclusive schools report feeling supported by peers (GLSEN, 2022).

- **Improved Health Outcomes:**

- Lower rates of STIs and unplanned pregnancies.
- Better understanding of mental and physical health.

- **Promotes Acceptance:**

- Inclusive education fosters a culture of respect and empathy.

PREVENTION UPTAKE IN LGBTQ YOUTH

- **PrEP Awareness:**

- Only **25%** of LGBTQ youth aged **13-24** are aware of PrEP as a preventative option (CDC, 2023).

- **PrEP Uptake:**

- Of those aware, only **14%** use PrEP due to barriers such as stigma and lack of education (CDC, 2023).

- **Preventative Impact:**

- PrEP reduces the risk of HIV transmission by up to **99%** when taken consistently (CDC, 2023).

PREVENTION UPTAKE IN LGBTQ YOUTH

- Programs like “*Ready, Set, PrEP*” increased youth PrEP access by **30%** through education campaigns (HHS, 2023).
- LGBTQ-inclusive school curricula are linked to **higher rates of health service utilization**, including PrEP (GLSEN, 2023).

SUCCESS STORIES AND EVIDENCE

- **California's Model:**

- California's law mandating LGBTQ-inclusive sex education has become a national model for reducing stigma and fostering safer school environments.
- Example: Los Angeles Unified School District implemented comprehensive training for teachers, leading to a **15% improvement in students' reported feelings of safety.**

- **New York's LGBTQ+ Youth Initiative:**

- Implemented partnerships with local LGBTQ organizations to provide workshops on safe sex and mental health resources, increasing PrEP awareness by **40%** in participating schools (HRC, 2023).

SUCCESS STORIES AND EVIDENCE

- **Reduced Bullying:**

- In California, after LGBTQ-inclusive education was mandated in 2016, bullying rates dropped by **11%** (California Department of Education, 2021).
- Schools implementing inclusive curricula see an average of **15% lower bullying rates** nationwide (GLSEN, 2022).

- **Improved Mental Health:**

- LGBTQ youth in inclusive schools report **23% fewer instances of depression and anxiety** (Trevor Project, 2023).

- **Increased Attendance:**

- Students in inclusive schools are **23% less likely** to skip class due to safety concerns (GLSEN, 2023).

- **Higher Academic Achievement:**

- Inclusive education environments lead to **20% higher graduation rates** for LGBTQ students (GLSEN, 2023).



STI SCREENINGS
INCLUDING HIV & HCV



COMMUNITY HEALTH
TRAININGS



COALITION BUILDING
& COLLABORATION



RESOURCE REFERRAL
SUPPORT



TREATMENT SUPPORT
SERVICES



INTERVENTION SUPPORT
SERVICES



SEXUAL HEALTH
EDUCATION



PREVENTION
SERVICES



OUTREACH &
ENGAGEMENT

#BeTheGeneration (#BTG) is The Center's comprehensive **Sexual Health & Wellness Program** that ensures individuals are empowered to take charge of their sexual health and well-being.

BTG's five tenets:

- **Fight** to reduce stigma and barriers and improve access to screening
- **Test** so individuals know their HIV status
- **Treat** should someone be diagnosed with HIV or STIs
- **Protect** by providing resources to remain HIV negative or undetectable, and STI free
- **Empower** with a robust combination of education, engagement, and services

LIKE US ON SOCIAL MEDIA!



[Facebook.com/bethegeneration](https://www.facebook.com/bethegeneration)

[Instagram @betheneration2.0](https://www.instagram.com/bethegeneration2.0)

[#betheneration #BTG](#)

- *Fight
- *Test
- *Treat
- *Protect
- *Empower

CONTACT US!

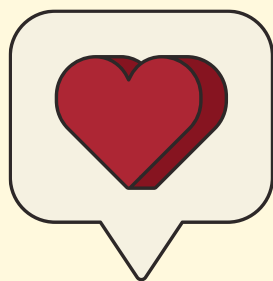
Email: bethegeneration@thecentersd.org

Appointment Phone: (619) 692-2077

Welcome Desk: (619) 487-9980

Website: <https://thecentersd.org/bethegeneration/>





Chrissy Cmorik

- Chrissy Cmorik (she/her) is the Senior Director of Education for Planned Parenthood of the Pacific Southwest
- In her role, Chrissy provides training and support to teachers and professionals on topics related to sexual and reproductive health.
- Chrissy also consults with school districts and organizations on best practices in sex education, and internally ensures that all education presentations and materials are inclusive, relevant, and meeting National Education Standards and California law
- Chrissy is a graduate of Wilmington University, where she earned a B.S. in Behavioral Science and of Touro University, where she earned her Masters in Marriage and Family Therapy.





**Minor Consent
and
How to Access
Services**

Why is minor consent important?



01

All patients expect that their personal health information will be kept private – young people are no different

02

Mandated parental notification can drastically affect youth decision-making, reducing the likelihood they will seek treatment while not reducing their risk behaviors

03

Consensus among national recommending bodies strongly supports minors' access to confidential healthcare for sensitive services

Ensuring access to confidential sensitive healthcare services for youth who need them is an essential safety net for keeping young people healthy and safe.



Minor Consent Services: Summary of CA Laws

- ✓ Minors may seek and consent to any of the following services:

STD & HIV testing, treatment, prevention (12+)

- HPV & Hepatitis B vaccines
- PrEP & PEP

Contraception

Pregnancy services, including abortion

In a health center or through telehealth



Payment Options

Some insurance plans

Medicaid or other state programs

Cash or credit card

Sliding fee or payment plans

Charity care

Family PACT

Planning • Access • Care • Treatment

OFFICE OF FAMILY PLANNING
CALIFORNIA DEPARTMENT OF PUBLIC HEALTH



State of California
Health Access Programs

Printed Name

Existing ID # 00 00 00

Eligibility guidelines

- CA resident (any immigration status)
- Low income
- No insurance (or need confidentiality)
- At risk for getting pregnant or causing a pregnancy

“Family planning” services only (no abortion or pre-natal coverage)

On-site enrollment



To get you the care you need, we will ask...

- Whether you are having oral, anal or vaginal sex, or none of these
- Whether your partners have penises or vaginas
- About drug and alcohol use
- Whether you feel safe at home and in your relationship

