

MOAPPP Monitor

Encouraging Youth to Speak Out

by Yael Silverman

In the United States, it is difficult for youth to have a voice. Often, adults make decisions without the proper knowledge of what youth really want. However, youth do have a voice to express themselves. This is the first thing youth need to realize to become an advocate.

Becoming a youth advocate begins with finding an issue to feel passionate about. I feel that youth have the right to complete education concerning sexuality and that information regarding one's health and safety should be kept confidential. That is why I have been working hard to support comprehensive sexuality education and minor's right to confidential health care.

To help youth become advocates, it is important for youth to understand how to get started. Adults can play a vital role in helping youth become interested, as well as providing youth with the necessary

information. Looking back on my experience this past year as a youth advocate, I recommend a few tips to help youth become advocates.

The first thing to do is to teach youth about what is going on in their community. This can be done in a variety of ways; it can be as easy as reading the newspaper or having a discussion group to talk about what they have experienced.

Next, discover whom they want the information to reach. For example, is it most important for the information to be shown to their peers or to policy makers? Once this is decided, it is easier to narrow down projects

and what information is needed. Most importantly, youth need to understand that people may disagree with them on the issue. When I wrote to policy makers about
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Yael (at left) with other Saint Paul Ramsey County Teen Pregnancy Project Teen Advocates at the State Capitol December 2002



Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting

Fall 2003

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Winter, Spring, Summer, Fall...Let's Talk!

The State Fair will have come and gone. Children and teens will be back in school and October will be here in no time! It's time for Let's Talk Month 2003. Minnesota is not alone in recognizing Let's Talk Month. Nationally October is recognized as Let's Talk Month by organizations such as Advocates for Youth (www.advocatesforyouth.org) and the National Campaign to Prevent Teen Pregnancy (www.teenpregnancy.org). Let's Talk Month (LTM) is a time to emphasize the importance of communication between adults and youth helping young people develop responsible, positive attitudes and behaviors about sexuality. MOAPPP

believes parents and caregivers are the primary sexuality educators of their children. LTM is an opportunity to support their critical role.

In July, MOAPPP staff conducted a needs assessment of Minnesota adolescent health professionals to gather input on how we can support the work you do in getting families to START TALKING! The assessment responses provided a peek into past Let's Talk Month efforts around the state and provided direction for this year's planning. MOAPPP has created a Let's Talk Month Website that will feature
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Dear Friends,

Fall usually brings fresh excitement about all of the possibilities for learning and new opportunities. But this Fall feels different. Nearly every day I hear from another dedicated provider who has lost her job working with teens, or I read a story in the paper about the after-school program that won't be available again. I hear from schools that are going to close their on-site child care centers because of the extreme cuts in child care funding. All of this bad news means that fewer children and teens will have positive youth development opportunities; fewer teen parents will be able to stay in school; and, ultimately, the declining teen pregnancy rates may be reversed.

I hope that the last ten years won't be looked back on as the "golden years" of teen pregnancy prevention. We have made great progress in recognizing the needs of young people, in putting research into action, in developing programs and services that are culturally responsive. But we have so far to go. The teen population is growing. If we want them to be successful, contributing members of our communities, we can't abandon them now. MOAPPP will continue to advocate for the resources, policies and services that make a difference for teens. MOAPPP will continue to support you in your role as parent, teacher, health educator, policy maker, or however you come in contact with teens. Let us know what is happening in your community, and how we can work with you to prove that adults in Minnesota do care about doing what's best for teens.




MOAPPP staff spent two days reorganizing our fantastic resource library.

Call Marilyn at 651-644-1447, x15 to make an appointment to explore our resources, including sexuality education curriculum and up to date research on adolescent pregnancy, prevention and parenting.

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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.moappp.org



2003 Let's Talk Month Planning Guide

Let's Talk Month (LTM) is a community campaign that supports parents in their efforts to talk to their children openly and honestly about relationships and sexuality. LTM emphasizes the importance of a strong partnership between the community and the family in helping young people develop responsible and positive attitudes about sexuality.

This is a time to emphasize the importance of strong community partnerships, when religious organizations, media, businesses, schools and community agencies assume a leadership role in supporting communication between young people and the adults in their lives.

