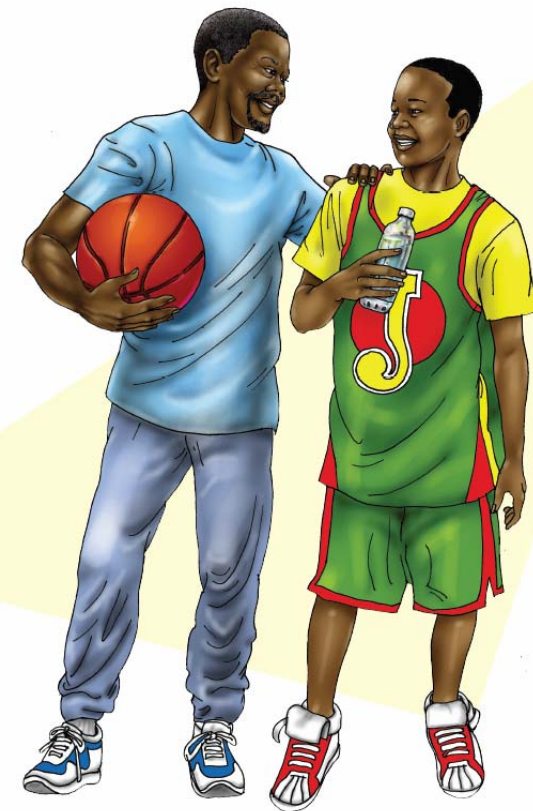


JA-STYLE

Jamaica's Solution to Youth Lifestyle and Empowerment

Good Parenting



Parents Make a Difference!

For more information please contact:

Mr. Ian McKnight
Outreach and Communication Specialist
5th Floor, Ministry of Health
2-4 King Street
Kingston
Jamaica, West Indies

Telephone: (876) 948-2149 to 51

Fax: (876) 948-3832

Email: IMcKnight@urc-jamaica.com
or JA-STYLE@urc-jamaica.com

Comparing Effectiveness of Methods

This chart shows how effective methods are as usually used. The top four methods are most effective; the user has nothing to do. The effectiveness of the other methods depends on the user's behaviour. These other methods are more effective when used correctly.

Effectiveness	Method	Instructions
Most effective Generally 2 or fewer pregnancies per 100 women in one year	Implants	One-time procedures. Nothing to do or remember.
	Vasectomy	One-time procedures. Nothing to do or remember.
	Female Sterilization	One-time procedures. Nothing to do or remember.
	IUD	One-time procedures. Nothing to do or remember.
Least effective About 30 pregnancies per 100 women in one year	Injectables	Need repeat injections every 1 to 3 months
	Pills	Must take a pill each day
Least effective About 30 pregnancies per 100 women in one year	LAM (up to 6 months postpartum)	Must follow LAM instructions
	Male Condoms	Must use every time you have sex; requires partner's cooperation.
	Diaphragm	Must use every time you have sex
	Female Condom	Must use every time you have sex; requires partner's cooperation.
	Fertility Awareness-Based Methods*	Must abstain or use condoms on fertile days; requires partner's cooperation.
	Spermicides	Must use every time you have sex

*This ranking is based on a simplified calendar method. Some other fertility awareness-based methods that more accurately identify the fertile period, including the Standard Days Method, are more effective.

AP 3

Prepared by the National Family Planning Board

<http://www.jnfpb.org>

Good Parenting

Parents Make a Difference!

September 2007

JA-STYLE or Jamaica's Solution to Youth Lifestyle and Empowerment, is a technical assistance programme to support the Government of Jamaica's Ministry of Health. JA-STYLE is managed by University Research Co., LLC (URC) in collaboration with Advocates for Youth, Health Strategies International, LLC (HSI) and Population Media Center. The programme is funded by the United States Agency for International Development (USAID) under contract No. 532-C-00-05-0029-00.

The author's views expressed in this publication do not necessarily reflect the views of the United States Agency for International Development or the United States Government.

