

Teenage Risk Taking Behaviour

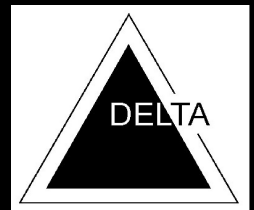
Delivered by SELB, DELTA and Love for Life

The Facts

Alcohol, Drugs and Relationships

The Skills

Parenting Skills



“Children nowadays love luxury, have bad manners, contempt for authority, disrespect their elders... They contradict their parents, chatter in front of company, gobble up their food, cross their legs and tyrannise their teachers.”

Socrates 470 – 400 B.C.

Lets talk...

As parents we...

Parents are the most influential people in children's lives.

Parents love their children and want what is best for them.

Sometimes parents feel that they lack the facts and skills necessary to promote their child's personal development.

We can protect our children's future
through active parenting,
being involved and
being aware.

Lets talk...

key parenting skills

Communication

Relationship



Discipline &
Boundaries

Unconditional
love

Lets talk...

influences

What influence does family background have?

Family breakdown

Communication

Communication about sex

Lets talk...

peer pressure

Teenagers Experience of Sex

'I didn't feel ready, all my friends egged me on by telling me that it was excellent and that they had all done it. Half of them haven't: they wanted me to do it so I could tell them all about it'



Teenagers Experience of Sex



'I thought that once you were going out with a bloke you had to sleep with them, that was the process. I really thought that. And you didn't. And I was thinking that I have to make the move before they do'

Teenagers Experience of Sex



'I just wanted to get it over and done with so I could say 'yeah I've done it' and now I can find a bloke who likes me and maybe it will be better'

Teen Pregnancy Report

Lets talk...

media

What are we selling ?

