

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

What Is Your CONDOM IQ?

Every year, the week of Valentine's Day is also known as National Condom Week. Did you know that condoms are effective against most STI's, they reduce the risk of HPV and HIV, and are nearly as effective as the pill in preventing pregnancy? While most condoms are made with latex, there are latex free condoms for those with allergies. Another fun fact... the first condoms were made of sheep intestines, so we've sure come a long way! Those animal skin condoms were porous and didn't provide adequate protection from viruses like HIV. Since we know that a significant portion of people with STIs show no signs or symptoms of having them, it's great that today's condoms are providing much better protection!

What is important to know about condoms? First, they are cheap and often free at health centers. They do expire, so be sure to check the package prior to using them. Make sure there is an air bubble in the package, since this means that the package is still sealed and good to use. There are both external (male) condoms and internal (female) condoms and they must be used correctly and consistently at the start of sex to provide proper protection from STIs and pregnancy. Also, they should be stored at room



temperature to ensure they do not break down. Talking with your partner prior to sexual activity (vaginal, anal, or oral) is a healthy component in relationships and allows sexual pleasure to increase by decreasing concerns about condoms or any other part of sex.

We offer free condoms as part of the Safe Sex Kits that we ship to people in our community. You can request a free package by going to www.tinyurl.com/safekits or stop by our health centers and ask for a kit at the front desk. Our goal is to help keep our communities healthy by providing education, tools, and resources to have safe, pleasurable, and informed sexual activity!

Partner SPOTLIGHT:

EPIC ZONE



EPIC Zone is a youth clubhouse drop-in center which provides a safe and welcoming gathering place for youth ages 12–17. It is a place to embrace **E**nrichment, **P**revention, **I**ndividuality and **C**ommunity. EPIC Zone provides opportunities to engage in meaningful activities, become informed on a variety of topics and promote youth voices. At EPIC Zone we intentionally deliver services through the evidence based practices of the Developmental Relationships and strive to promote many of the 40 Developmental Assets both of which are provided by the Search Institute. EPIC Zone is a place for youth to share their thoughts and ideas that help guide our program to share power, meet youth's needs, desires and goals through support and development. Our vision is for all youth to be included as valuable members of a community who are rich with experiences and can identify their positive contributions to self and others. EPIC Zone is funded by the NYS Office of Addiction Services and Supports with The Partnership for Ontario County as the fiduciary agent. Epic Zone has been in existence since June of 2016 and is currently located at 21 Worthington Avenue in Geneva.

Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health

513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health

7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health

112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health

60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health

6341 Ridge Rodd
Sodus, NY 14551
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

www.LocalCommunityHealth.com

IT CAN HAPPEN TO ANYONE

NO MATTER RACE, AGE OR GENDER



Human Trafficking Awareness

Human trafficking may be a well-known concept for some based on the movie, "Taken," but this film doesn't portray the realities of this topic. Human trafficking is the act of taking someone's freedom away in order to profit from them. Traffickers trick, defraud or physically force victims into selling sex or labor under inhumane, illegal or unacceptable conditions. According to the Polaris Project, this multi-billion-dollar criminal industry impacts the freedoms of 24.9 million people around the world. There are two main types of human trafficking: sex trafficking and labor trafficking.

Common types of sex trafficking include pornography, illicit massage business, brothels, outdoor soliciting, and escort services. If the person being trafficked is under 18 years old, they are legally a victim. Evidence shows that racial minorities are more likely to be victims of sex trafficking. For LGBTQ youth, we see much higher rates of sex trafficking as nearly 40% of

homeless youth identify as LGBTQ+. This group of young people face higher rates of homeless due to family rejection, prior abuse or neglect, bullying, or social discrimination and marginalization. Traffickers exploit their needs to get them to comply.

Labor trafficking is often seen in agriculture, domestic work, restaurants, cleaning services, and carnivals. Often, people who are being trafficked for labor are isolated both physically and emotionally.

Traffickers can be intimate partners, family members, friends, or strangers. **If you are worried about someone being trafficked, contact the Human Trafficking Resource Center at 1-888-373-7888.**

Anyone who suspects they may be a victim or a witness to human trafficking is encouraged to call the Human Trafficking Resource Center as they can help with locating resources within your community.

You can also text "HELP" to 233733 (BeFree).

Someone you know may be in a sex trafficking situation if:

- They want to stop participating in selling or trading sex but feel scared or unable to stop.
- They disclose that they are reluctant to engage in selling sex but that someone is pressuring them into it.
- They live where they work or are transported by guards between home and their workplace.
- They are children who live with/are supported by a family member with a substance abuse problem or who is abusive in other ways.
- They work in an industry where it may be common to be pressured into performing sex acts for money, such as a strip club, go-go bar or illicit massage business.



Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

For more information visit, www.LocalCommunityHealth.com or

call us today to schedule at (315) 787-8132.

Follow us on TWITTER at **FLCHFPED!**