

Monitor • MOAPPP

Youth Risk Behavior and Eliminating Health Disparities funds make a difference statewide

The Minnesota Department of Health Youth Risk Behavior and Eliminating Health Disparities Initiatives are funding a number of youth development and teen pregnancy prevention programs across the state. County public health departments and community organizations have developed programs aimed at reducing behaviors that negatively impact the health of Minnesota youth and improving the health status of populations of color.

The Douglas County Public Health Department uses state Youth Risk Behavior dollars to determine why teens in Douglas County become pregnant in order to direct prevention messages more effectively; improve comprehensive sexuality education throughout the

community and increase parent/ child and school/ child connectedness. These strategies will help to build protective factors that help kids avoid risky behaviors.

As part of their effort, Douglas County Public Health staff is collaborating with the faith community in developing faith-based healthy sexuality education. In order to increase support for effective sexuality education programs, staff educate parents and the community about effective sexuality curriculum, answer questions and identify concerns. County staff are also working to improve teens' access to confidential, affordable reproductive health care by examining ways to strengthen the relationship between teens, health care providers and parents.

An innovative Twin Cities program, Aqui Para Ti (Here For You), provides a safe, confidential place for Latino youth, age eleven to eighteen, to discuss health issues with a team of medical and direct service professionals from La Clinica en Lake, CLUES and La Oportunidad.

Based on MOAPPP's Teen Pregnancy Puzzle concept, the program works to eliminate health disparities between Latino and Caucasian youth by promoting healthy youth development. Program specialists focus on reducing risk factors that may lead to teen pregnancy and on increasing an adolescent's well-being through strengthening their connection with parents, school and community.

Continued on page 3.

MOAPPP lands Centers for Disease Control grant

This summer, MOAPPP applied for and received a Coalition Capacity Building for Teen Pregnancy Prevention grant from the United States Centers for Disease Control and Prevention. Five grants were awarded to state organizations, and three to national organizations to increase the dissemination and implementation of strategies that have been shown to work to prevent teen pregnancy.

MOAPPP and the National Teen Pregnancy Prevention Research Center (PRC) at the University of Minnesota will work with local coalitions to put *A Work in Progress: Minnesota's Plan for Teen Pregnancy Prevention and Teen Parenting* into action. Staff from the two organizations will provide training, technical assistance and resources to select, implement and evaluate effective, evidence-based strategies. The goals of the project are to increase: 1) understanding and implementation of science-based strategies to prevent teen pregnancy and promote adolescent reproductive health, including abstinence and the prevention of HIV and sexually transmitted infections; increase 2) the capacity of local coalitions that target populations with high rates of teen pregnancy and/or sexually transmitted infections, to select, implement and evaluate science-based strategies that address local needs; increase 3) culturally specific resources that incorporate science-based approaches to eliminate the disparities in teen pregnancy and HIV/ sexually transmitted disease rates among populations of color in Minnesota. ◀



Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting

Fall 2002

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Dear Friends,

There are many opportunities right now to expand every community's efforts to prevent teen pregnancy! MOAPPP's staff has been working with many of the Youth Risk Behavior and Eliminating Health Disparities Initiatives around the state. It is encouraging that resources are available, and community energies are being directed to build the positive assets of our young people through a variety of proven strategies. We are very pleased that MOAPPP has been awarded one of five Coalition Capacity Building for Teen Pregnancy Prevention grants from the Centers for Disease Control and Prevention. With this grant, we will hire a Training Coordinator to work with local coalitions to select, implement and evaluate evidence-based strategies to prevent teen pregnancy. This is an opportunity to really put *A Work in Progress: Minnesota's Plan for Teen Pregnancy Prevention and Teen Parenting* into action. And we are thrilled to have the opportunity to formally partner with the National Teen Pregnancy Prevention Research Center and work with you to strengthen the work you have been doing.

Let's take advantage of these resources and work together to make sure our teens benefit from them! We're looking forward to working with you.



Nancy Nelson
Executive Director

SIGN UP FOR THE *E-MONTHLY* AND GET CONNECTED!