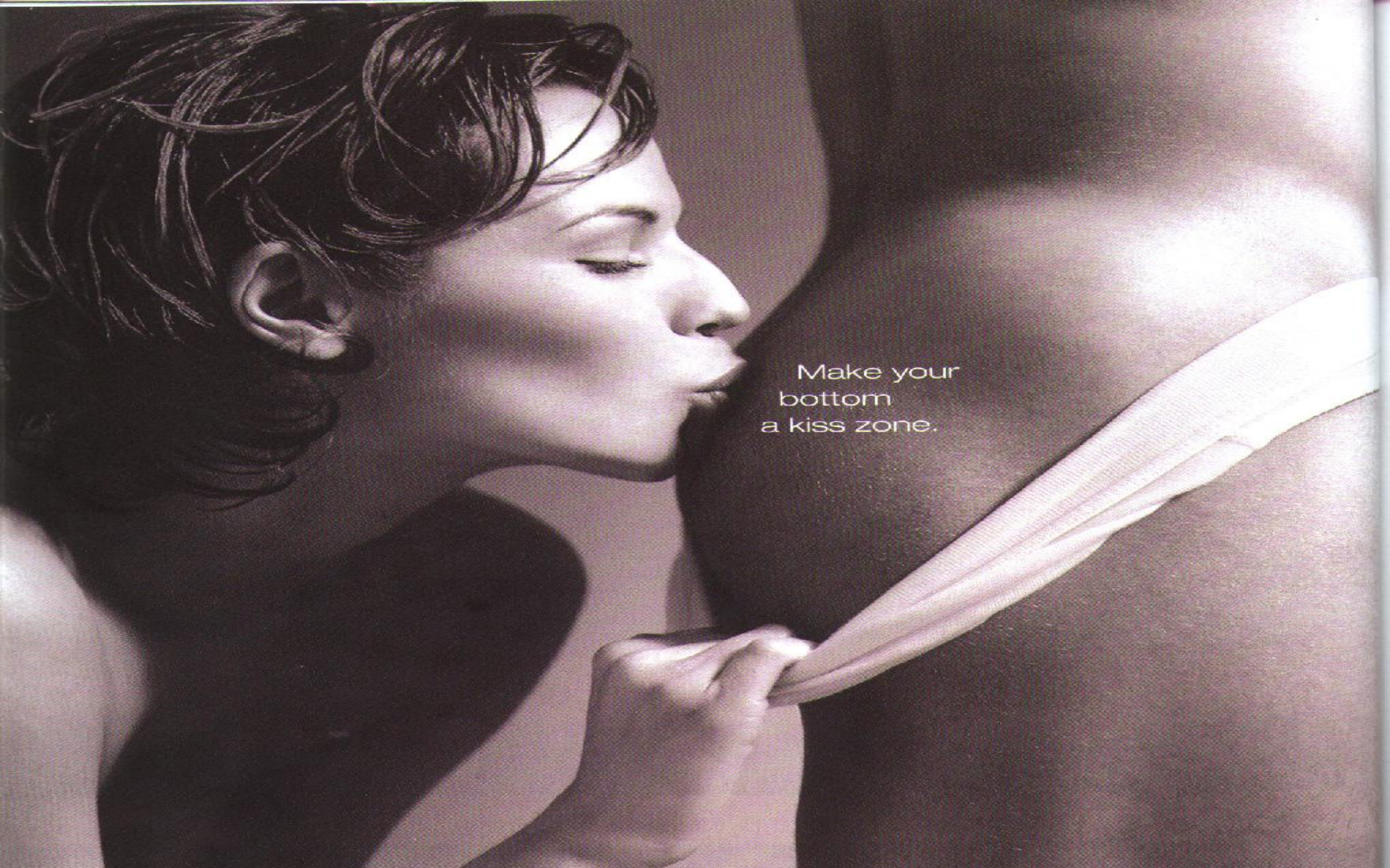


Cooking Oil



Carapelli. The oil that fuels Italians.





Make your
bottom
a kiss zone.

What are we selling?



Make your
bottom
a kiss zone.

To feel wonderfully clean and fresh, try using Andrex® Moist Toilet Tissues after your ordinary toilet tissue. They're enriched with Aloe Vera, dermatologically-tested and cushion soft. And now, you can save 50p off a pack at Boots with this coupon so there's never been a better time to try them.

SOFT, STRONG AND VERY VERY CLEAN

Andrex

JEALOUSY
IN A
BOTTLE



charles worthington

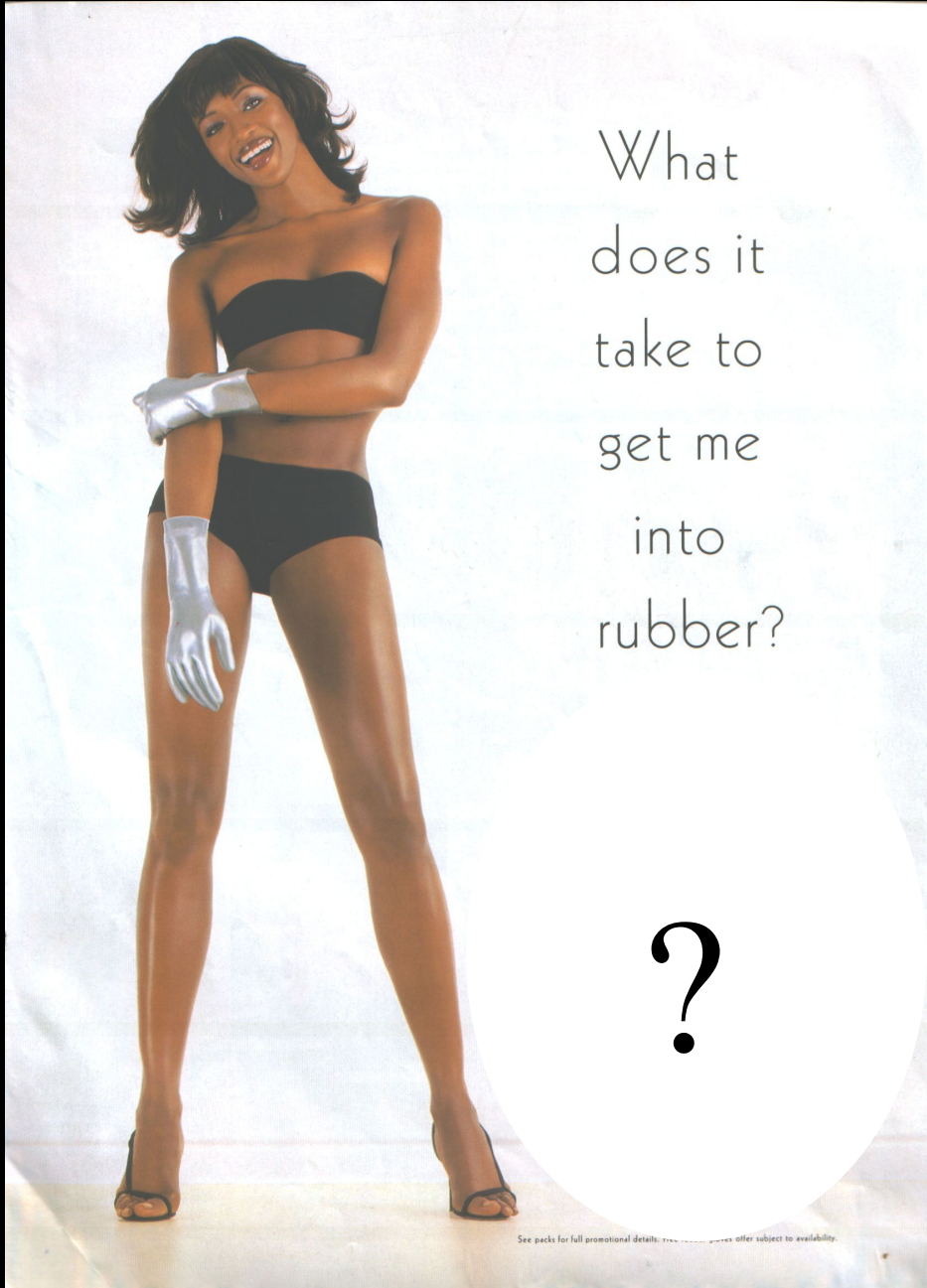
JEALOUSY
IN A
BOTTLE



Charles Worthington brings a complete range of haircare products from the salon to your bathroom. Don't get jealous, get Results.