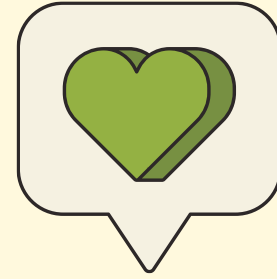
What might happen during your visit





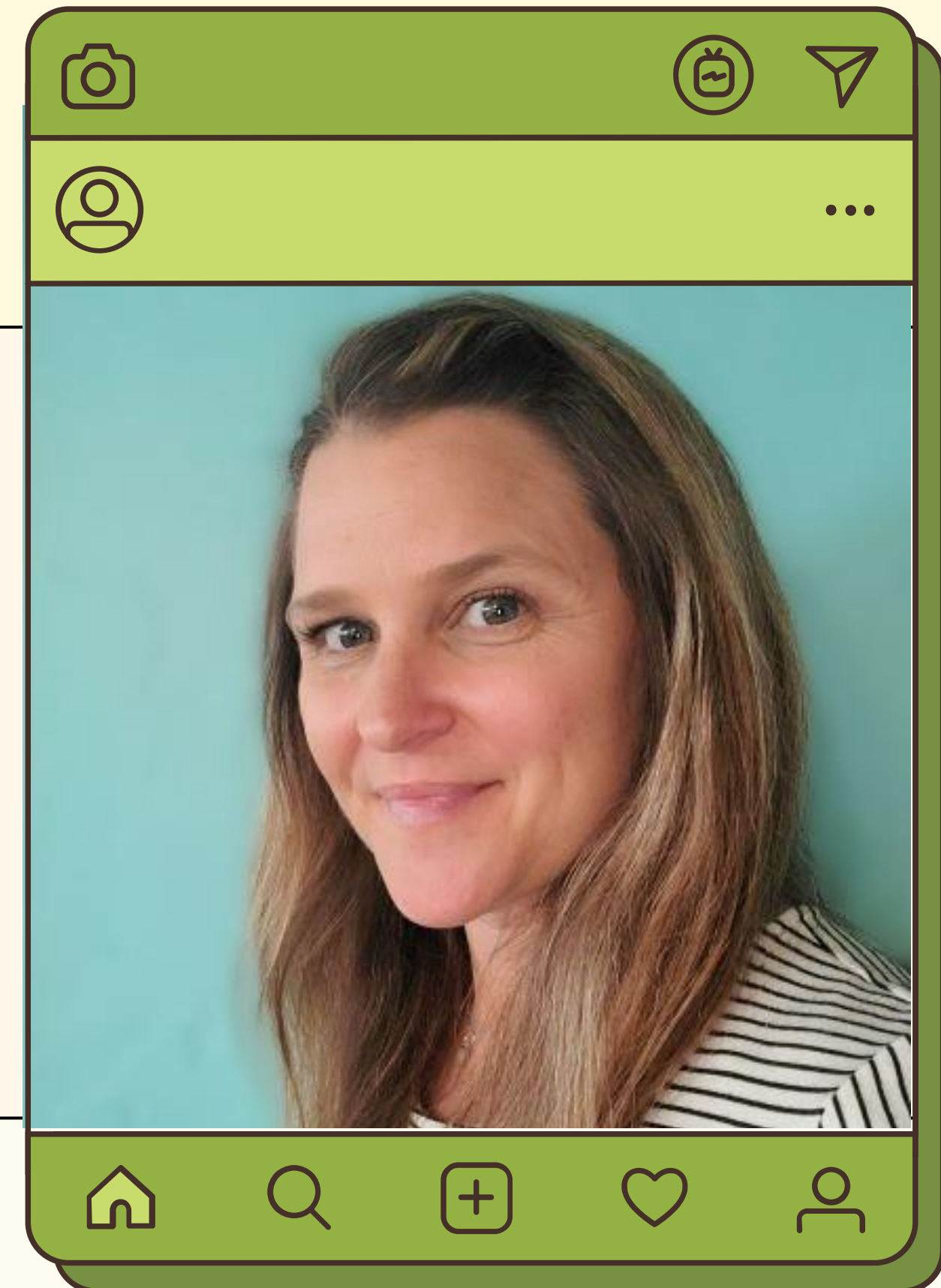
You can say...

- “Please slow down.”
- “I don’t understand. Can you explain again?”
- “Can I repeat back what I think you said?”



Jamie Schroer Culbert

- **Jamie Schroer Culbert, MPH is a Community Health Program Specialist with the County of San Diego's HIV, STD, and Hepatitis Branch**
- **Jamie is passionate about reducing stigma related sexual health and sexuality by providing comprehensive sexual health education to diverse audiences.**
- **Jamie received her Bachelor of Arts in Global Studies with a Spanish minor from Sonoma State University and her Master of Public Health with an emphasis in Health Promotion and Behavioral Science from San Diego State University.**



STI Prevention in San Diego County

Jamie Schroer Culbert, MPH (she/her/ella)

STI Prevention Program Manager
HIV, STD, and Hepatitis Branch
County of San Diego



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL
SAN DIEGO



Key Messages



STI rates have increased dramatically and continue to rise

STIs often have no signs or symptoms

Some STI's may be transmitted even if a condom is used

There isn't "one test" that will test for all STIs

Everyone who is sexually active should get tested!

Testing is quick and painless, free or low-cost, and ALWAYS confidential.

Quick Stats!



- The highest rates of STIs are among youth.
- According to the CDC, adolescents and young adults 15-24 years old account for about half of all new STI cases, even though they only make up a quarter of the sexually active population.
- 1 in 5 sexually active young people will get an STI by the age of 25.



ALL STIs are treatable, Many STIs are curable!

Medical prevention options are available for some STIs

Curable	Treatable	Medical Prevention Option Available
<ul style="list-style-type: none">• Chlamydia• Gonorrhea• Syphilis• Hepatitis C	<p>**All**</p> <ul style="list-style-type: none">• HPV• Hepatitis B• Herpes• HIV	<ul style="list-style-type: none">• HPV (vaccine)• Hepatitis B (vaccine)• HIV (PrEP, PEP)



HIV Prevention and Treatment

PEP

(Post Exposure Prophylaxis)

- Medication taken **AFTER** a high-risk exposure to prevent HIV

PrEP

(Pre-exposure Prophylaxis)

- Prevention medication for people at high-risk for HIV infection

ART

(Antiretroviral Therapy)

- HIV treatment medication that reduces the amount of HIV in people living with HIV to help them stay healthy and prevent onward transmission



For more information, call (619) 409-3053 or e-mail our PrEP Navigator: juan.lopez5@sdcounty.ca.gov



County of San Diego Getting to Zero Mobile Application

A resource app to help San Diego County residents find HIV prevention and treatment services by location, language spoken, services offered, and transit route!

PREVENTION (PREP/PEP)