Are you looking for the latest news in teen pregnancy prevention, resources for teen parents or information about community activities? MOAPPP has just the answer! The E-Monthly, an electronic publication to keep you informed!

The *E-Monthly* is the perfect vehicle to learn about what others are doing statewide. If you are a provider interested in publicizing your program, your upcoming trainings, your successes or your ideas, please send the information to moapp@moapp.org, phone us at 651-644-1447 or complete the form below and return to MOAPPP.

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE/FAX/EMAIL _____

PROGRAM NAME _____

ITEM YOU WOULD LIKE TO INCLUDE IN THE E-MONTHLY _____

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The Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting, a non-profit organization, is composed of individuals and organizations in Minnesota that work to strengthen policies and programs related to adolescent pregnancy prevention, adolescent pregnancy care and adolescent parenting. www.moapp.org

State health advocates meet with national researcher and consultant

In August, members of the Work in Progress State Plan Task Force, Minnesota Department of Health staff and Minnesota Department of Children, Families and Learning Commissioner Christine Jax, met with Doug Kirby, Ph.D. and consultant to the National Campaign to Prevent Teen Pregnancy. Kirby is the author of the recent comprehensive review of sexuality education programs in the United States entitled, *“Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy.”*

Kirby and meeting participants discussed ideas for turning the recommendations of the state plan into concrete program and policy initiatives. An important strategy used in other states has been to diminish the controversy around abstinence without sacrificing comprehensive sexuality education. The support of abstinence policies that are combined with medically accurate information may be a common ground between opposing forces, Kirby said.

The key to implementing positive legislative initiatives rests in the voices of community members, Kirby concluded, citing an example from Georgia. When reproductive health care clinics for teens faced financial hardship due to budget cutbacks, community members rallied to publicize the need for the services and managed to save the clinics from closure. ◀

Youth who think their peers are sexually active have a greater risk of teen pregnancy than their counterparts.

CONTINUED FROM PAGE 1

Funds make a difference statewide

Teens entering the program complete a questionnaire detailing medical history, relationships with friends and family, school experience, the use of alcohol and/or drugs and exposure to weapons and violence. Both positive and negative attributes are identified and assessed in order to build on strengths and determine appropriate interventions.

Aquí Para Ti — Here For You



Youth Development Program

Program staff connect teens with La Oportunidad, CLUES and La Clinica en Lake’s services to address mental and physical health, chemical dependency, teen pregnancy and parenting, employment and education and family support services. The program provides follow-up care through preventive health classes and subsequent visits with staff. ◀



12th Annual Conference

May 1 and 2, 2002
Earle Brown Heritage Center,
Brooklyn Center, MN

A two-day conference for all Minnesotans who work in teen pregnancy prevention and work to support pregnant and parenting adolescents. Two keynote speakers and over 40 workshops.

➔ New this year:
A Special Pre-Conference Day on April 30, 2002

Holiday Tribute Gifts to MOAPPP

The gift giving season is approaching. What better way to give thanks, create light or make merry than by making a tax deductible contribution in someone’s honor to an organization that is making a difference to many! Any size gift will support the important work of MOAPPP while celebrating the important relationships in your life.

Tribute envelopes are available by calling Lisa at MOAPPP at 651-644-1447 ex.16 or e-mail Lisa@moappp.org. Your friend, colleague or family member will be sent a timely holiday acknowledgement of your generous and special gift.

Give a gift that goes on giving all year long...Make a tribute gift to MOAPPP today!

Cast your vote for teens this year! Cast your vote for HOPE!

And they're off...! With the start of school and the state fair, a distant memory, candidates for local, state and national office have broken out of the campaign gate and are heading for the winning finish line on November 5, 2002.

The staff at MOAPPP wanted to make your vote easier to cast and have compiled election information that may be helpful in the coming weeks. Cast your vote for teens this year by supporting candidates with a demonstrated commitment to teen pregnancy prevention and support for teen parents. Cast your vote for HOPE!

? Am I eligible to register to vote?

You may register to vote if you are:

- at least 18 years old on or before the date of the election;
- a U.S. citizen;
- a Minnesota resident for at least 20 days before the election;
- not legally incompetent or ineligible to vote due to a criminal conviction

? How do I register to vote?