Available only at Boots and Charles Worthington salons www.cwlondon.com





What
does it
take to
get me
into
rubber?

?

See packs for full promotional details. Free gifts offer subject to availability.

What are we selling?



What
does it
take to
get me
into
rubber?

PERSIL WASHING UP LIQUID'S
FREE DESIGNER GLOVES.

To celebrate the launch of Persil Washing Up Liquid's new Tea Tree and Peppermint fragrance we've got thousands of pairs of glam washing-up gloves to give away. Just collect two proofs of purchase from special bottles of Persil Washing Up Liquid Tea Tree and Peppermint or Rosemary and Eucalyptus fragrances.



See packs for full promotional details. Free rubber gloves offer subject to availability.



SCRABBLE is a registered trademark of J.W. Spear & Sons, P.O.

THE BARE NECESSITY THIS SUMMER

What are we selling?



SCRABBLE is a registered trademark of J.W. Spear & Sons, P.O.

THE BARE NECESSITY THIS SUMMER

NEW POCKET MAGNETIC SCRABBLE

Now you can put the world's favourite word game in your pocket! Play it absolutely anywhere - this self contained set is perfect for the Summer! And the folding board means that unfinished games can quickly be packed away, without disrupting the game, so you can finish it later!

This fantastic set comes in a protective hard case, with fully magnetic tiles, tile racks, and integral scoring system.



AROUND £10

SCRABBLE



- On the March 13th episode of Friends there were “jokes about Ross’ promiscuity, his lesbian ex-wife, Ross having sex with a dinosaur and the size of Ross’ genitals; about Chandler being a homosexual and liking “gay” porn; about Monica being transgendered; about Phoebe’s sex life with Mike; and about Joey’s promiscuity. That’s all in a half hour show- not including commercial breaks.



F.R.I.E.N.D.S

EastEnders
BBC

HOLLYOAKS.COM



Emmerdale



BO
TV 18+ ONLY

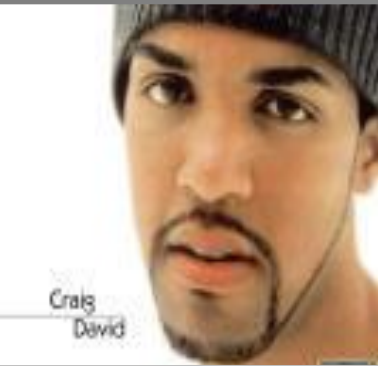
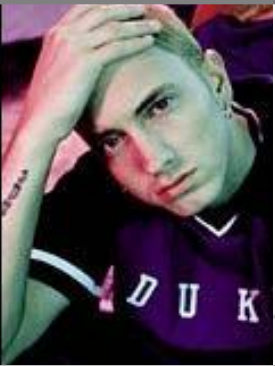
Your whole life
is leading up to this

PREMIERES SUNDAY, JUNE 3, AT 10PM/9C
NEW EPISODES EVERY SUNDAY
SIX FEET UNDER



80% of soaps contain sexual content

What is the music message about sex?



CHOCES AWAY! IT'S OUR NAKED EASTER BUNNY CENTREFOLD

more!

GET OUTTA HERE!
2 FOR 1
FLIGHTS TO FLORIDA

Freak Or Unique?
Why the world's had enough of Chris Evans

READER'S HORROR STORY
I had my face burned off by acid

Private Dick
Clever ways to collar a cheating boyfriend

Smart girls get more!
£1.35 every two weeks. Issue 315. Apr 19-May 2 2000

Chic
on the cheap
Faking the Prada look

Blame it on the boobie
Do men prefer real breasts or falsies?

Super lovers
How to guarantee the best bonk ever



POSITION OF THE FORTNIGHT *The Rocking Chair*

You'd be off you rocker *not* to give this a go!

TRIED & TESTED

Getting it right
Start by lying back and beckoning him with a saucy grin to stretch out beside you. Play with each other's bits before coaxing his leg over you, so that he's straddling the leg fullrest

away from him. Slide your inner leg to hook around him, leaving your clitoris to nestle against his penis. Now slide him inside you – and then take it in turns to slowly rock back and forth, so that he thrusts in and out.

What's in it for you?
It gives real love-organ friction, so that you both get maximum pleasure with minimum effort.

Special requirements
Stamina to keep a-rockin'!