TESTING

TREATMENT AND HEALTH CARE

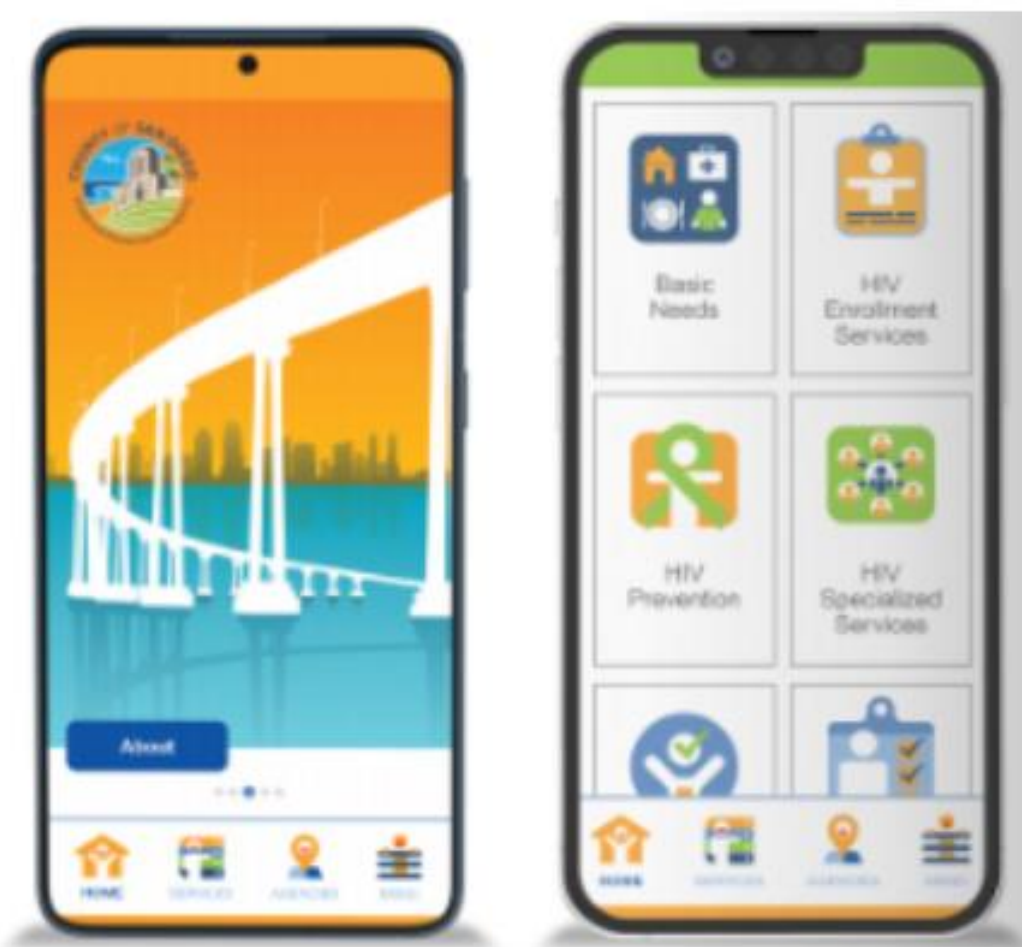
SPECIALIZED SERVICES

EMOTIONAL AND RELATIONAL SUPPORTS

BASIC NEEDS

ENROLLMENT SERVICES

FOR MORE INFORMATION



Download the “SD Getting to Zero” mobile app from the Apple Store or Google Play or by scanning the QR Code.



PROGRAM GOALS

- Reduce transmission of HIV, hepatitis C and other infections.
- Decrease the number of fatal overdoses
- Increase the number of syringes that are safely and securely disposed
- Help the community understand the benefit of harm reduction services
- Improve the quality of life of people who use drugs in underserved communities



PROGRAM SERVICES



INTEGRATED SCREENING ACTIVITIES (HIV AND HCV)

- Onsite rapid testing
- Wound care



DISTRIBUTION OF HARM REDUCTION SUPPLIES

- Naloxone
- Fentanyl and xylazine testing strips
- Sterile syringes and safer sex and smoking supplies
 - Collection and safe disposal of used syringes



WARM HAND-OFFS TO REFERRALS

- Screening and treatment for substance use related medical issues
- Enhanced care management
- Evidence-based services (low threshold medication-assisted treatment, behavioral treatment and recovery services)



HEALTH EDUCATION

- Transmission of HIV, STIs, Hepatitis C
- Proper syringe disposal and overdose prevention