You can register to vote twenty-one days prior to the election by completing a voter registration form at any

state, county or city office, public library, Minnesota driver's license office, campus student associations and many local community organizations. You may also register to vote on Election Day at your polling place.

? What do I need to register on Election Day?

If you are registering on Election Day, you will need one of the following:

- a current Minnesota driver's license, learner permit or identification card;
- one of the above with a former address and a utility bill;
- a U.S. passport or military I.D. card and a utility bill;
- someone who is registered in the precinct where you live to vouch for you at the polling place

? How do I find my polling place?

To find your polling place, go to the Minnesota Secretary of State website at www.sos.state.mn.us/oss, enter your zip code and click on GO! It's that easy! You can also download a voter registration form on this website with Adobe Acrobat Reader. ◀



Judy Ojeda,
MOAPPP's Outreach
Coordinator, and
youth at Rio Vista
Recreation Center

Get to know candidates and legislators before session begins!

The Minnesota NONPROFITS REACH OUT! campaign is designed to make sure nonprofits and legislators get to know one another before the next legislative session begins in January 2003. The Minnesota Council of Nonprofits urges nonprofit organizations throughout Minnesota to invite candidates (before November 5th) and elected officials (after November 5th) to their sites. Let them see what your organization does, learn about how you benefit your community and begin to see you as a resource.

The goal of the campaign is to schedule 500 visits by candidates and newly elected legislators to nonprofit sites before the

legislature convenes in January 2003. The visits will acquaint candidates and legislators with the mission, programs, people and accomplishments of individual nonprofit organizations and will help nonprofits deliver key messages about the importance of government-nonprofit partnerships.

MCN hopes that by placing information in the hands of new legislators, nonprofits will be utilized as a resource when they need information and contacts on specific issues. Visits will also provide opportunities for nonprofits to learn about legislator interests and build a strong working partnership with legislative leaders.

For more information, contact the Minnesota Council of Nonprofits at 651-642-1904 or go online at www.mncn.org ◀

A Work in Progress:

Building a State Plan for Teen Pregnancy Prevention and Parenting

In the last issue of the Monitor, we introduced you to *A Work in Progress: Building a State Plan for Teen Pregnancy Prevention and Parenting*, the first comprehensive statewide blueprint for teen pregnancy prevention and support for adolescent parents. We hope that many of you have had an opportunity to review the plan on our website or have called our office for a copy.

As the election season rapidly comes to an exciting close, we wanted to provide a list of sample candidate questions that you can use to ask people running for office in your area. We also wanted to offer some ideas about what you can do in your own community to educate others about *A Work in Progress*'s findings and its recommendations. Real success means building and promoting the recommendations of the plan in your community so let's get started!

For more information about or to receive a copy of "*A Work in Progress: Building a Minnesota State Plan for Teen Pregnancy Prevention and Parenting*," call MOAPPP at 651-644-1447 or click on www.moapppp.org or www.prc.umn.edu.

Sample Candidate Questions

1. What approaches do you think should be utilized to address the rate of teen pregnancy in Minnesota?
2. Would you support funding for comprehensive sexuality education in Minnesota schools?

3. How will you address the health disparities between Caucasian teens and teens of color in the area of teen pregnancy?

10 Things You Can Do to Support A Work in Progress

1. Read the State Plan and send us your feedback
2. Join our Action Alert Network and receive regular updates on teen pregnancy issues via e-mail
3. Write and call your elected representatives and ask them to support the State Plan recommendations
4. Register to vote and VOTE
5. Ask your local school board members or principal whether the schools in your area teach comprehensive sexuality education
6. Stay informed! Watch your local papers for stories about youth activities in your community and teen pregnancy prevention efforts in your community
7. Talk to the youth in your lives and be a mentor
8. Write a letter to the editor
9. Organize a candidate forum in your community and ask candidates their position on the State Plan recommendations
10. Stay connected with MOAPPP and learn what you can do in your community

How is your school board doing?

