Seeking, Striving, Succeeding: Sexual Health for Emerging Adults

The facts are startling: Young women ages 20-24 years have higher rates of unintended pregnancy than women of any other age; 20-24 year old young adults have the highest rates of chlamydia, gonorrhea, and other sexually transmitted diseases, both in Minnesota and in the U.S. Clearly, new strategies are needed to assist emerging adults in maintaining their sexual health.

Striving for solutions…

Important steps involve sex education tailored to emerging adults, made available in ways that are well-suited to the contexts of their daily lives including the web and social media. This information much reach emerging adults where they are: in two- and four-year colleges, job training sites, workplaces and the military. In addition, improving the health care system through changes in financing and delivery of reproductive health services can assist young adults in achieving sexual health. And messages from parents, other caring adults, and larger social systems can help to create social norms that support young adults’ healthy sexual decision-making and behaviors.

Achieving success.

For young adults, sexual health is not merely the absence of disease; it includes physical, emotional, mental and social well-being in relation to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, and the possibility of having pleasurable and safe sexual experiences free of coercion, discrimination and violence.

During the 2013 Summer Institute in Adolescent Health, consider trends and influences on sexual behaviors among emerging adults. Visit settings that are successfully addressing sexual health among young adults. Talk with young adults, program leaders, health providers and educators who are committed to improving sexual health services. Learn strategies for assessing supportive environments, sustaining authentic relationships, and providing services that are responsive to the uniqueness of this life stage. Gain new skills to effectively advocate for the sexual health of emerging adults.

Who Should Attend?

All who work with young people – teachers, coaches, and administrators; nurses, physicians, nutritionists, psychologists, social workers, counselors, and youth workers; religious leaders and policy makers.
Linda H. Bearinger, PhD, RN, FAAN, FSAHM
Pam Moore, MA,
Amber Cameron, MS
David Kurtzon, MPH,

She has served on advisory boards of many influential national organizations including the Guttmacher Institute, the Population Advisory Board of the David and Lucile Packard Foundation, the Harvard University Working Group on Early Life and Development – Prevention Research Center, Division of Adolescent Health and Medicine, Department of Pediatrics, Medical School, University of Minnesota

City ___________________ State_____ Postal Code_________________________

Employer ____________________________________________________________

Daytime Telephone ________________ Fax _______________________________

Email Address _______________________________________________________

Disability or Dietary Accommodations

Register Online or by Mail

Online:
www.nursing.umn.edu/can click on the continuing education link in the left column and then select the online registration link. Payment options: credit card, U of MN chart string, or by mailing in a check with the registration form.

Mail:
Register for Hamline University Graduate Credit. Two-semester graduate credits are available through Hamline University. Tuition payment for Hamline credit is due at the time of registration. The registration fee for individuals taking the Institute for 1 credits (graduate student s only) and will be accepted on the first day of the Institute. The registration fee for individuals taking the Institute for 2 credits (graduate students only)

A continued education link may be offered on the last day of the Institute. Tuition payment for credits (graduate students only)

Accommodations
For registrants requiring hotel accommodations while attending the Institute, nearby hotels include:

- Best Western Banada Square
- Holiday Inn St. Paul

Continuing Education
This program provides up to 2 CEUs of professional continuing education (at U of M) and is designed to meet the national continuing education requirements.

Registration and Fees
The registration fee for the Institute includes all program sessions, instructional materials, readings, and continuing education record plus continental breakfast, lunch, and refreshments breaks each day.

Online registration can be found through the continuing education link at www.nursing.umn.edu/CAN and payments must be made after registering for the Institute to receive the Hamline University registration form.

Registration fees are refunded only if written cancellation is received by July 19, 2013. An administrative fee of $50 is charged on all cancellations. A full refund is made if the program is canceled. The University of Minnesota reserves the right to cancel the program if necessary.

Archived sessions may be accessed at the Institute website at:

www.nursing.umn.edu/CAN. Click on the continuing education link in the left column. The registration form for individuals taking the Institute for learning credit is available online or after registering for the Institute. Contact Jonna Bauer on the University of Minnesota Wilder Center website at:

www.wilder.org/AboutUs/Locations/Page5604. Students admitted to a University of Minnesota degree program may also apply for graduate credit. Contact the University of Minnesota’s Bookstore for information on purchasing course materials.

www.nursing.umn.edu/CAN. Contact onestop@umn.edu or 651-225-1515 if you have trouble registering: onestop@umn.edu or 651-225-1515

Teacher: The National Campaign to Prevent Teen and Unplanned Pregnancy, a private and non-profit organization working to promote values, behavior, and policies that reduce both teen pregnancy and unplanned pregnancy among single young adults. Under her direction, the National Campaign has produced numerous resources aimed at reducing unintended pregnancy among emerging adults including: *The Top Ten: How to Say No, Reasoning, Thinking and Acting (PDF)*


Think About Sex, Love, Contraception, and Relationships, That’s What He Said: What Guys

The Institute will be held at the Amherst H. Wilder Center, 451 Lexington Parkway N., St. Paul, Minnesota 55104. Free public parking is available in the Wilder Center parking lot.

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- Holiday Inn St. Paul

Registration Deadline: July 19th

The registration deadline is July 19th. To register after this date, please call 651-225-1515 for space availability.

Registration Deadline: July 19th

2013

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Jenna Baumgartner
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www.nursing.umn.edu/CAN. Contact onestop@umn.edu or 651-225-1515 if you have trouble registering: onestop@umn.edu or 651-225-1515

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