County of San Diego—Sexual Health Clinics

North Coastal

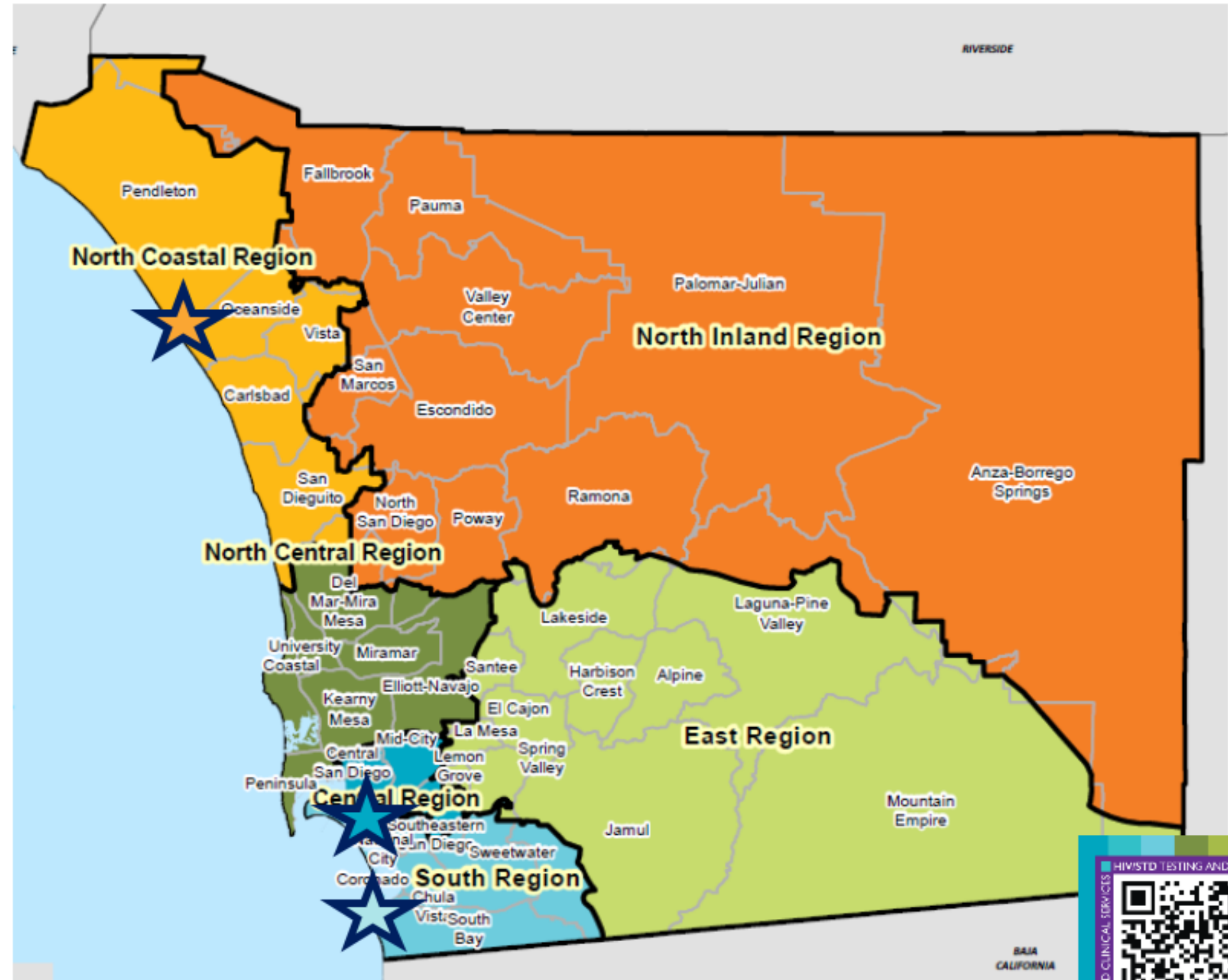
3609 Ocean Ranch Blvd.
Oceanside 92056

Central at Southeastern

5101 Market St.
San Diego 92114

South Region

690 Oxford Street
Chula Vista 91911



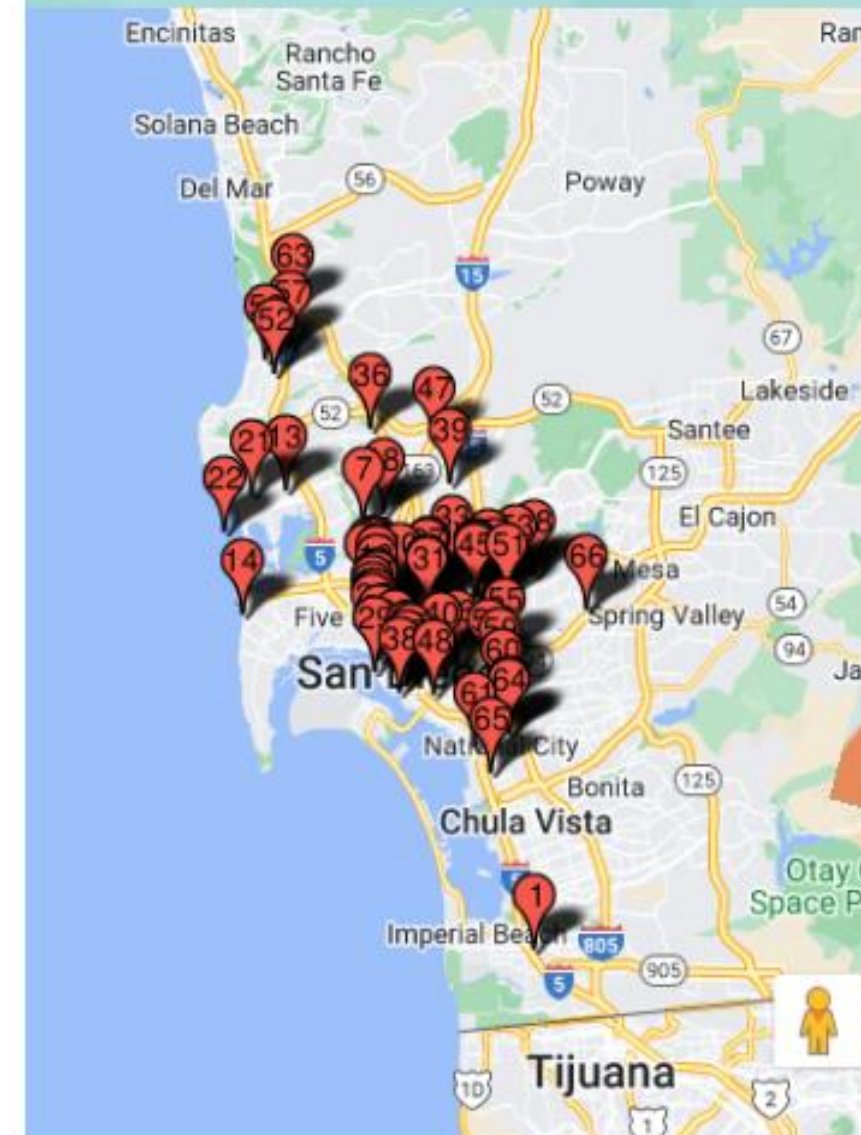
Services: Testing and treatment for most STIs and HIV, vaccinations for HPV, hepatitis A and B, and mpox for a (waivable) \$40 fee.



Other Testing Resources



- **Your healthcare provider/school health center**
- **Planned Parenthood**
- **Community Clinics**
 - Family Health Centers
 - San Ysidro Health
 - Vista Community Clinic
- **Call 2-1-1 San Diego**
- **Teensource.org**
- **Visit [GetTested.cdc.gov](https://www.gettested.cdc.gov)**
- **Home Testing Programs**



This is not an exhaustive list; the County does not recommend one testing site over another

Don't Think, Know.



FREE vaginal chlamydia and gonorrhea home testing program for people ≤ 25 years old in San Diego County.

Yo sé que podría tener clamidia y gonorrea y no saberlo.

Yo sé.

Que puedo obtener la prueba casera para clamidia y gonorrea GRATIS

Puede ordenar la prueba casera GRATIS o encontrar una clínica en:

DontThinkKnow.org
(619) 692-KNOW (5669)

HHSA
Live Well San Diego

I know that getting some might mean getting something else!

I know that almost 10,000 young women in San Diego County got chlamydia or gonorrhea last year.

I know.

That I can get a FREE home test kit for chlamydia and gonorrhea.

Get your FREE home test kit or find a low-cost clinic at:

DontThinkKnow.org
(619) 692-KNOW (5669)

HHSA
Live Well San Diego



I know.

You can have chlamydia or gonorrhea and not know it.

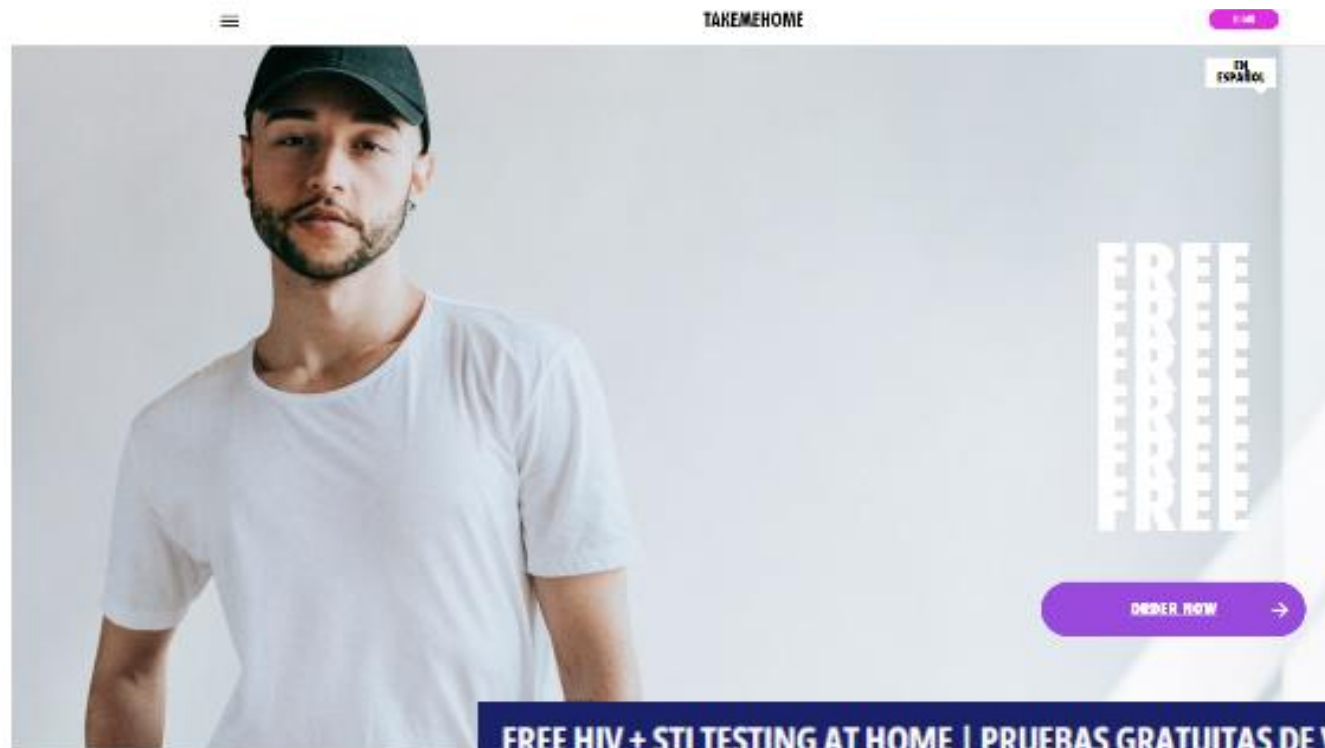
[ORDER A HOME TEST](#) [GET RESULTS](#)