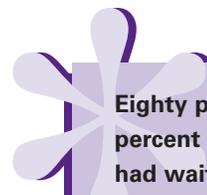
Do you know whether your local school uses an age-appropriate, comprehensive sexuality education curriculum? Are your teens learning how to make positive, healthy choices? Does your local school board know about the Minnesota Sex Ed Survey, commissioned by MOAPPP?

With the start of school, this is a great time to check out the activities in your teen's school, the actions of your local school board and learn more about comprehensive sexuality education efforts.

The Minnesota Sexuality Education Survey, commissioned by MOAPPP, found that 91% and 84% of Minnesotans support comprehensive education in high schools and junior high schools respectively. Yet, too few of our schools teach our teens about abstinence and contraception. Check out the Minnesota Sexuality Education survey and information about the K-12 Comprehensive Sexuality Education bill on our website at www.moapppp.org ◀

Get connected to Minnesota politics!

Minnesota E-Democracy is a non-profit, non-partisan citizen-based project. Its mission is to improve participation in democracy through information networks. The website hosts quality citizen interaction on public issues, news on Minnesota campaigns, candidate directories and websites and links to finding information on where to vote. Minnesota E-Democracy is your first stop for staying connected to politics in our community. For more information, click on www.e-democracy.org ◀



Eighty percent of girls and sixty percent of boys say they wish they had waited until they were older to have sex.

News and Notes

Study documents importance of maternal relationship to the postponement of sexual activity

Teenagers are less likely to begin having sex when their mothers are involved in their lives, have a close relationship with them and successfully communicate their values about sex, according to new findings from the most comprehensive survey conducted with adolescents nationwide.

The latest results from the National Longitudinal Study of Adolescent Health (Add Health) were drawn from interviews with thousands of mothers and their teens. The findings were reported in September by University of Minnesota researchers and in the *Journal of Adolescent Health*.

When teens perceive that their mothers oppose their having sex, they are less likely to do so, researchers concluded. However, even in cases where mothers strongly disapprove of their kids having sex, thirty percent of girls and nearly forty-five percent of boys do not believe they do. Concurrently, when teens report that they are having sex, only fifty-one percent of their mothers think they are.

The study results show that teens are less likely to become sexually active if their parents know their friends and speak with their friends' parents. Most importantly, teens, and especially younger teens, who feel close to their mothers are less likely to start having sex.

For more information and to download the full report, visit the University of Minnesota Division of General Pediatrics and Adolescent Health at www.allaboutkids.umn.edu ◀

New youth development funding resource

The Channing Bete Company has added a brand-NEW funding-information component to its prevention science website. Whether you're searching for funding sources or writing grant proposals, their new funding site will save you hours and hours of research time. The new funding site includes:

- current funding opportunities (updated frequently)
- a list of federal agencies that distribute funding for positive youth development and prevention efforts
- a list of the top 25 foundations funding youth development initiatives
- grant-writing tips and suggestions.

To view this new resource, simply go to <http://www.preventionscience.com/funding/funding.html> ◀

Saint Paul-Ramsey County initiative moves into next phase

Between 1999 and June 2002, MOAPPP and the Saint Paul-Ramsey County Department of Public Health coordinated the Saint Paul Teen Pregnancy Project, funded by the Saint Paul, F.R. Bigelow and Mardag Foundations. Through the efforts of more than 50 youth-serving agency professionals, the Project accomplished: an increase in service coordination and collaboration across agencies; an increase in public understanding and awareness of teen pregnancy; improved resource dissemination and professional training to insure best practice with a focus on culturally specific resources; and improved public policies related to adolescent pregnancy issues. This partnership has increased the county's attention to best practice and has led to the investment of county resources in teen pregnancy prevention strategies that work. The Saint Paul-Ramsey County Teen Pregnancy Project is a continuation and expansion of the Saint Paul Teen Pregnancy Project. Funding is provided through the Saint Paul-Ramsey County Department of Public Health for July 2002 through June

2003. The county selected MOAPPP to coordinate the Project, and MOAPPP has hired a Ramsey County Teen Pregnancy Coordinator, Joy Miciano, who will work closely with Grit Youngquist, Saint Paul-Ramsey County Adolescent Health Coordinator. The expanded project will provide youth leadership opportunities and professional training on best practices in teen pregnancy prevention, as well as a forum for sharing of culturally responsive community-based efforts. ◀