EMERGENCY ORAL CONTRACEPTIVES can help prevent pregnancy if taken up to five days (120 hours) after unprotected sex, but is **more effective if used early**. Emergency oral contraceptives can stop ovulation (the release of eggs from the ovaries), prevent sperm from reaching the egg, and may prevent implantation of the egg in the uterus.



Adapted from Life Planning Education,
Chapter 13, pp. 464-468, Advocates for Youth.
<http://www.advocatesforyouth/publications/lpe/chapter13.pdf>.

AIDS/STD Helpline: 967-3830 / 967-3764
Toll Free: 1-888-991-4444



The **BIRTH CONTROL PILL** contains low levels of hormones that reduce the risk of pregnancy by stopping ovulation (the release of eggs from the ovaries) or preventing sperm from reaching the egg. The pill is taken every day at the same time of day. The pill does not prevent against STIs or HIV, so should be used with a male or female condom. The pill is available at your local health clinic or pharmacy.



DEPO-PROVERA, or “**DEPO**,” is an injection of hormones given every three months. Like the pill, it stops ovulation (the release of eggs from the ovaries) makes it difficult for sperm to reach the egg, or difficult for the egg to implant in the uterus. Depo does not prevent against STIs or HIV, and should be used with a male or female condom. There may be side effects from Depo, so talk to a doctor before use.

Introduction

This handbook, developed by JA-STYLE with technical support from the Ministry of Health and funded by USAID, is intended for use by parents of adolescents aged 10-19, those that work with parents of adolescents, those that work with adolescents and/or adolescents themselves. It provides information to assist parents to communicate effectively with their adolescents about sensitive, yet critical, issues faced by adolescents, including reproductive health, HIV/AIDS, substance abuse prevention, and violence prevention.

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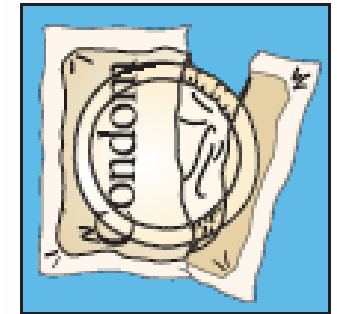
Are You Really Listening?



*Start with a promise to really listen to your child.
It's not always easy, but here are
some steps to help.*

ABSTINENCE means not having any oral, anal and/or vaginal sex. Abstinence is the best way to prevent pregnancy and also protects against STIs, including HIV. Your child may need your help finding words to say s/he wants to practice abstinence.

The **MALE CONDOM** helps prevent pregnancy and STIs, including HIV, by providing a barrier during sexual activity that prevents the exchange of fluids between two people during sex. A male condom is worn over the penis and cannot be used twice. A condom must be used every time sexual activity occurs and used correctly. Male condoms are sold at drug stores, pharmacies, and other stores.



The **FEMALE CONDOM** helps prevent pregnancy and STIs, including HIV, by providing a barrier during sexual activity that prevents the exchange of fluids between two people during sex. A female condom is placed into the vagina and cannot be used twice. A condom must be used every time sexual activity occurs and used correctly to be most effective. Female condoms are sold at drug stores, pharmacies, and corner stores.



References

Here are some methods that young people can use to protect themselves from pregnancy and sexually transmitted infections, including HIV. To find out more about these or other methods available to youth in your community, contact your local health clinic.



Steps to *Active* Listening

Be Open to Their Feelings and Needs
Really listen and don't jump to a quick decision.

Get the Facts
Ask for more information.

Say it Again
REPEAT what you understand your child to be asking.

Share Feelings
Be honest.

Sum it Up
Say what you and your child have agreed to.

Adapted from "Building Blocks to Effective Communication."
www.advocatesforyouth.org/buildingblocks.htm

Remember What It Was Like to Become You?



Remember when you were a youth... those years were a time for learning who you were in the family, among friends, and the community.

