



April—May 2011

NEWS, INFORMATION AND COMMENTARY FROM THE WORLD OF ABSTINENCE EDUCATION

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Majority of Teens are NOT Doing it!

by Sandy Pickert, Executive Director



Earlier this month, the Centers for Disease Control (CDC) released new data that confirms that, contrary to popular belief, the majority of teens are not having sex. According to the results of a 2006-2008 survey by the National Center for Health Statistics, 68% of boys and 67% of girls (age 15-17) have never had sexual intercourse.

Fifty-three percent of boys and 58% of girls (age 15-17) reported that they have never had oral, anal, or vaginal sex with anyone, moving overall sexual contact trends in the right direction. According to a *USA Today* analysis published earlier this month, this is a positive change from 2002 when only 46% of boys and 49% of girls reported no sexual contact. This report follows another recently released report, “National Survey of Adolescents and Their Parents: Attitudes and Opinions about Sex and Abstinence”, released in 2009 by Health and Human Services that showed the majority of teens support premarital abstinence in general and for themselves.

It would make sense to fund programs that support this healthy trend rather than those that accept sexual activity as “something that most teens are going to do”, offering contraception as the solution. If we truly are serious about continuing this trend of decreasing teen sexual activity, we need to translate the power of the data into public policy and make it a funding priority at the federal, state, and local levels. It makes sense to provide cost-effective prevention programs that support teens to avoid sexual activity and other high risk behaviors such as alcohol, drug, tobacco, and pornography use which often accompany teen sexual activity. An ounce of prevention is worth a pound of cure. In this time of tight government budgets, it makes good sense to prevent negative consequences and help this generation of teens make positive life-altering decisions which will help them attain educational, vocational and healthy relationship goals, and become part of the solution for strengthening families and our society.

You may be asking yourself what you can do to affect funding policies for prevention and healthy relationship programs and abstinence education. You can stay informed about current abstinence education and prevention program evaluation research study results. Contact your federal and state legislators and local city and county officials and voice your support! Your voice does count!!

You can directly make an impact for our youths future by telling your relatives, friends, work colleagues, and others about Pure & Simple Health Education Inc.'s mission to serve youth and parents. You can volunteer your time, share ideas for fund-raising and/or make a donation to assist us continue making a positive difference. And lastly, but most importantly, you can pray for us and those we serve. Thank you for your continued support!

Read the entire CDC report, the USA Today article, and the HHS report on parent and teen attitudes of sex education on our website at www.abstainpureandsimple.org.

Upcoming Events and Pure & Simple Choice II Sites

Boys & Girls Club, Targeted Outreach Program, 7th-12th grades, Pure & Simple Choice II—
completed May 20

Holy Savior Catholic Academy, 6th, 7th & 8th grades, Pure & Simple Choice II—March 29-April 27

St Anne's Catholic School, 7th grade, Pure & Simple Choice II—March 29-April 14

Wichita Walk Against Gang Violence—Pure & Simple Health Education, Inc. booth—April 30th,
9:30am-1:00pm, Evergreen Park



Pure & Simple's Kiana Knolland Named Kansas Youth of the Year

Kiana Knolland has been named the Kansas Youth of the Year by Boys & Girls Clubs of America for her sound character, leadership skills and willingness to give back to the community. A true example of an extraordinary young leader, 16-year old Kiana is a familiar face to those involved in Pure & Simple Health Education, Inc. Kiana is one of the actresses in the recently complete *Pure & Simple Choice II* video series, playing the part of "Whitney", a responsible, caring high school student who makes healthy decisions about high risk behaviors and has definite goals set for her future. The video series was filmed during the summer and fall of 2010, and included many long days in order to complete the project. The *Pure & Simple Choice II* video series, premiering this spring semester in several schools and other sites in the Wichita area, has been well received by teens, teachers and youth leaders.