The costs of raising a baby

The United States Department of Agriculture (USDA) has released their 2001 Annual Report, "*Expenditures on Children by Families*," that provides estimates of expenditures on children from birth through age seventeen. The full 2001 report is available on the USDA website at <http://www.usda.gov/cnpp/using2.htm>. A few interesting statistics are noted below:

- to raise a child from age 0 to age seventeen, for single-parent families with a before-tax income of less than \$39,100 (average income of \$16,400), the cost averages \$118,590.
- to raise a child from age 0 to two, for single-parent families with a before-tax income of less than \$39,100, the cost averages \$5,440.
- expenditures on children were not found to differ greatly among single-parent and husband-wife households, but household income levels do differ. Single-parent total household income is lower and thus child-rearing expenses consume a greater percentage of income. ◀



Teen parents who stay in school have much lower rates of repeat pregnancy as compared to teen parents who are not in school.

“Connect for Success” toolkit is available

“Connect for Success: Building a Teacher, Parent, Teen Alliance,” funded by MetLife Foundation, is designed to help new teachers, especially those in high poverty middle and high schools, build partnerships with parents. The 90 page toolkit offers strategies and tools to help teachers break down barriers to parent participation, establish open, two-way communication with parents, and mobilize the resources parents bring to the education of their children. To download and print the 90 page booklet at no charge, click on www.recruitingteachers.org/news/2002toolkit.html ◀

New Kaiser Family Foundation survey examines teen communication

Many teens are saying their parents don't know they are having sex and only one in ten who have had sexual intercourse say they discussed their plans with a parent ahead of time, according to a new national survey of 500 15- to 17- year-olds by Seventeen magazine and the Kaiser Family Foundation. The survey on sexual health communication among teens and their parents, providers and partners, was highlighted in the August issue of Seventeen magazine.

The survey also suggests that many teens seem to be having a hard time talking to their boyfriends and girlfriends about their sexual health. Among teens surveyed who have had sex, more than one in five have never talked about condoms or any other form of birth control with a partner. Four in 10 have never talked about HIV/AIDS or other sexually transmitted diseases. This survey snapshot, “Communication,” is available at www.kff.org/content/2002/3240/ and offers insights into the barriers keeping adolescents from talking about their sexual health with doctors, the people they are dating and their parents. ◀



SexEd for Life training, July 2002. Left to right: Emily Scribner - O'Pray, TAMS; April Jennings, TAMS; Lisa Turnham; Chicka Merino, LSS; Alysha Price, LSS; Jenny Lappegaard, MOAPPP intern

New guide examines health care and cultural perspectives

Management Sciences for Health (MSH) and the Bureau of Primary Health Care (BPHC) recently expanded their publication, “The Provider's Guide to Quality and Culture” to include information on Arab Americans, Central Asians, South Asians and Muslims. The guide includes information about Strengths and Protective Factors, Challenges to Health and Well-Being, and Principles for Culturally Competent Health Services for each community, as well as references and additional links. The guide is designed to assist health care organizations throughout the United States in providing high quality, culturally competent services to multi-ethnic populations. It is available at www.erc.msh.org ◀

Lack of sexual assertiveness may put some young women at risk

Many sexually active young women do not believe that they have the right to communicate about or control aspects of their sexual behavior, according to “*Is Lack of Sexual*

Assertiveness Among Adolescent and Young Adult Women a Cause for Concern?” by Vaughn I. Rickert of Columbia University's Mailman School of Public Health et al. The study, published in the July/August issue of Perspectives on Sexual and Reproductive Health, reports that nearly **one in five women surveyed** believed that they never have the right to:

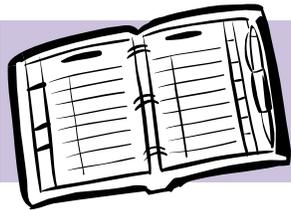
- stop foreplay at any time, including at the point of intercourse;
- refuse to have sexual intercourse, even if they have had sex with that partner before;
- make their own decisions about contraception, regardless of their partner's wishes;
- ask their partner if he has been examined for sexually transmitted diseases (STDs); or
- tell their partner that they want to make love differently or that he is being too rough.