Questions to ask when planning a LTM event:

1. Who is my audience (teachers, parents, teenagers, general public)?
2. What resources do I have available (money, time, people)?
3. What do you hope to accomplish (awareness, education, action)?
4. Who is available to help (committee, co-workers, volunteers)?
5. What barriers do you see to accomplishing your activities?
6. How will you evaluate your efforts?

What can I do for LTM?

- Be an "askable" adult to children and teens in your life.
- Create a bulletin board or display in your organization for Let's Talk Month.
- Host a panel of teens and invite parents and community members to attend.
- Invite a parent education speaker to a staff or parent meeting.
- Have parent information packets available at your organization.
- Focus your education efforts on "family communication" for the month.
- Provide Let's Talk Month information in the lobby of your organization.
- Attend an educational forum on parent-child communication.
- Include "Help Your Child Walk in Wisdom" in a faith-based newsletter.
- Hold a workshop for families on reproductive and sexual health issues.
- Display posters and flyers about Let's Talk Month.
- Contact your legislator in support of comprehensive sexuality education.
- Sponsor poster, rap, song, poetry, or essay contests on teen issues.
- Give out promotional items (pens, bookmarks, referral cards, magnets).
- Write a letter to the editor or include an item in your newsletter.
- Organize a health fair to link community members to health resources.
- Train peer educators to provide information and access to services.
- Distribute parent child communication tips at clinic well child visits.
- Visit www.moapp.org for more LTM ideas and resources!

Let's Talk Month ideas from around Minnesota

Washington County Department of Public Health and Environment

Contact: Julie Kilpatrick, PHN julie.kilpatrick@co.washington.mn.us

In 2002 a county workgroup brainstormed how to use the LTM toolkit information and decided to create a visual display for county events. They enlarged the LTM poster and used handouts to create an awesome display board. These displays were made and given out to school nurses, ECFE, Positive Parenting for Teens classes, Youth Service Bureaus, libraries, and county satellite offices for atrium display.

Grant County Public Health

Contact: Elle Habberstad, PHN. elle.habberstad@co.grant.mn.us

Grant County Public Health has a unique way of sharing messages with parents. They use FOOD. At the local parent teacher conferences they held "Chili Bowl Chatters," where students served free chili to parents and gave parents an opportunity to talk with youth and or to collaborate with other parents. Display boards had information on prevention of teen pregnancy, drug, alcohol and tobacco usage. One of the schools held a cake talk where cake and milk or coffee was served during both nights of the conferences instead of chili.

Students also handed out candy to parents with messages: "If you don't want a Baby Ruth, Talk", "Be a Smartie, Talk to your teens about sex", and "Sex is nothing to Snicker at, Talk!"

Koochiching County Health Department

Contact: Donita Ettestad donita.etestad@co.koochiching.mn.us

In collaboration with local businesses, Koochiching County Health Department creates Paycheck stuffers with messages to parents to START TALKING. They also engage local media with public service announcements, letters to editors, live radio broadcasts, articles in newspapers, and special articles in parent/school newsletters. At the October Parent Teacher Conferences, the health department created a display table to promote parent-child communication about healthy relationships and sexuality. This busy county health department also works with local faith leaders to promote family communication during October, Let's Talk Month.



Fact: Young people want to talk to their parents and caregivers about healthy sexuality.

80 attend session led by Entenza and Walker

by Paul Masiarchin
State Coordinator, Minnesota Fathers & Families Network

On July 16, 80 social service professionals and advocates attended a legislative update sponsored by the Minnesota Fathers and Families Network, St. Paul Urban League, MOAPPP, and Southside Community Health Services. The Adolescent Parent Issues Forum provided attendees an opportunity to learn about changes and budget cuts resulting from the 2003 legislative session.

Representative Matt Entenza (DFL, St. Paul), Representative Neva Walker (DFL, Minneapolis), and Minh Ta, Public Policy Director at Children's Defense Fund – Minnesota addressed the importance of speaking up for the programs and policies that support adolescent parents. Representative Walker reminded attendees about the importance of selecting a small number of policy issues, developing your message, and contacting your legislators regularly. Walker said that public policy advocates are much more effective if we keep on top of legislation – and if we keep reminding policymakers that they are being tracked. We “let them off the hook” if we fail to follow-through and if we fail to maintain contact throughout the year.