Young people are still learning who they can trust, where they are safe and what might put them in harm's way and they need adults to help them stay safe.

You can help your *own* children stay safe by:

- ♥ Knowing where they are and who they are with
- ♥ Knowing who their friends are
- ♥ Asking questions about their day
- ♥ Telling them who they can trust
- ♥ Identifying a friend, neighbour, or relative they can call when they cannot reach you
- ♥ Identifying safe places for them to go when they have trouble or feel unsafe... a neighbourhood store, a neighbour's home, a church, or a school

You can help *other* children stay safe by:

- ♥ Watching out for them in your neighbourhood
- ♥ Asking them where they are going or what they are doing if they seem lost
- ♥ Offering help when needed
- ♥ Calling **1-888-PROTECT** to report abuse

Keeping Young People Safe is Everyone's Responsibility



All adults have the responsibility to care for and protect the young people of Jamaica

Young people struggle with a number of things. This is normal and healthy. Think about what it was like when you were younger so you can better understand and help.

Learning who you are. Young people are working to discover and understand who they are.

Encourage her special talents. Young people are struggling to become more independent and to rely less on their parents. They are getting better at making their own decisions and developing their own beliefs.

Getting close to someone. Young people like to get close to others, need to express their sexual feelings, and enjoy sexual contact.

Trying to make it. Young people think about school, jobs, and their future.

Adapted from "A Curriculum for Parents of 10 to 19 Year Olds" August 2006 draft USAID, p. 35.



Tips for Good Communication



How you talk to your child can make a big difference in how you understand each other.

★ Teach your children to ask questions such as:

- What is said—what is the message of the program, picture or article?
- What is NOT said (hidden messages)?
- What values are communicated?
- What stereotypes are used?
- Who is it for?
- Who paid for it?
- What is it trying to tell you?
- What do you agree with, what do you disagree with?

Rademacher, K. Media, Sex and Health: A Community Guide for Professionals and Parents. North Carolina: The Women's Center, 2007.

Set reasonable limits on what and how much radio, television or Internet you children can use—such as less tv time but more netball or reading instead.

Help your children choose programs that give honest information, share your values and make your child feel good about herself.

DON'T FORGET TO RESPECT YOUR CHILD'S OPINION!

Help Your Child Be Smart About What They See, Hear and Read



It can be hard for young people to make sense of what they hear on the radio, see on the television and the movies, or read in the papers, magazines and on the internet. They are bombarded daily with messages from many different places—all trying to get their attention. Not all of these messages are healthy for your children. Help them think for themselves about what they hear, see and read with these steps:

- ★ Get to know what your children are reading, watching and listening to
- ★ Listen and watch programs with your children and talk to them

Use these building blocks to encourage conversation.

Do	Say
Listen	<i>I feel that right now you need me to just listen to you.</i>
Praise	<i>You worked so hard and I am proud of you.</i>
Feel	<i>I feel...</i> • <i>I'm so angry when you...</i> • <i>I love you.</i>
Respect	<i>It's your choice.</i> • <i>What can I do to help you?</i>
Listen and Repeat	<i>It sounds like you were very unhappy about your class. Is that right.</i>
Trust	<i>I know you will be thoughtful and responsible.</i>
Affirm	<i>You are so smart.</i> • <i>You make me happy when you...</i>
Clarify	<i>Could you tell me more about your argument with your friend?</i>

Adapted from "Building Blocks to Effective Communication."
www.advocatesforyouth.org/buildingblocks.htm

*Even if it seems like he
 isn't hearing you ,
KEEP ON TRYING!*

What Is Puberty?

Puberty is a process all young people go through when their bodies are growing and changing rapidly. Some of these changes are:

- ★ Oily skin and pimples.
- ★ Sweating and body odor.
- ★ Hair growth under arms and on pubis and, in males, on face and chest.
- ★ Hips widen in females and shoulders broaden in males.
- ★ Muscle growth.
- ★ Achy joints due to rapid growth.
- ★ Growth in sex organs.