The sex testers:
Nicola, 23, and David, 24, have been together for a year. Nicola's about to go travelling and would like to leave David with some sexy memories.
Nicola says: 'This sounded more like a yoga move than a sexual position, but once we got going, things seemed a bit easier. Penetration wasn't the deepest and David's slipping out. Still, the clitoral stimulation to watch David as he working his magic!'
David says: 'At first I block of wood, with pushing my legs here and everywhere. The quite hard to get a while we were rocking once I got into the s loved it. Nicola was a lot which I took as a – and we both loved contact. Definitely a



Difficulty rating
2

Targeted at 15 year olds

The REAL rating
4/5 A fine way to get your rocks off

CHOCOS AWAY! IT'S OUR NAKED EASTER BUNNY CENTREFOLD

more

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How to guarantee
the best bonk ever



NEW INSIDE! CELEBRITY MINI MAG

Sugar

Meet Hayley,
our model
comp winner

£2.10 May 2003
BRITAIN'S No 1 GIRLS' MAG

SHOCKING REAL LIFE STORIES
"My bully boyfriend
drove me to self-harm"
"Pole dancing pulled
my family apart"

Christina
on burgers, Britney
and being *baad*...

Boys 'fess up about
falling in love

209 budget
buys for
a sassy spring!

You are beautiful!

- ★ Simple spa treats to get you glowin'
- ★ How to cope when mates are mean
- ★ Bag your boy by dreaming!

SPECIAL REPORT
Why teens risk
their lives for sex

"If you were a bogey..."
Chat-up lines we dare
you to use!

PLUS! Meet Blazin' Squad Be a pop star Kym Marsh Busted

For gift ingredients see p4



Sugar
SPECIAL
REPORT



Are you cool about condoms?

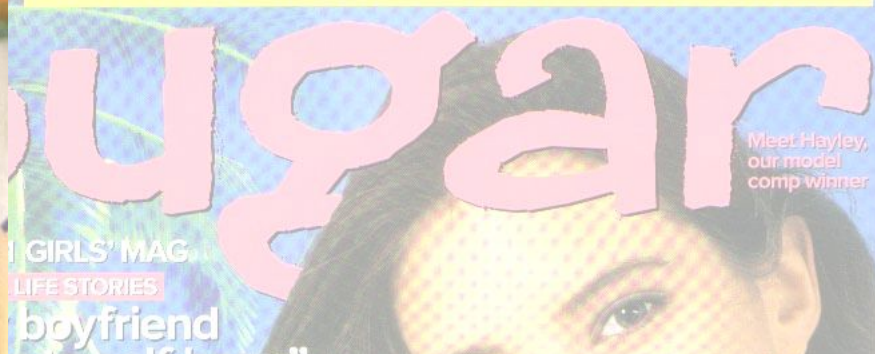
According to a new survey, two thirds of you worry about HIV, yet half of you don't know condoms protect you. What's going on? Sugar investigates

Do you worry about catching HIV and AIDS? If you do, you're not alone. In fact, according to a survey of over a thousand 11-15-year-olds commissioned by health care charity Marie Stopes International UK from NOP Family, 66% of you said you were more worried about HIV, the virus that leads to Aids than getting pregnant, having spots or your parents splitting up.

But the same survey found that more than a half of British boys and girls don't realise they can protect themselves from the virus by using a condom when they have penetrative or oral sex. In fact, the results reveal some serious misunderstandings amongst British youth when it comes to sex and contraception – and a disturbing level of ignorance about how condoms protect your sexual health and your life.

Sex shock 1
50% of you don't know condoms protect you against HIV and Aids
You have good reason to be worried about HIV and Aids

– more than 40,000 people in the UK are known to be infected with HIV virus, and there is still no vaccine. The spread of the virus could be almost halted if everyone who has sex used a condom – in fact, half of those surveyed – including those most worried about it, didn't realise this. Remember, you can't tell if someone is HIV positive. And if they are



GIRLS' MAG
LIFE STORIES
boyfriend

Meet Hayley, our model comp winner

Get your free condom

As part of its campaign to increase awareness of contraception and reduce the number of teenage pregnancies and STIs, Marie Stopes International UK is offering to supply a condom to every Sugar reader. They're not encouraging you to have sex, just saying it's better to know what a condom looks like and how it works so that you're be prepared for when you are ready to have sex.

If you would like to find out more about getting a condom, log on to www.liketis.org.uk



40 Sugar

spa treats to get you glowin' cope when mates are mean r boy by dreaming!

risk for sex

"If you were a bogey..."
Chat-up lines we dare you to use!

et Blazin' Squad Be a pop star **Kym Marsh Busted**



SUGAR

AVERAGE AGE OF READERS:14.3

“Serial snoggers, why some guys are addicted to lust”

“Boys in their boxers (ooh!)”

“ The other day, my boyfriend told me that whenever we snog I give him a ‘stiffy’.”

Cosmo Girl!

Average age of reader 14.5

“You and guys and sex: the questions you can’t ask anyone-answered”

“Why don’t you have a boyfriend?”