www.DontThinkKnow.org

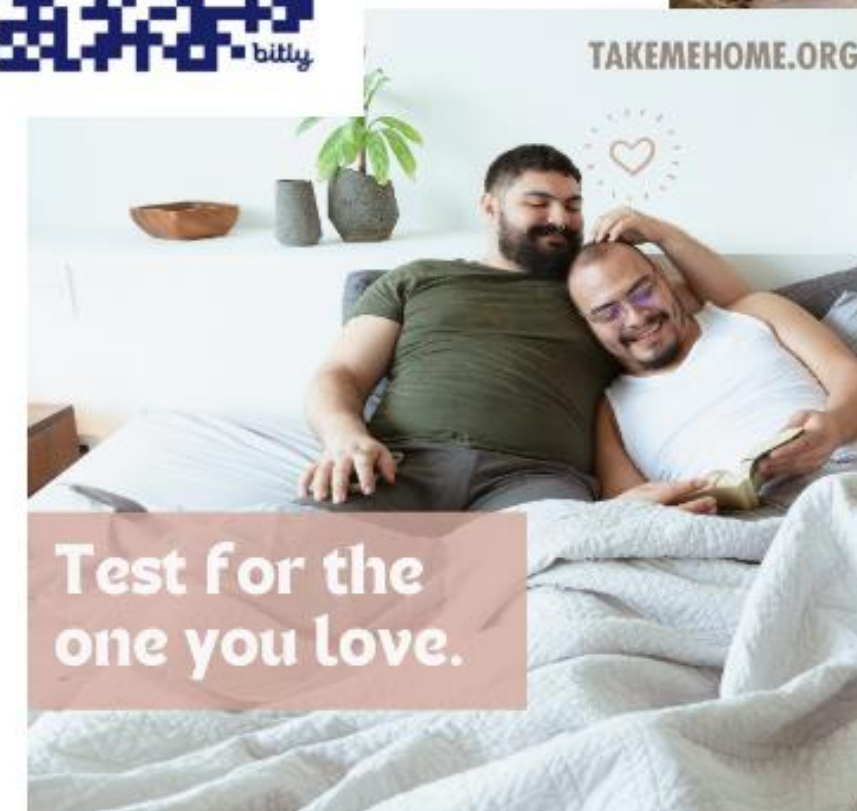
TakeMeHome



FREE HIV and STI home testing program for people in San Diego County who haven't been tested in the last year

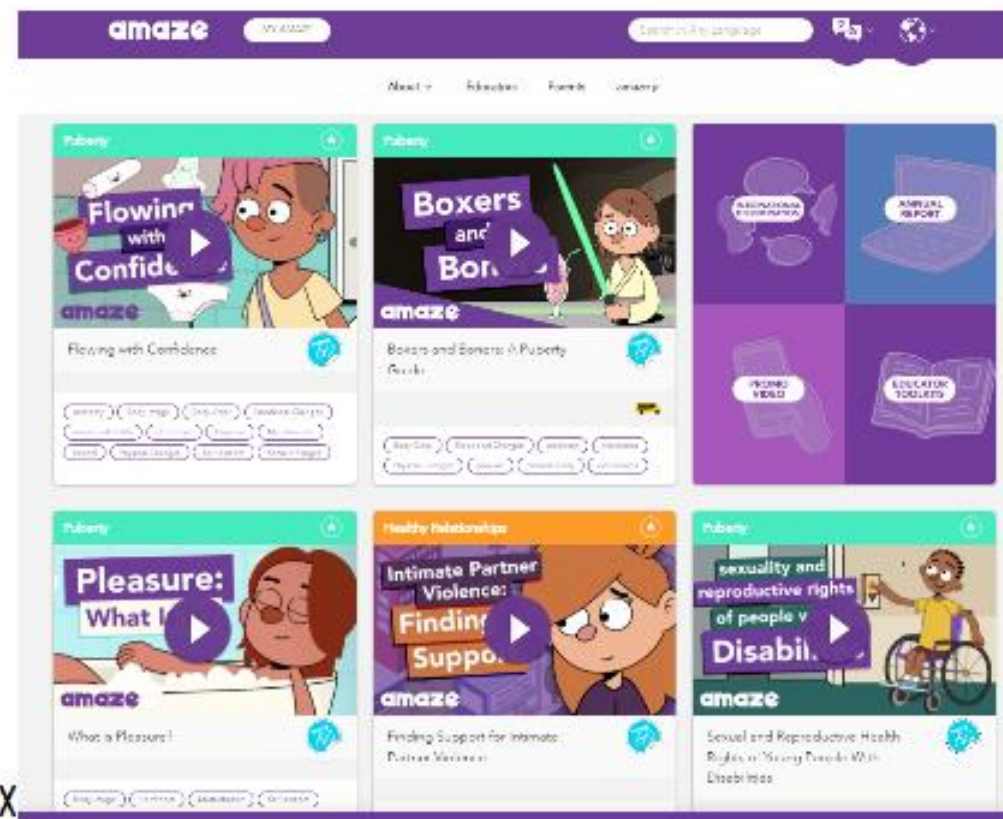


[TakeMeHome.org](https://www.TakeMeHome.org)



More Info... www.STDSanDiego.org

- HIV, STD, Hepatitis Branch Home Page
 - Youth Resources
 - Sexual Health Clinic Hours and Locations
 - County of San Diego STI Data
 - Program info and more!



teensource.org

GET CARE SEX

NEW BLOGS

Five Reasons to Vote (If You're a New Voter)

10/30/24
Local, state, and federal elections will be held next Tuesday, November 5, 2024, and we need to ensure that every vote is counted in this historic election.

Happy Halloween! Here's how to avoid TRICKS as you get your scare on!

10/23/24
As we all put the finishing touches on our costumes and pick what treats to give out this Halloween, it's important to know what TRICKS to avoid to keep you safe and healthy.



The pages below contain resources that are intended to support young people's health and well-being.

Please Note: The County of San Diego is not responsible for the content of external websites.



15-24 year olds now account for **HALF** of all new STI cases.

GYT
GET YOURSELF TESTED

For more information, call (619) 293-4700 or send us an e-mail.