Minh Ta reviewed legislation from the 2003 session that will affect families and children. Ta indicated that the state is providing counties with funding similar to block grants that pits programs for the disabled and seniors against adolescent parents. In a call-to-action, he indicated that we need to contact county commissioners to ask them to maintain programs for parents and families.

The forum concluded with attendees brainstorming concerns about issues or policies related to fathering, MFIP, and education. Based on these lists, attendees devised action steps for themselves, their organizations, and the field of practitioners working in areas related to adolescent parenting.

For more information about the Minnesota Fathers and Families Network, please go to www.mnfathers.org. •

MOAPPP to co-host adolescent parent legislative forums

The 2003 Legislative session greatly altered the landscape for family-friendly social services across Minnesota. Deep cuts were made to programs that support adolescent parents including, adolescent parent grants, male involvement grants, and funding for childcare.

Now, more than ever, our voices need to be heard. The Minnesota Fathers & Families Network and the Minnesota Organization on

Adolescent Pregnancy, Prevention and Parenting (MOAPPP), are holding a series of eight regional forums to take stock of the changes that occurred during the 2003 Legislative session; share what's working locally and across the state; and plan how to make a difference in 2004. This series of forums is offered in collaboration with the Minnesota Initiative Foundations.

The regional forums titled “Building Networks – Supporting Children: Promoting Effective Policies and Services for Fathers and Adolescent Parents” aim to provide an opportunity for networking and professional development for fatherhood, adolescent parent and social services practitioners, and advocates. The forums will help participants take stock of the changes coming out of the legislative session, focus on what works, and make plans for the future of family-friendly services.

The forums are free and open to the public. To register and receive directions, contact Marilyn at marilyn@moapp.org or 651-644-1447 ext. 15 no later than one week prior to the event. •



 Minnesota state representative ,Matt Entenza, visits with Paul Masiarchin, Minnesota Fathers and Families Network, and Nancy Nelson, MOAPPP.

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Let's Talk



resources and your ideas for supporting parent child communication. Information and resources will be available in Spanish. Check out what YOU can do for LTM by visiting www.moapp.org.

MOAPPP wants to support your community in promoting LTM. MOAPPP will post events and activities around the state on our website. If you are interested in publicizing your community event on the MOAPPP Calendar or want more information contact Lisa Turnham at the MOAPPP office (651) 644-1447 x18, lisat@moapp.org.

Visit the Let's Talk Website at www.moapp.org and find out what YOU can do to START FAMILIES TALKING! •

The Teen Pregnancy Puzzle: Is it falling apart?

by Kelly Wolfe

In 1996, MOAPPP developed the Teen Pregnancy Puzzle demonstrating the interconnectedness of economic support, academic success, community collaboration, teen health services, and comprehensive sex education in preventing teen pregnancy. Minnesota communities increased their efforts to develop programs and services that reinforced this puzzle and connected all the pieces to reach one goal: adolescent pregnancy prevention.

Programs and services that help to keep the puzzle together were severely cut by the recent Minnesota legislative session. The current budget eliminated the After School Enrichment Grants, funding 44 programs for students not currently enrolled in after school programs, those struggling with academic success, and those involved in the juvenile justice system. Research indicates that students who spend no time in extracurricular activities are 49% more likely to use drugs and 27% more likely to become teen parents than those that spend one to four hours per week in after school activities.

Teen parents and their children are at higher risk for school failure, poverty, and future teen pregnancies. Academic, parenting, and childcare services are needed to ensure positive parenting skills and school success for teen parents and their children. Yet, the Adolescent Parenting Grants funding programs that worked to ensure long term self-sufficiency, and the Male Responsibility Grants that focused on peer education and pregnancy prevention for young males, came under the budget ax as well. Many young males in this program were already parents and received critical parenting services and education: this program did not receive any new money for 2004.

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Encouraging Youth to speak Out

comprehensive sexuality education, I knew that some had different viewpoints than I did. It was helpful to me when adults gave me support and encouragement. Even though some people disagree with the issue, if a youth is able to see that there are others on their side, it makes being a youth advocate much easier.

This past year, I had the opportunity to learn advocacy skills through MOAPPP. MOAPPP has the resources and the knowledge to get youth involved, as well as information on what is happening in Minnesota around teen sexual health. Through the advocacy trainings, I have become a strong youth advocate and I now know how to work with our government to get things accomplished.