How is HIV spread?

HIV is spread through direct contact with infected blood, semen, vaginal fluid or breast milk by:

- ★ Exchanging blood, semen or vaginal fluid through vaginal, oral or anal sex with an HIV-infected person.
- ★ Sharing needles or syringes that have been used by an HIV-infected person.
- ★ Being born to a mother who is infected with HIV.

Young people can avoid HIV infection by:

- ★ Not having, vaginal, oral or anal sex.
- ★ Young people can show feelings without having sex by holding hands, kissing and touching.
- ★ Not injecting drugs or sharing needles or syringes.

Young people who are sexually active can practice safer sex by:

- ★ Using a latex condom every time they have vaginal, anal or oral sex.
- ★ Getting tested for HIV and insisting that their partner do the same.
- ★ Sticking to one partner.

Adapted from HIV & AIDS: The Facts. Advocates for Youth. Draft October 2006.

AIDS/STD Helpline: 967-3830 / 967-3764
Toll Free: 1-888-991-4444

How Do You Get *HIV/AIDS?*



Anyone Can Become Infected With HIV

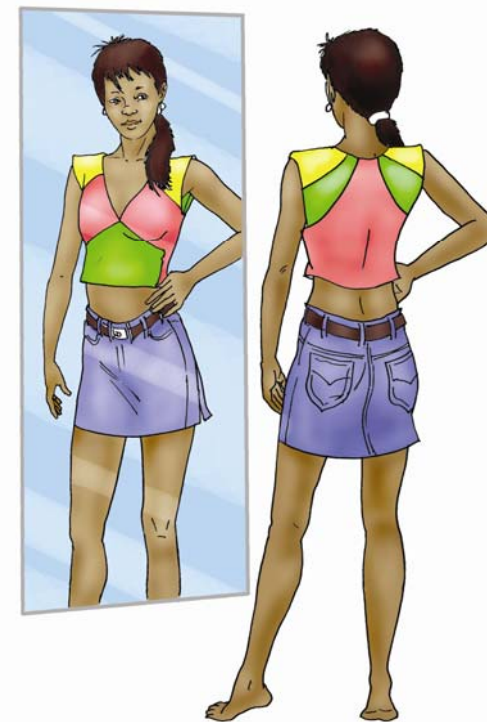
A body infected with HIV is less able to fight off infection and illness. HIV can lead to AIDS. There is no cure for AIDS, and it is a deadly disease.

- ★ In boys, voice deepens, sperm is produced, and erections, ejaculation, and wet dreams are more frequent.
- ★ In girls, breasts develop, and their period begins and bodies change to allow pregnancy to happen.

Tips:

- ★ Encourage children to talk about the changes in their body.
- ★ Help them understand that these changes are normal.

*Adapted from "Growth and Development, Ages 9 to 12 - What Parents Need to Know."
www.advocatesforyouth.org/parents/9_12.htm*



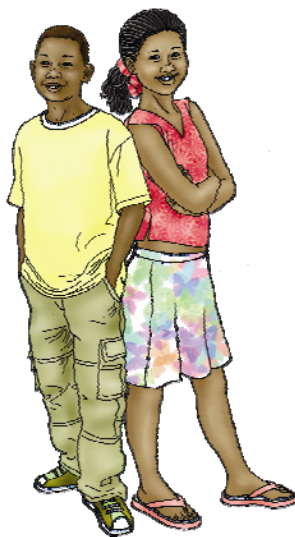
Do You Know What Changes Your Child is Going Through?

Early Adolescence

Girls around 9 - 13 years
Boys around 11 - 15 years

At this time, young people:

- Are going through puberty.
- Think a lot about their bodies and worry about how they look.
- Start to pull away from parents
- Start to hang with friend, wanting to be more with a group.
- Think mostly about stuff from their every day lives.



Middle Adolescence

Girls around 13 - 16 years
Boys around 14 - 17 years

At this time, young people:

- Are getting more independent, wanting to do their own thing.
- Like to be with their friends.