Moreover, more than two in five young women surveyed believed that they never or only sometimes have the right to tell a relative they are not comfortable being hugged or kissed in certain ways.

This data, collected in 1997 from 904 sexually active 14-26-year-old female clients at two family planning clinics in Texas, suggest that many young women may be unable to clearly communicate their sexual beliefs and desires, and are therefore at risk for unintended pregnancy, STDs, sexual coercion, violence and other negative sexual experiences. Further, black and Latino women and younger women were less likely to be sexually assertive than whites and older women.

To learn more about the study, go to www.guttmacher.org/pubs/journals/3417802.html ◀

Save the date!



MOAPPP
12th Annual
Conference
May 1-2, 2003

MOAPPP CALENDAR

October

Let's Talk Month - October 2002!

A workshop, entitled "Talking About 'It'", will be held on **Wednesday, October 16, 2002** in Saint Paul, sponsored by the Sexual Violence Action Team, the Saint Paul-Ramsey County Teen Pregnancy Project and the Let's Talk Month Metro-wide Collaborative. Workshop participants will receive new resources designed to help families communicate about sexual violence and its prevention. There is no charge but an R.S.V. P. will be required. For more information, contact Grit Youngquist at 651-266-2407 or at grit.youngquist@co.ramsey.mn.us

Mother - Daughter Retreat, October 5

Contact Planned Parenthood of MN/SD, 612-821-6148.

Minor Consent/Data Practices Workshop

A minor's consent and data practices workshop will be held **Friday, October 25, 2002** from 9:00 a.m. to 3:00 p.m. at the Oak Ridge Conference Center in Chaska, Minnesota. For more information, please call, 952.442.4493. This workshop is being funded by a Youth Risk Behavior Grant and is sponsored by Carver County Community Health Services.

Immigrant Adolescent Health Conference. October 16-November 20, 2002, Wednesdays, from 4:30 to 7:00 p.m. To receive a registration form, call Health Advocates, 651-489-4238, or e-mail pohmans@healthadvocates.info

Regional STD Workshops

October 8, 2002 - Radisson Hotel, Saint Cloud, MN
October 12, 2002 - Northern Inn, Bemidji, MN



October 14, 2002 - Holiday Inn, Mankato, MN

Sponsored by the Minnesota Department of Health, Infectious Disease Epidemiology, Prevention and Control Division, STD and HIV Section. For more information, contact Nancy Petschauer at 612/676-5002.

Advocacy and the Strategic Use of Media Training

October 24, 2002; 8:00 AM - 3:00 PM

Earle Brown Continuing Education Center, 1890 Buford Ave., Saint Paul, Minnesota. Sponsored by the Minnesota Department of Health, Tobacco Prevention and Control Section, Community Health Division. For more information, contact either Linda Ryden at lryden@miph.org or Cathy Angell at cangel@miph.org at the Minnesota Institute of Public Health 763/427-5310 or 1/800/782-1878 or log onto <http://www.mntobacco.net>.

"Sex and Sensibility. Talking with your Kids about Sexuality Issues"

Deborah Roffman, M.S., Human Sexuality Educator, Author and Consultant
Friday, October 25, 9 a.m. to Noon

Sponsored by: Let's Talk Month Metro-Wide Collaboration, Minnesota Aids Project and MOAPPP at Open Book, 1011 Washington Avenue South, Minneapolis 55415, 612-215-2583. This event is FREE. However, space is limited. Please register by Tuesday Oct. 22, 2002. Please RSVP by e-mail to marnie@moappp.org or fax (651) 644-1417.

November

Father - Son Retreat November 2

Contact Planned Parenthood of MN/SD, 612-821-6148.

Madres e Hijas Retreats, contact Planned Parenthood of MN/SD, 612-821-6148. **Retreats in Greater Minnesota**, contact the Sexuality Educator in either Rochester at 507-288-5186, or Duluth at 218-722-0833.

NOAPPP Annual Conference, San Diego, California,

November 19 - November 23, 2002, "Communities Connecting for Youth". Contact: 202-293-8370 or www.noappp.org