“He wants sex 24/7...I love him and don’t want to lose him”

J-17

Average age of reader:15

“Sex survey results! The shocking truth you couldn’t tell your parents”

“Kiss with confidence – 7 ways to make him come back for more”

“Secret lesbians... we went upstairs and kissed”

FHM

FOR HIM MAGAZINE
September 2000

IT'S THE FHM SEX SURVEY!
WOMEN REVEAL THEIR REMARKABLE SECRETS!

EASY TIGER!
DOMINIQUE SWAIN IS ON THE LOOSE!

AN INVITATION TO HEAVEN
POWs take you into their world of passion

'THEY STOLE MY EYEBROWS'
Are your friends scrubbing your face? Find out with our test

IS YOUR COMPUTER FULL OF MONEY?
Gamble on stock and find out

PLUS!
Burt Reynolds, Kiss, Wykelet Jean Vanessa Marcil, Jeffrey Kearse, the future of sex, and guys named G

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USA \$2.99
Canada \$3.99

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PAMELA ANDERSON
CENTERFOLD
EXCLUSIVE!

for men who should know better

JANUARY 2000 £2.80

Loaded

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CRAZY STICKER CHALLENGE

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SEX + BEER + GADGETS + SEX + BEER + CLOTHES + PORT

MAXIM

FOR MEN

OCTOBER 2000

DARK ANGEL

JESSICA ALBA SPREADS HER WINGS p. 108

SCORE AT WILL!
Pillow-bursting sex in one date or less

FALL TV GUIDE
Rest your thumb — here's Maxim's take on all 31 new shows

CHERNOBYL, USA
Couldn't happen here? Scare yourself silly p. 144

PLUS!
Charlie Sheen, Censi Leo Melin, Mike Piazza, and bubble-wrap bikini

exclusive

The average person views more than
90,000 scenes of sex or suggested
sexual intercourse between the ages of
8 and 18!

Lets talk...

facts

Never before have adolescents been exposed to such relentless media pressure to have sex as early as possible

(Dr Trevor Stammers 'Adolescent Sexuality')

FACT

1 in 4 women and almost 1 in 3 men
have sex before they are 16 years old

(National Survey of Sexual Attitudes and Lifestyles 2000)

1 in 6 women and less than 1 in 4 men
have sex before they are 16 years old

("love for life" Southern Board Survey 2000/2001)

FACT

- 13.2% of young people admit to having had sex first at 14 or under

PREVENTION

FACT

- 1 in 10 sexually active teens have a sexually transmitted infection

PREVENTION

(National Survey of Sexual Attitudes and Lifestyle 2000)

FACT

- 80% of girls and 40% of boys express regret about their first sexual encounter

PREVENTION

(National Survey of Sexual Attitudes and Lifestyle 2000)

FACT

- 2 in 5 of our 14/15 year olds admit to having been drunk at least once.
- 1 in 6 of our 14/15 year olds admit to having been drunk 10 or more times

SUPERVISION

FACT

- 21% of young people who drink report taking their first alcoholic drink at 11 years old or under

PROTECTION

Why do teens choose to be sexually active ?