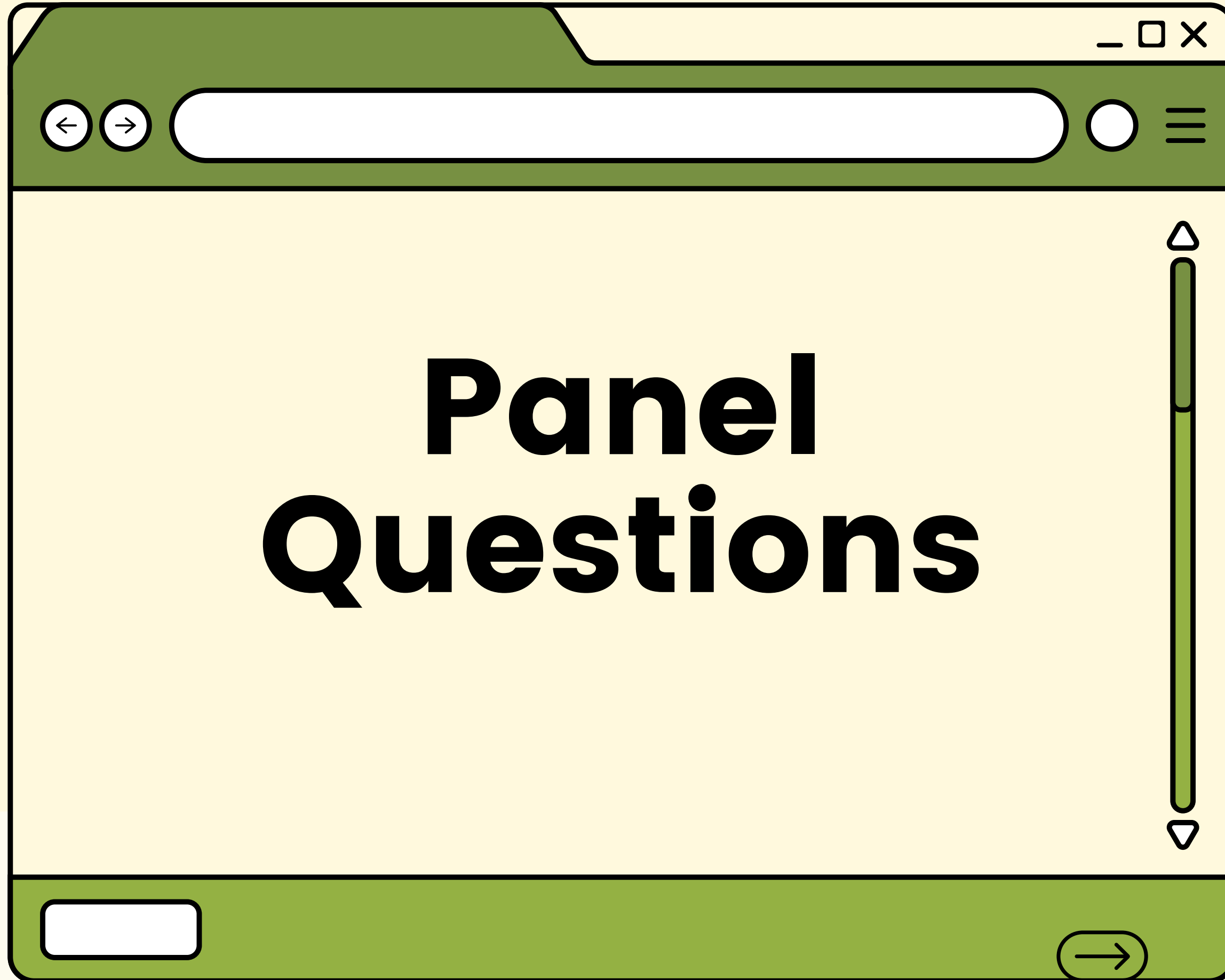


¿Questions?