People may still wonder why it is important for youth to become advocates. Although youth are unable to vote, what is happening politically affects youth equally as it affects adults. Also, it is important for policy makers to realize that youth do want change and that youth are working hard to support change. I am an advocate because, as other advocates have stated, it is "rewarding to know you are helping change the lives of people around you, even if it seems small."

One of the administration's and Legislature's strategies to address the budget deficit included grant consolidations, resulting in significant reductions in funding. The Grant Redesign consolidated 12 grants, including the Youth Risk Behavior Grant (YRB), Women, Infants, and Children (WIC), Maternal and Child Health Block Grant, and Minnesota ENABL. The YRB initiative provides resources to local communities to improve the health of Minnesota's youth. The initiative focuses on sexual behaviors including pregnancy and sexually transmitted diseases. Funding for the YRB and other grant programs will now be the purview of local community health boards.

The budget cuts have been felt throughout the state. With the additional elimination of the HIV/AIDS training, a \$90 million cut in childcare assistance, and a \$1.1 million reduction in Family Planning Special Policy Grants, the ten year decline of teen pregnancy rates could be reversed. Help us put the pieces back together. Know what is going on in your community. Check out the MOAPPP website for your county's statistics. Let your legislators know how these cuts affect your local community. Call your community health boards and county commissioners-this is where the decisions are made! Let them know you care and you want your community to invest in the well-being of your teens. •

Kelly Wolfe is a MOAPPP Policy Intern and Masters Candidate for Public Policy, Hubert H. Humphrey Institute

¹*Making the Case: A Fact Sheet on Children and Youth in Out-of-School Time*, Center for Research on Women, Wellesley College, Jan. 2003 www.niost.org



FACT: Parent-teen communication, supervision of activities and monitoring are associated with decreased risk-taking behavior and better decision-making on the part of teens.

Youth need to be empowered. In order to become empowered, youth must begin understanding the way in which our country works and how we, as youth, can advocate for changes. To be an advocate, youth need education as well as adult support. Youth must have someone who will encourage them to do what is needed and at times give them a little push towards the right direction.

Yael Silverman participated in the Saint Paul-Ramsey County Teen Pregnancy Project Teen Advocate Program (2002-2003) and was a MOAPPP summer intern. Yael is a senior at Central High School in Saint Paul.

MOAPPP provides youth advocacy training for peer education and youth groups. For more information contact Joy R. Miciano 651.644.1447x14 joy@moappp.org. •

Minors' Consent: The law that is all about teen rights, responsibility and respect

by Joy Miciano

Minors' consent (The Minnesota Statute 144.341-347) assures a minor's right to consent to confidential medical services including: emergency related care, pregnancy related care, care for sexually transmitted infections, contraceptive care, inpatient mental health care, and treatment for drug and alcohol use.

Research indicates that many teens would delay or not seek care if the right to confidential health care was taken away.¹ In a 1993 study, the Journal of American Medical Association reported that 25% of the adolescents surveyed would rather forgo health care than risk their parents finding out. Other studies show that only 15% of minors would seek care for a sexually transmitted infection if parental notification were required.

During the 2003 legislative session, a bill in the House to repeal the minors' consent law was introduced and authored by thirty-five members (HF 352). The repeal of minors' consent would restrict minors' ability to obtain any treatment, contraception, or medicine for HIV or sexually transmitted infections (STIs) without parental consent. The bill also added the language that an unmarried minor who has a child may not give consent to personal, medical, dental, or other health services for the minor's child. In addition the bill added language that said, "A parent or guardian is entitled to full access to a minor child's health records except as otherwise explicitly provided in law."



Fact: Young people who feel connected to their family and clearly understand their family's values concerning sexuality and relationships are more likely to avoid risk-taking behaviors.

The bill in the House, authored by Rep. Tim Wilkin (R-Eagan) did not receive a hearing. The companion Senate bill, introduced by Senator Sean Nienow (R-Cambridge) failed. However, a revised bill is anticipated during the 2004 session.

The minors' consent law is protected for this year but the debate will continue when legislators return to session on February 2, 2004. Contact legislators now to ensure that adolescents in Minnesota continue to have the right and the responsibility for their healthcare. During the interim, legislators are more accessible for meeting and conversing with constituents. Also, legislators are more likely to be reading the letters to the editor in the local papers, so make your voice heard!