Earlier physical maturity

M

ed

ia

In relationships

Alcohol

Cultural shift

Low self esteem

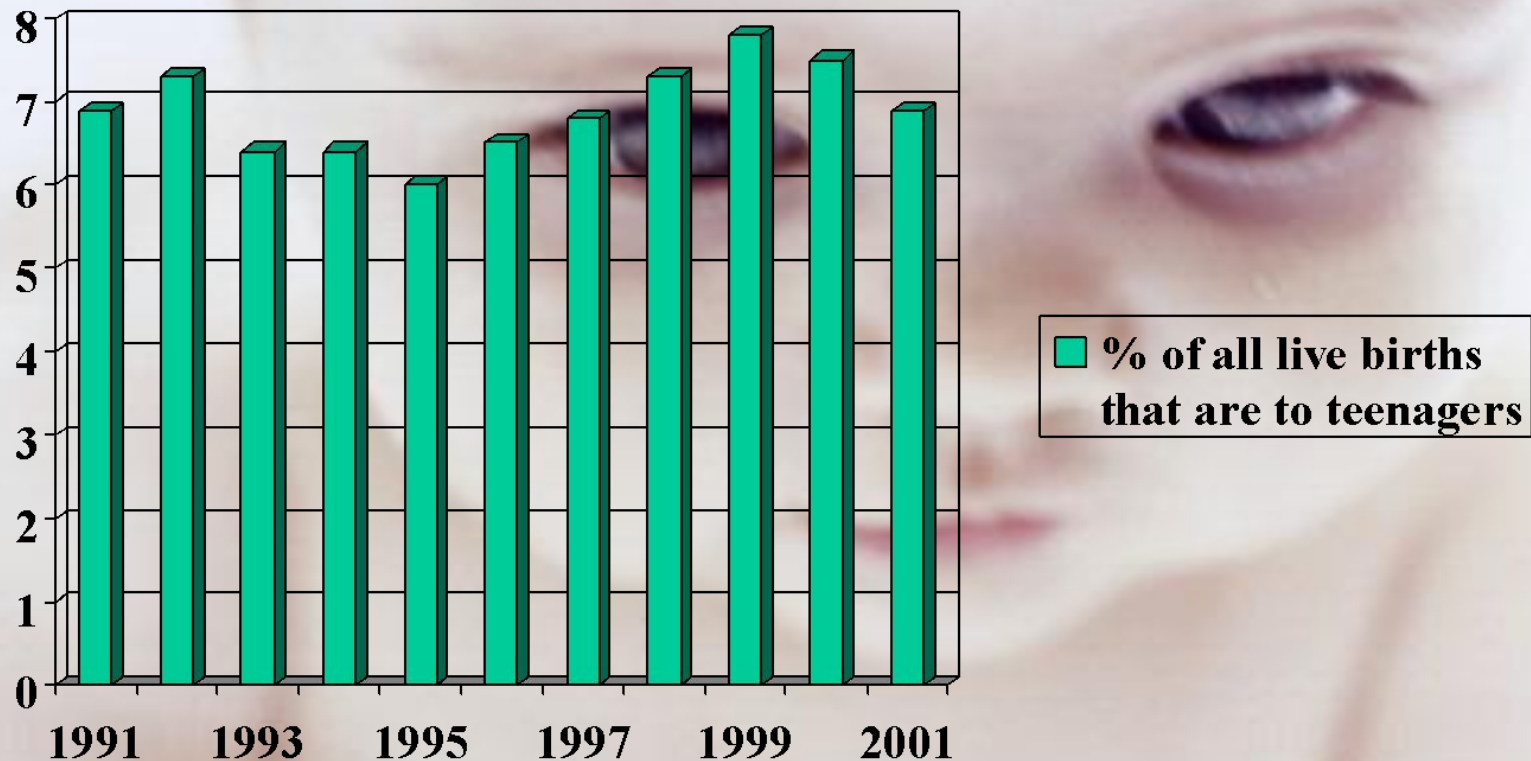
Peer pressure

em

Lets talk...

outcomes

Teen births in N.Ireland



UK has the highest teenage pregnancy and birth rates in Western Europe. Our birth rates are twice those in Germany, three times those in France and six times the Dutch rate.

[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

what is it ?

how would I get it ?





[**STI?**]

1 in 10 sexually active teens have a sexually transmitted infection.

70% of girls and 50% of boys who are infected do not have symptoms

Can cause infertility

Can be easily treated.

CHLAMYDIA



[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

A viral infection

Most common sti in Northern Ireland

Causes genital warts

Can cause cancer

Passed through genital skin to skin contact

HPV

A person with brown hair is lying on a bed, resting their head on a white pillow. They are looking towards the camera with a serious expression. A white mug is on a table in front of them. The background is a soft, out-of-focus light blue and white.

[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

No cure

Causes AIDS

Spread most of the time through
male/female sexual intercourse

Highest cases in Europe = Spain

HIV



[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

Can be fatal

Numbers of cases rising

Can be treated

Fatal if passed to a baby

SYPHILIS



[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

Can be painful

Can be passed through genital skin
to skin contact

Can have this lifelong

GENITAL HERPES



[STI?]

1 in 10 sexually active teens have a sexually transmitted infection.

Numbers of cases are rising

Can cause infertility

Can be treated

Can be passed to a baby

GONORRHOEA

How good are condoms at Preventing pregnancy?