-
- ◆ Tell her that respect does not ALWAYS mean doing what older people tell her to do.
 - ◆ **DO NOT** tell her, “You must do EVERYTHING an older person tells you to do”.
 - ◆ Tell her again and again about sexual abuse so she knows what it is and knows what to do about it.

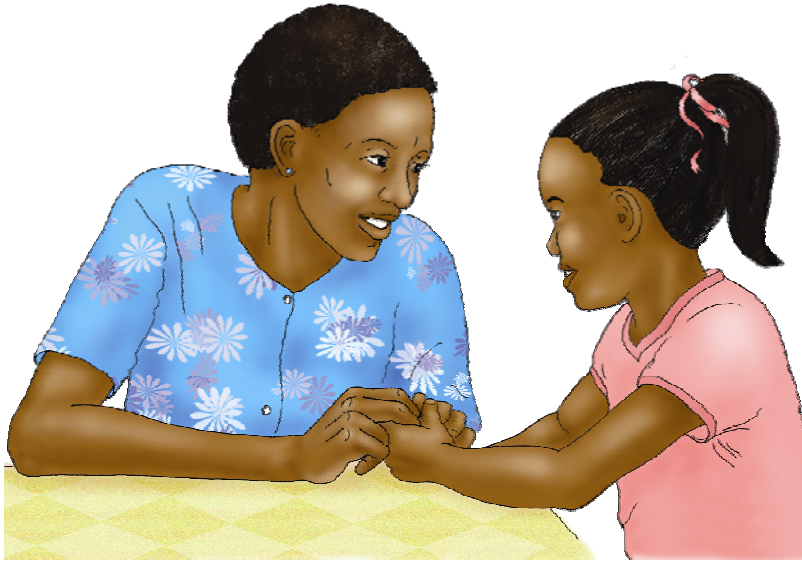
Help Your Child if He Has Been Sexually Abused

- ◆ Tell him that he can talk to you about anything, including sexual abuse.
- ◆ If you think something could be wrong, ask him more questions to make sure he is not in danger.
- ◆ If your child has been sexually abused, stay calm, comfort him, and tell him that he has done nothing wrong. Take him to the local health clinic and also ask about mental health services.
- ◆ Find help for yourself so you can better support your child.

Adapted from US Department of Veterans Affairs, National Center for Post Traumatic Stress Disorder. American Psychological Association.
www.ncptsd.va.gov/ncmain/ncdocs/fact_sheets_child_sexual_abuse.html

What is *Good Touch*?

What is *Bad Touch*?



Teach Your Child About Sexual Abuse

- ◆ **BAD TOUCH:** Tell her that if someone tries to touch her body in ways that make her feel uncomfortable, she can and should say NO to the person and tell you about it right away.
- ◆ Sexual abusers are often known to the child and can be a family member or family friend.
- ◆ Tell her that her body is her own and she has the right to tell others NOT to touch her.

- Care about what their friends do and think.
- Start to test out relationships.
- Start to think about things they don't live every day and wondering, "what if...?"