The Sexuality Education for Life Coalition is sponsoring a FREE Minor's Consent Update workshop. The workshop will address what is happening with the minors' consent law nationally and in Minnesota. The workshop will also highlight how professionals and adults can advocate in support of the minors' consent law. Workshop speakers include Attorney Abigail English from the Center for Adolescent Health & the Law and Public Health Nurse Maggie Dexheimer-Pharris from Saint Catherine's School of Nursing. •

¹Cheng, et al., 1993; Demetriou and Kaplan, 1989; Frost and Kaeser, 1995; Jacard, 1996; Torres, et al., 1980; Ginsburg, et al., 1995; Marks, et al., 1983; Chamie, et al., 1982; Zabin and Clark, 1980.

Joy Miciano is the Education and Policy Coordinator for MOAPPP

MINORS' CONSENT: THE LAW THAT IS ALL ABOUT TEEN RIGHTS, RESPONSIBILITY AND RESPECT

**Thursday, October 2, 2003, 8:30-11:30 am
Open Book, 1011 Washington Avenue S., Mpls.**

**For more information or to register for the workshop contact:
Joy R. Miciano at MOAPPP, 651.644.1447x14, joy@moappp.org.**

Sexuality Education for Life Coalition helping to support teen health policy issues

This summer MOAPPP conducted an online survey with members of the Sexuality Education for Life Coalition (SEFL). The results: SEFL is vital in helping to provide education and advocacy on the teen health issues of comprehensive sexuality education and minors' right to confidential health care. Of the 95 respondents, 93% reported that SEFL was effective in providing education to be informed on comprehensive sexuality education. Similarly, 90% of the respondents reported that SEFL was also effective in providing education on minors' consent: 72% contacted legislators to discuss minors' right to confidential healthcare. The survey indicated that SEFL members were also active advocates for teen health issues during the last legislative session. Eighty percent of the respondents phoned, emailed, or wrote to their legislators about comprehensive sexuality education.

Thank you to those who responded to the survey. The survey results will help SEFL improve communication with coalition members and continue to provide updated information on teen health policy issues. Keep an eye out for SEFL action alerts during the 2004 legislative session and check out the new SEFL website (www.sexedforlife.org) that will be available in October.

To sign up for SEFL action alerts or for more information on SEFL contact Joy R. Miciano at MOAPPP 651.644.1447x14 joy@moappp.org. •

News and Notes

NEW RESEARCH

Not Just Another Single Issue: Teen Pregnancy and Athletic Involvement

When it comes to preventing teen pregnancy, few make the link with women's athletic participation. Common sense and a growing body of research suggests, however, that creating opportunities for girls to play sports can play a key role in reducing teen pregnancy. For example, female athletes in grades 9 through 12 are less than half as likely to get pregnant as their non-athlete peers, and they tend to have higher self-esteem and more positive body images. Participating in athletics also decreases the chance that both girls and boys will abuse drugs and alcohol, both of which can lead to risky decisions about sex. For more information on the link between athletic involvement and preventing teen pregnancy, please visit www.teenpregnancy.org/resources/reading/fact_sheets/sports.asp

Teen Birth Rate At Record Low

The national teen birth rate continued to drop in 2002, the 11th straight year of declines, according to new figures released June 25, 2003, by the National Center for Health Statistics, a branch of the U.S. Department of Health and Human Services. The teen birth rate fell to 43 births per 1,000 females aged 15-19 in 2002. These new figures represent a five percent decline from 2001 and a 28 percent decline from 1990. For details, click on www.cdc.gov/nchs/data/nvsr/nvsr51/nvsr51_11.pdf

NEW RESOURCES

Minnesota state plan website and fact sheets available!

MOAPPP's effort to educate communities around the state about the Minnesota State Plan, a comprehensive review of what works in the area of teen pregnancy prevention continues. Three targeted fact sheets have been created and are being distributed. The targeted audiences for these fact sheets include partners in public health, education, and public policy. The fact sheets include information on what each partner can do to reduce teen pregnancy, facts on teen pregnancy, and research findings on what works to prevent teen pregnancy.