Theoretical failure rate

3 per 100

Trussel 1998

User failure rate

13.9 per 100

Fu et al 1999

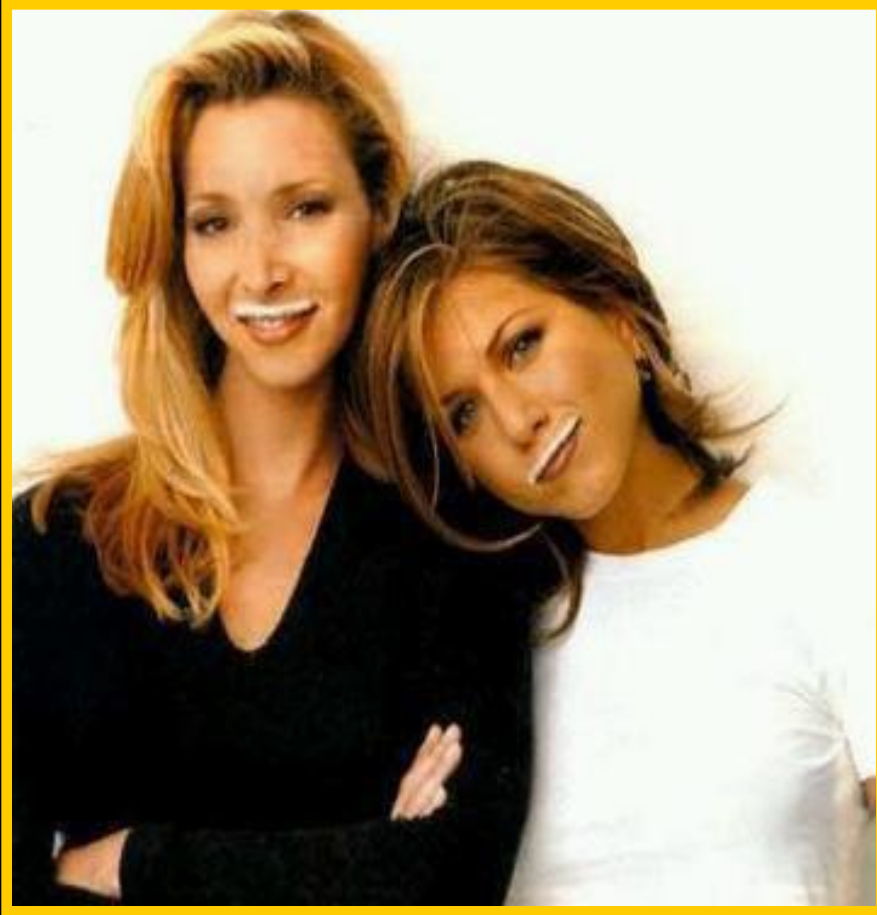
How effective are condoms against Sexually Transmitted Infections?

Make sex safe or safer?



Three green apples are arranged in a cluster, with one in the foreground and two behind it. The apples are bright green and have a small stem at the top. The background is plain white.

Virginity-
A healthy choice
for a teenager?



'If you want to be truly shocking these days there is really only one way to do it. Stay a virgin until you are 31 and then get married.

Friends star Lisa Kudrow told us recently that this indeed is what she has done. How has this amazing situation come about? What could have possessed her?

How deeply weird'
(Daily mail 1998)

Lets talk...

other risk taking
behaviours

Supporting young people today

SMOKING

DRUGS

SOLVENTS

ALCOHOL

“there is an association between all four of these risk taking behaviours” and “in a total of 16 cross tabulations, which, in every case, suggested a statistically significant association between sexual behaviour, and each of the other risk behaviours”

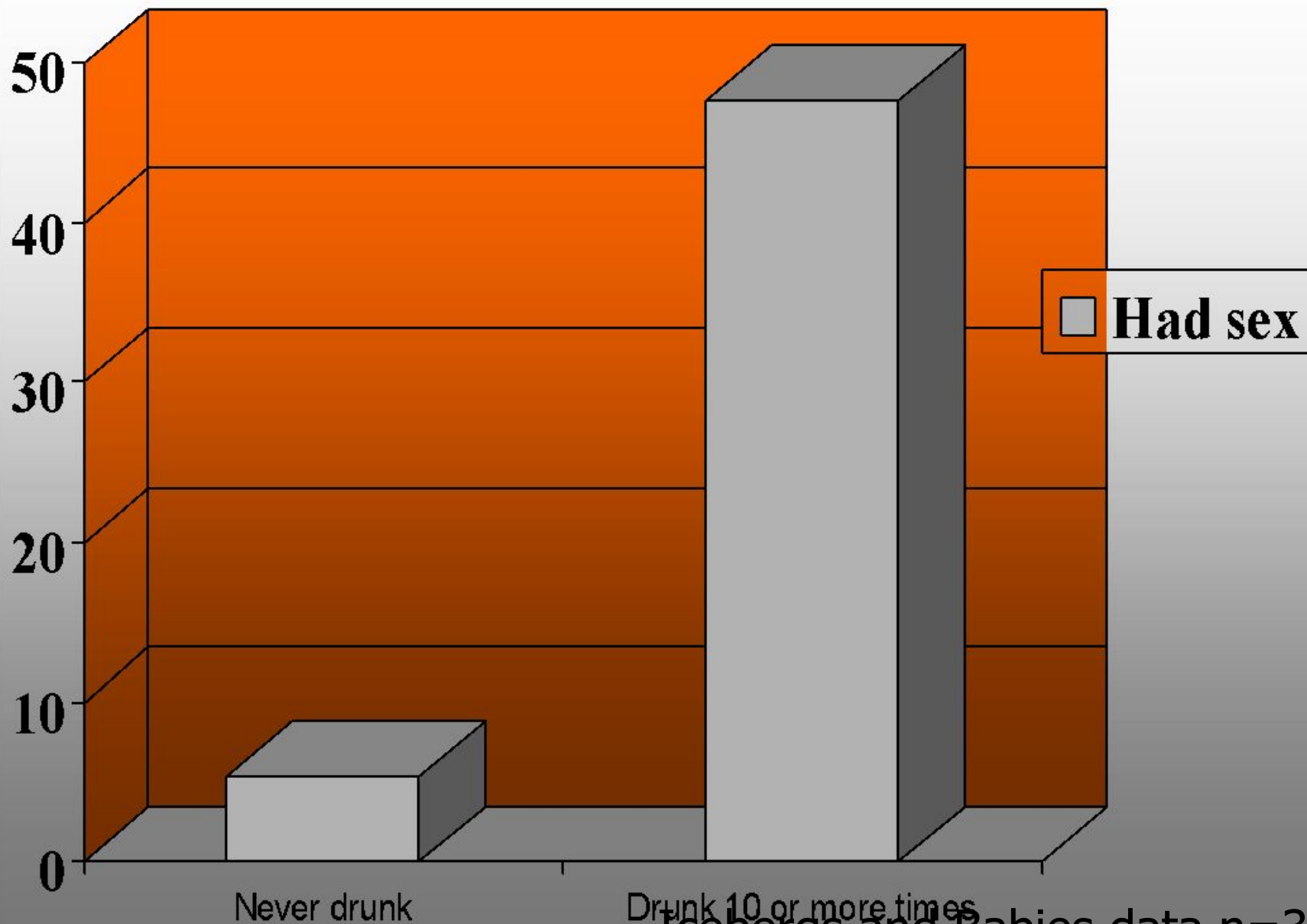
Prof Ed Cairns “Risk behaviour in post-primary school children 2001-2002” Page 10