In real life, Kiana Knolland exemplifies the character "Whitney" that she portrays. She is friendly, caring, respectful, responsible, accountable, trustworthy, and spiritual. She is enthusiastic about life in general and the positive possibilities for her future. She is not afraid to tell others about her decision to practice abstinence from high risk behaviors, and she challenges her peers to do the same. Kiana grew up in a single family home and has overcome many obstacles in her childhood to be the young woman she is today.

Kiana is involved in many community activities, including serving as a "teen instructor" for Pure & Simple Health Education, Inc. which allows her to share her conviction for making healthy decisions and serve as a role model for other teens, especially middle schoolers who look up to her and are positively impacted. Kiana has been a member of the Boys & Girls Club since she was 5 and has been active in many of their activities, including Junior Staff member last Summer. She volunteers for the Kansas African American Museum and is a member of the National Association for the Advancement of Colored People (NAACP). She is currently the Vice President of Keystone Club, a teen group dedicated to leadership and community service and is a member at Freefull Gospel Pentecostal Church, participating in Praise Dance. Kiana is a sophomore at Southeast High School and is involved African American Club, Choose Respect Club, Asst. Principal's Advisory Council, debate, forensics and National Society of High School Scholars. She would like to attend Spelman College and Harvard Law to become a district attorney.

As the Kansas Youth of the Year, she will receive a \$1,000 college scholarship. This summer, Kiana will compete against other Boys & Girls Club members within the Southwest Region. If named regional winner, she will be awarded an additional \$10,000 college scholarship. Five regional winners will advance to Washington, D.C. in September 2011 to compete for the title of BGCA's National Youth of the Year. The National Youth of the Year will receive an additional \$50,000 scholarship and will have the opportunity to meet with the President of the United States at the White House.

Congratulations, Kiana. You are a great role model for others. Your Pure & Simple Education family is proud of you!



For the latest news, check out

abstainpureandsimple.org

Pure & Simple Dine-Out Deals Update

Thank you for participating in the monthly Dine-Out Deals by giving your business to local restaurants that give back a percentage of their sales to support local non-profits. Your participation helps Pure & Simple Health Education get important information to

Your participation helps Pure & Simple Health Education get important information to local youth and their families on making healthy choices.
Take the whole family out this month to eat and help Pure & Simple at the same time!

Next up, **Souper Salad**

Friday, April 15th 5-8pm at 8007 E Kellogg

10% of all sales will be donated to Pure & Simple Health Education, plus tips and additional donations (*box at the register*).

Thank you **Souper Salad** for helping us continue our mission to educate youth to make healthy decisions and empower parents to set boundaries and communicate expectations.

Youth Rally with National Abstinence Speaker, Pam Stenzel

Friday, April 15, Hutchinson Sports Arena

FREE to public

Doors open at 5:30pm for Pizza Party (pizza by the slice & drinks for purchase) and music from local Christian Band "Stainless"

Pam speaks at 7:00pm

For more information, contact Becky Hughes, 620-728-2229

Wish List

Listed below are items needed for the sustainability of the Pure & Simple Health Education, Inc. Please let us know if you would be willing to purchase or donate something from the list below.

Classroom Presentation Needs

- Financial sponsors for a class of 8 episodes of curriculum for 15-30 youth (\$1500); 10 students (\$500); 1 student (\$50)
- Financial sponsors for one presentation such as a parenting class or a student SPEAKS topic class (\$300)
- Financial sponsors for scholarships help for "train the trainer" presentations (\$500).
- Volunteers to be trained and be available to present:
 - 1 hour parent classes/SPEAKS presentation
 - work a health fair or seminar booth, etc.

Building Needs

- Help purchase new heater/air conditioning units (2@\$7000 ea)
- Renovation of kitchen, including a working stove and dish-washer
- Resurface parking lot
- Ceiling repair
- Gardner/lawn care
- General building maintenance

Office Supplies

- Toner/ink cartridges
- Funds to purchase printed materials (*envelopes, business cards, brochures, letterhead, etc.*)

Please call (316) 688-0840 if you, or someone you know, would be willing to purchase or donate an item from our Wish List, or provide a service or gift-in-kind item for our use.