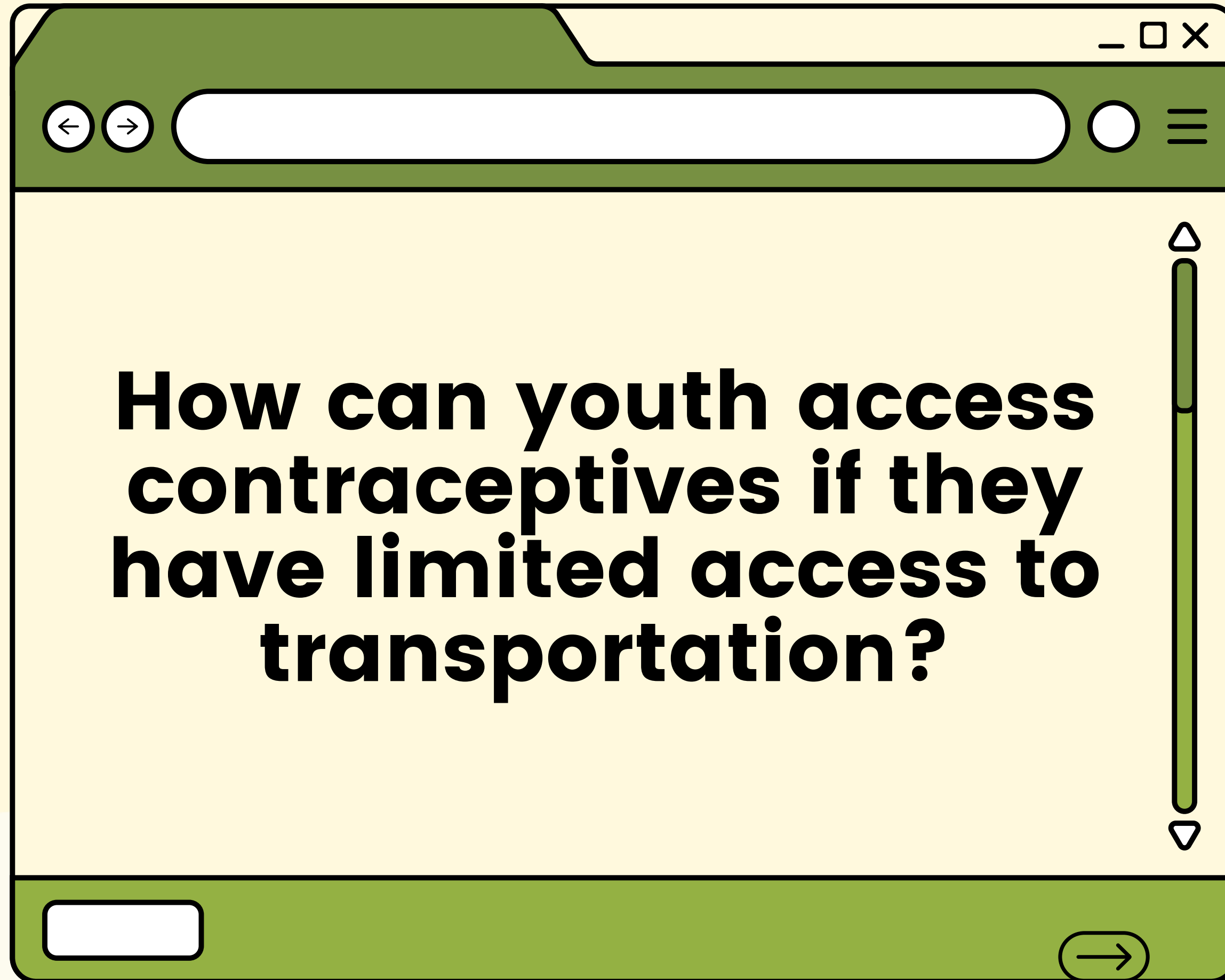
Jamie.Schroer@sdcounty.ca.gov

(619) 514-8622

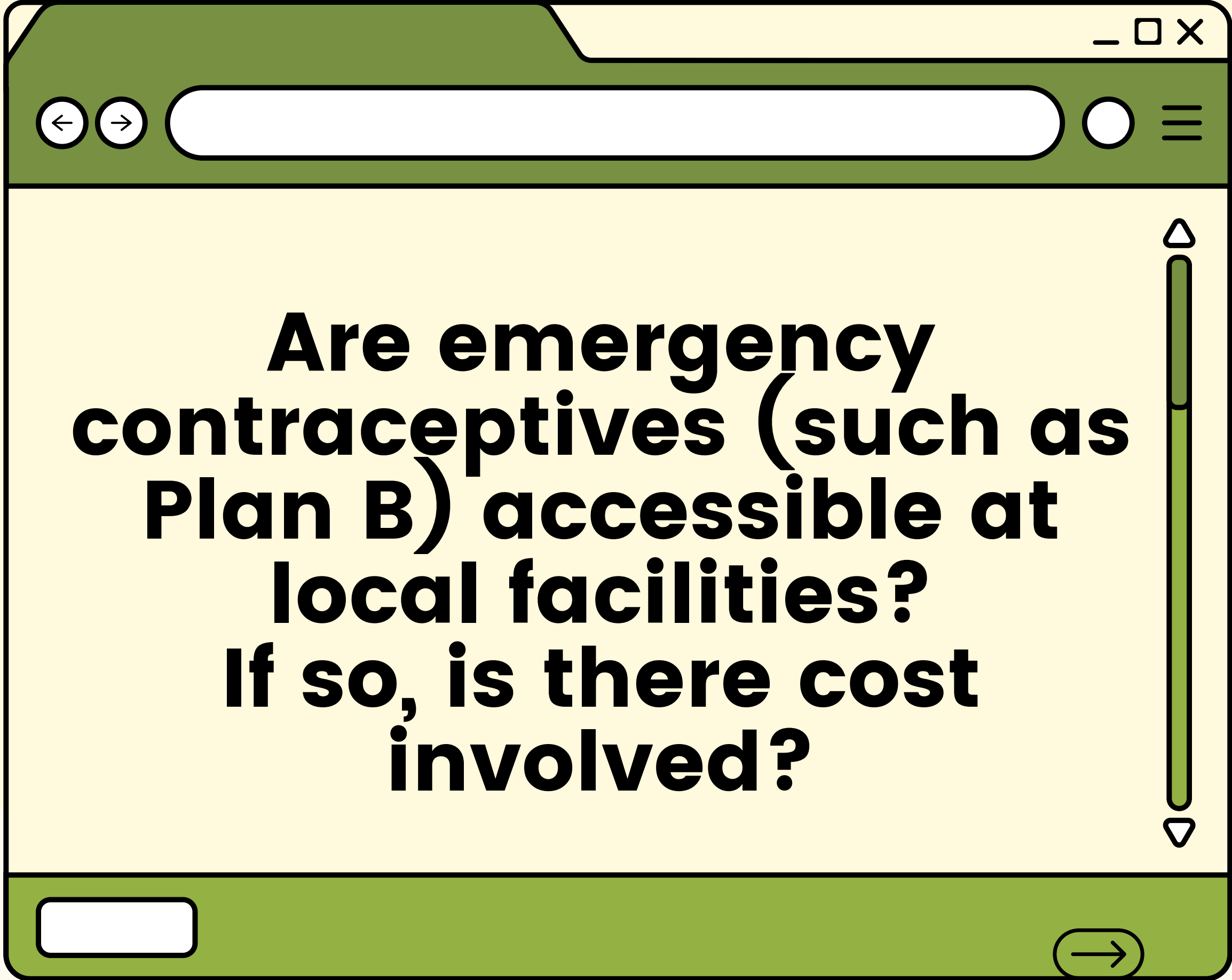




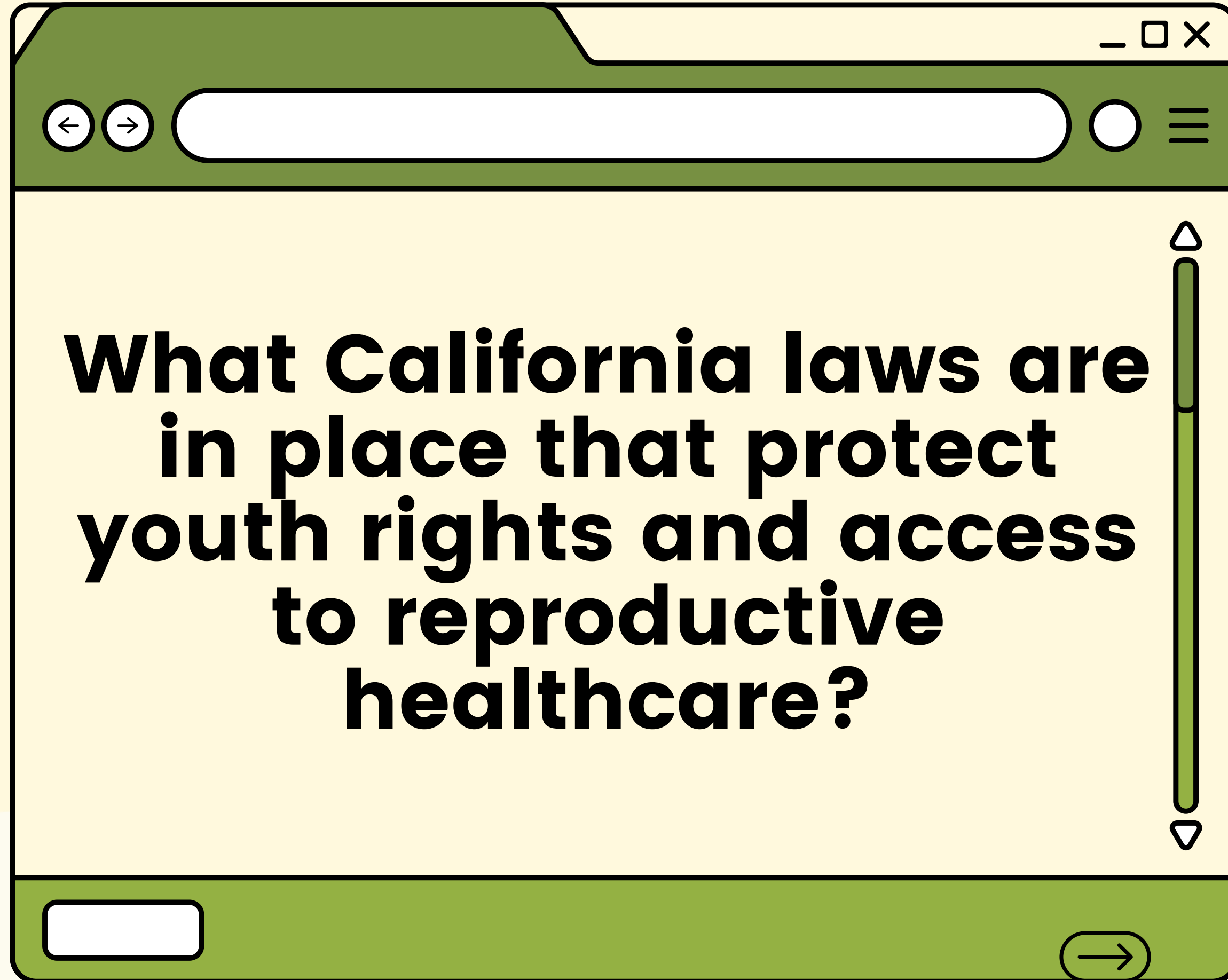
Panel Questions



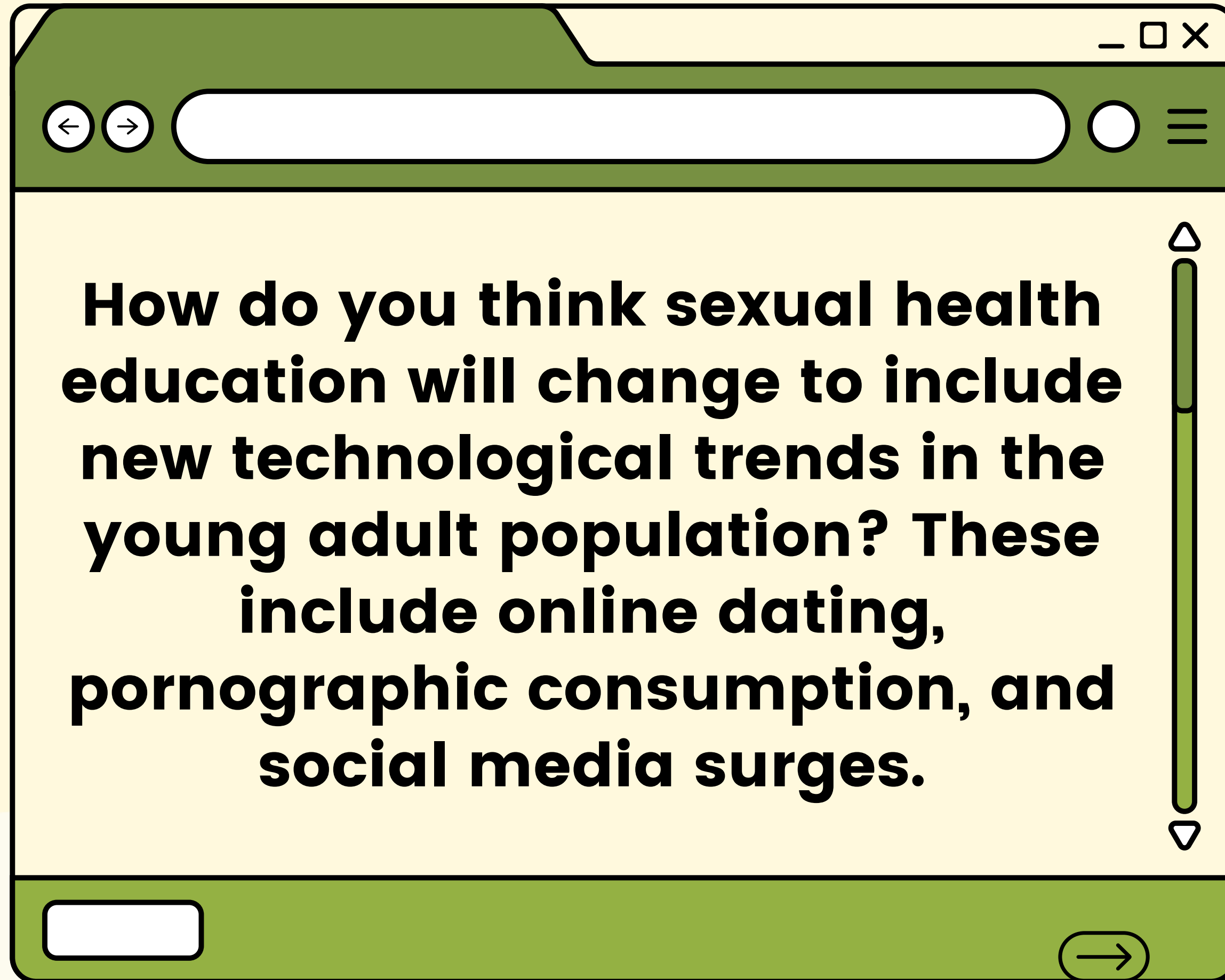
**How can youth access
contraceptives if they
have limited access to
transportation?**



**Are emergency
contraceptives (such as
Plan B) accessible at
local facilities?
If so, is there cost
involved?**



**What California laws are
in place that protect
youth rights and access
to reproductive
healthcare?**



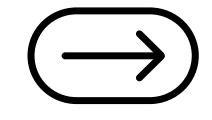
How do you think sexual health education will change to include new technological trends in the young adult population? These include online dating, pornographic consumption, and social media surges.