Late Adolescence

Girls around 16 years and up
Boys around 17 years and up

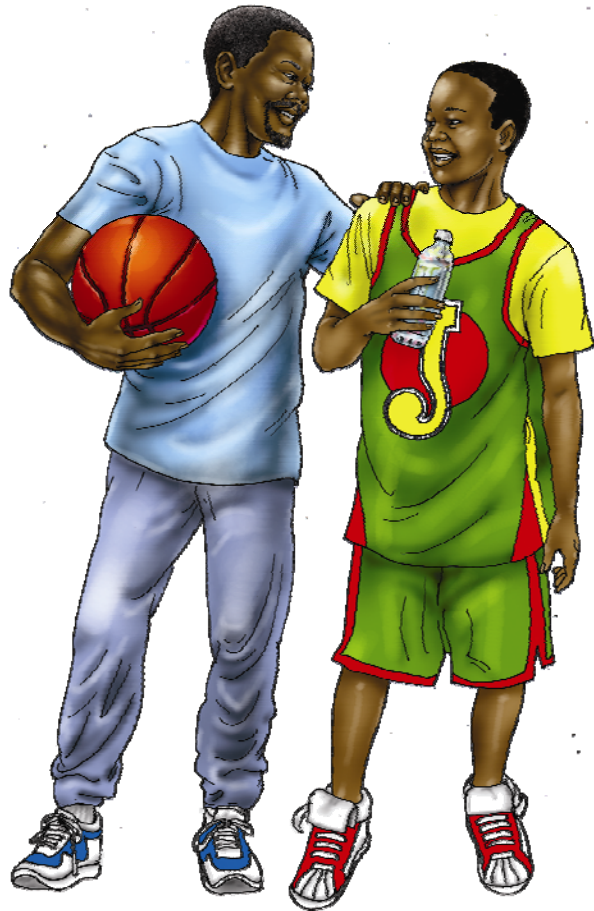
At this time, young people:

- Are doing their own thing, are their own person.
- Know who they are.
- Can be in a caring romantic relationship.
- See who they are as an adult.
- Form better and close relationships.
- Are comfortable with how they feel as a man or a woman and know who they are attracted to.



Adapted from: National Commission on Adolescent Sexual Health, 1995.

Have You Talked About the *Facts of Life*?

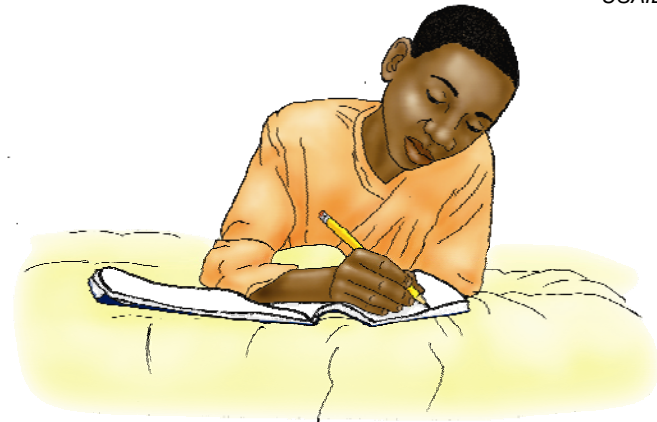


Children receive a lot of information about sex from television, radio, friends, or school. But parents are most important. To help children grow up healthy and safe, talk to them about sex.

Parents are heroes too—take time-outs.

1. When you are calm, tell the other people in your home about time outs and what they are.
2. A time-out can be five minutes to an hour. Tell your family how long your time-outs will be.
3. When you begin to get angry, make a decision to take a time-out.
4. Tell your child that you are taking a time-out so that you can better talk to him.
5. Go to a place where you can be alone and calm down.
6. Do what you need to do to calm down; breathe deeply, take a walk, pray, listen to music, imagine a nice place, read, or call a friend.
7. Think about the good things about your child.
8. When you feel more calm, think about how you can talk to your child about the problem in a respectful and helpful way.
9. After the time-out is over, go back and face the situation head-on.

Adapted from A Curriculum for Parents of 10 to 19 Year Olds, August 2006 draft, USAID, p. 153.



Take a Parent Time-out

Taking time-outs can

- calm you
- clear your mind
- help you make good decisions
- help you say things more clearly

Parent time-outs show young people that

- anger does not need to control a situation
- there are healthy ways to manage anger



Here are a few tips:

1. *Be honest. Tell the truth. No fairy tales.*
2. *Encourage questions and help them find answers.*
3. *Listen more than you talk.*
4. *Share what you believe in, share your values.*
5. *Practice what you preach.*
6. *Keep your sense of humor.*
7. *Don't assume that if your child asks about sex, he is having sex.*
8. *Respect your child's views.*
9. *Let children know that their questions and feelings are normal.*
10. *Teach your child ways to make good decisions about sex and how to get out of risky situations.*

Marge Roper Hotline: 968-1619

*Adapted from Advocates for Youth's tips.
www.advocatesforyouth.org/parents/tips.htm*

Does Your Child Know How to Prevent Pregnancy?