To address the interest in the State Plan and to increase dissemination of the plan, we created a Minnesota State Plan website: www.mnstateplan.org. This website features state statistics on teen pregnancy; the partner organizations working on the state plan task force; the 8 recommendations of the plan; the most prominent research addressing teen pregnancy; and a detailed resource page with links to MOAPPP, National Teen Pregnancy Prevention Research Center, Centers for Disease Control and Prevention, Minnesota state agencies, and other national and local resources.

Community Organizing + Youth Development = Youth Organizing

A new series of four papers from the **Funders' Collaborative on Youth Organizing** explores the influences of community organizing and youth development on youth and characteristics common to youth organizing. Three primary issue areas are examined: public school reform, criminal

justice, and environmental justice. The series discusses the nexus of youth development and youth organizing, and the promise of youth organizing in yielding both individual transformations and social change. In addition, an appendix presents a digest of research and reports, reflections from the field, and youth organizing curricula and toolkits. www.fcyo.org/resources.html



Fact: Parents need to be provided with sufficient information so that they can evolve into the role of a resource person for the children and teens.

"Talking Back: What Teens Want Adults to Know About Teen Pregnancy"

In 1999, the National Campaign to Prevent Teen Pregnancy released the first edition of "Talking Back: What Teens Want Parents to Know About Teen Pregnancy." What was true in 1999 remains the case today: Teens get advice on all kinds of issues from their parents, teachers, and other adults, but they don't often get asked to offer it. A new and updated edition is available online at: www.teenpregnancy.org/resources/reading/pdf/TalkingBack2003.pdf

USEFUL WEBSITES AND ONLINE NEWSLETTERS

Shoulder-to-Shoulder campaign announced

Research indicates that parents are the major influence in teens' lives, on both their beliefs and behaviors. When parents provide warmth and guidance, are respectful, have high expectations, set and enforce limits and monitor their teens' behavior, what is the result? Healthier teens! Shoulder to Shoulder is a new social marketing campaign designed to reach parents of teens with information and support. Check out the website for information on the research and the resources available for parents of teens. www.ShouldertoShoulderMinnesota.org

Let's Invest in Families Today (LIFT)

LIFT, a collaborative project between the National Center for Children in Poverty (NCCP), and a network of state and regional advocacy organizations, endeavors to protect and increase public investments for low-income families and children.

LIFT is designed to identify the best approaches from scientific, program, and policy research and to provide these solutions, as well as communications expertise, to state-based advocates. LIFT is based on a belief that when presented with well-researched policy alternatives, decision makers will make better policy and budget choices, even in difficult financial times.

The section, Table Wizard, helps you do state by state or single state comparisons on policies that affect families—health insurance, MFIP, housing etc. Income Converter converts an income amount into the % of Federal Poverty Level. The website is useful for professionals who work with adolescent parents and families to navigate the "system". www.lift.nccp.org/index.html

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MOAPPP CALENDAR

October

Let's Talk Month events will be held around the state this month. To learn about events in your area, go to the MOAPPP website at www.moappp.org! If you would like your event to be included in the MOAPPP calendar on the Let's Talk Month website, contact Lisa Turnham at lisat@moappp.org or 651-644-1447 ext 18.



November

National Organization on Adolescent Pregnancy, Parenting and Prevention, Inc. Annual Conference, Washington, D.C. November 10-Pre-Conference; November 11-13, Keynotes and Workshops. Go to www.noappp.org for registration information.

December

Get ready for the 2004 Legislative Session! Attend the Capitol Lab on Thursday, Dec 4, 2003 at the Minnesota State Capitol. For more information contact Joy Miciano at joy@moappp.org or 651-644-1447 ext 14.

Save the Date!

The 13th Annual MOAPPP Conference will be held on May 6-7, 2004 at the Earle Brown Heritage Center in Brooklyn Center, Minnesota. For more information about keynote speakers, conference highlights, and registration information, click on www.moappp.org.

BUILDING NETWORKS – SUPPORTING CHILDREN WORKSHOPS*

MARSHALL: Wed., October 8, 9:00 a.m. to Noon

WILLMAR: Wed., October 8, 1:30 p.m. to 4:30 p.m.

DULUTH: Wed., November 5, 9:00 a.m. to Noon

ROCHESTER: Thur., October 30, 1:30 - 4:30 p.m.

MANKATO: Thur., October 30, 9 a.m. - Noon

TWIN CITIES: To be determined

* At the time of publication, workshops have taken place in Little Falls, Fergus Falls, and Bemidji