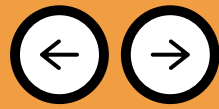


What Can We Do Now?



Here's additional information the San Diego County provides, including HIV/STI testing. Scanning the QR code will allow you to access additional resources and services.

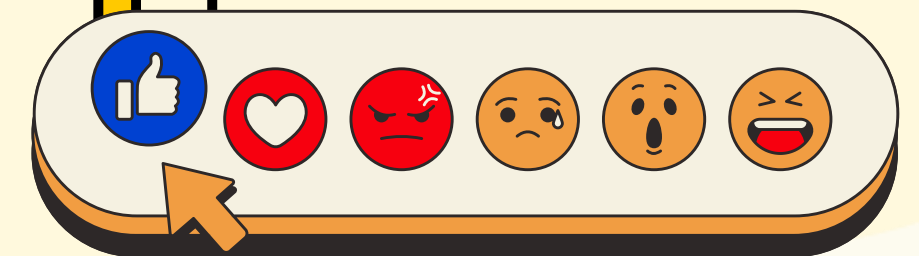
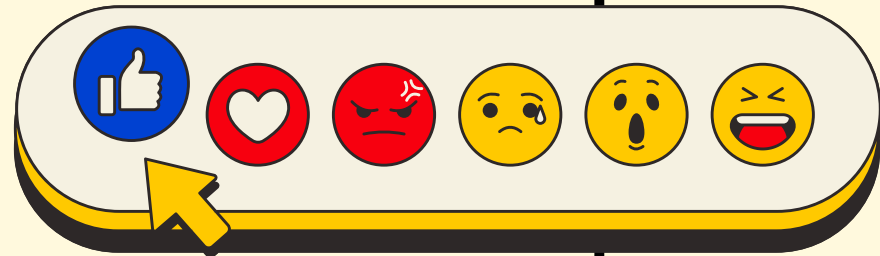




<https://forms.gle/DYaZD8CaTERYfJ1W9>

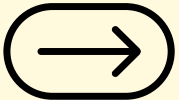
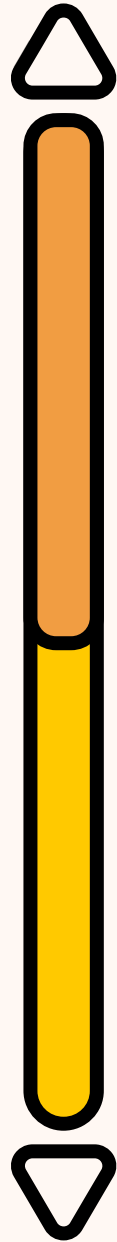


Feedback Form





**Opportunity
prizes:
\$50 Gift Cards**



**Thank you
for attending!**

Instagram: @Livewell_SD



Email:
LiveWellYouth@sdcounty.ca.gov