It's normal for young people to have sexual feelings. Young people with information about sex and how to protect themselves are more likely to wait before having sex and to protect themselves when they do.

- ★ Talk to your child about your beliefs and values about love and sex.
- ★ Give the real information about how to prevent pregnancy and sexually transmitted infections (STIs), including HIV.



You can help your child be more confident by:

- ★ **Backing her up** by saying things like, “You did that really well.”
- ★ **Showing that you love him no matter what.** This will help him love himself.
- ★ **When you see a special talent in your child help her make it stronger.** This might include talent for music, cooking, sports, etc.
- ★ **Avoid making fun.** Jokes or nicknames can be hurtful.
- ★ **See the good things about your child** and tell her what you see.
- ★ **Be gentle with mistakes.** We all make mistakes and can learn from them.
- ★ **Set limits** so he knows what he can and can't do. He will feel secure that you will not let him go too far.
- ★ **Take her feelings and emotions seriously.**
- ★ **Be a good role model** by loving yourself, too.
- ★ **Teach him to help others.** This will help him feel he can make a difference.

Adapted from A Curriculum for Parents of 10 to 19 Year Olds, August 2006 draft, USAID, p. 57.

Build Self-Esteem



As young people grow and begin to find their identity, they may feel unsure and may not have confidence. It is important for parents to believe in them and help them believe in themselves. Being confident is when your child feels good about him or herself and feels like he or she is able to do things well.

Method	What is it?	Helps prevent pregnancy	Helps prevent STIs, including HIV
ABSTINENCE For most effective pregnancy, HIV prevention	No oral, vaginal or anal sex	Yes	Yes
MALE & FEMALE CONDOMS	Latex sheath worn on penis or inserted in vagina	Yes	Yes
BIRTH CONTROL PILLS	Pill that contains hormones taken by mouth every day	Yes	No
DEPO-PROVERA or "DEPO"	Shot with hormones injected every three months	Yes	No
EMERGENCY CONTRACEPTIVE PILL	Two high doses of birth control pills taken within three days of unprotected sex	Yes	No

Go to **Page 29** for more information on these methods.

Adapted from *Life Planning Education, Chapter 13, pp. 464-468. Advocates for Youth. www.advocatesforyouth.org/publications/pe/chapter_13.pdf*

Marge Roper Hotline: 968-1619

How Do You Set Limits?



Young people are working hard to figure out who they are and how they fit into the world. This is healthy.

In trying to figure out who they are, they may make mistakes, take risks, or break rules.

Believe in Your Child

Even when your child does things that you don't agree with, show that you love and believe in her.

Say, "I Love You"

Tell your child that you love her no matter what.

Praise Your Child

Give thanks and praise when he does something good.

Be Gentle with Mistakes

Everyone makes mistakes, so be gentle. Let your child learn from them.

Do it Quick

Act as soon as possible when your child has done something wrong.

Do Not Hit

Hitting your child will lead to low self-esteem, mistrust between your child and you, and tells your child that violence is okay.

Tell Them Why

Make sure your child knows why he got in trouble.

Other things you can do instead of hitting:

- Talk about it.
- Take a parent time-out.
- Grounding.
- Take away privileges.
- Negotiate and enforce consequences.
- Set family rules agreed by all.
- Praise good behaviour.

Set Limits

Tell your child what the consequences are (for example, for how long they can't go to their friend's house). Enforce limits firmly and fairly.

Control Your Emotions

This is sometimes difficult when you are angry, but you will be setting a good example for your child to follow.

Adapted from A Curriculum for Parents of 10 to 19 Year Olds, August 2006 draft, USAID, p. 152.