Love for Life

**RISK BEHAVIOUR IN POST-PRIMARY
SCHOOL CHILDREN**

SURVEY 2001- 2002

Link between being drunk and sex



Icebergs and Babies data n=3021

Alcohol

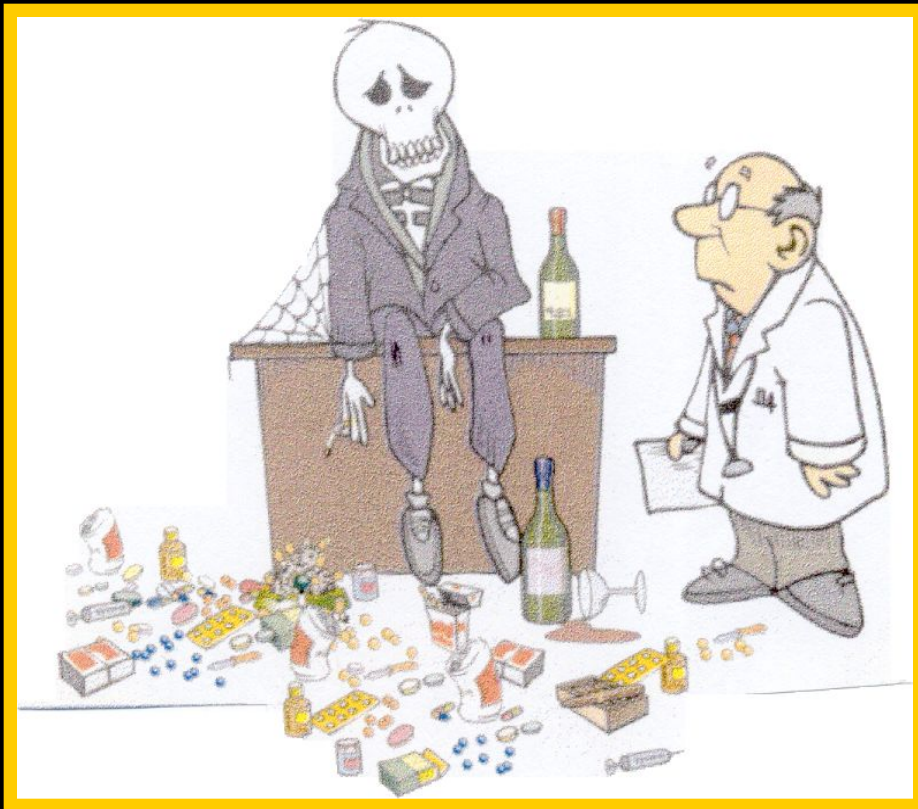
Illicit or
Illegal
Substances

What is a Drug?

Prescription
or O.T.C. Drugs

Tobacco

What is a drug ?



**SOMETHING,
OTHER THAN
FOOD, THAT
CHANGES THE
WAY YOUR MIND
OR BODY WORKS**

Why do young people take drugs?



Acceptance within
the peer group

A fear of rejection

Pursuit of pleasure

FAGS cigarettes

cigars **Roll-ups** tobacco



**Smoking is a
gateway drug**

Beer Alco pops
cider

wine **SPIRITS**

alcohol



**Alcohol is a
gateway drug**

Misuse

And Abuse

alcohol



Binge drinking

**A community
problem**

advertising

media



GLUE

gas

Marker

Tipex
pens

aerosols

Solvents



1 out of every 4
people who die
sniffing solvents are
first time users

weed

grass

dope

Wacky-ba

play *Marijuana*

Hash

CANNABIS



hallucinogen

XTC adam E's
DOVES eve
Disco

Ecstasy



stimulant

Trips

microdots

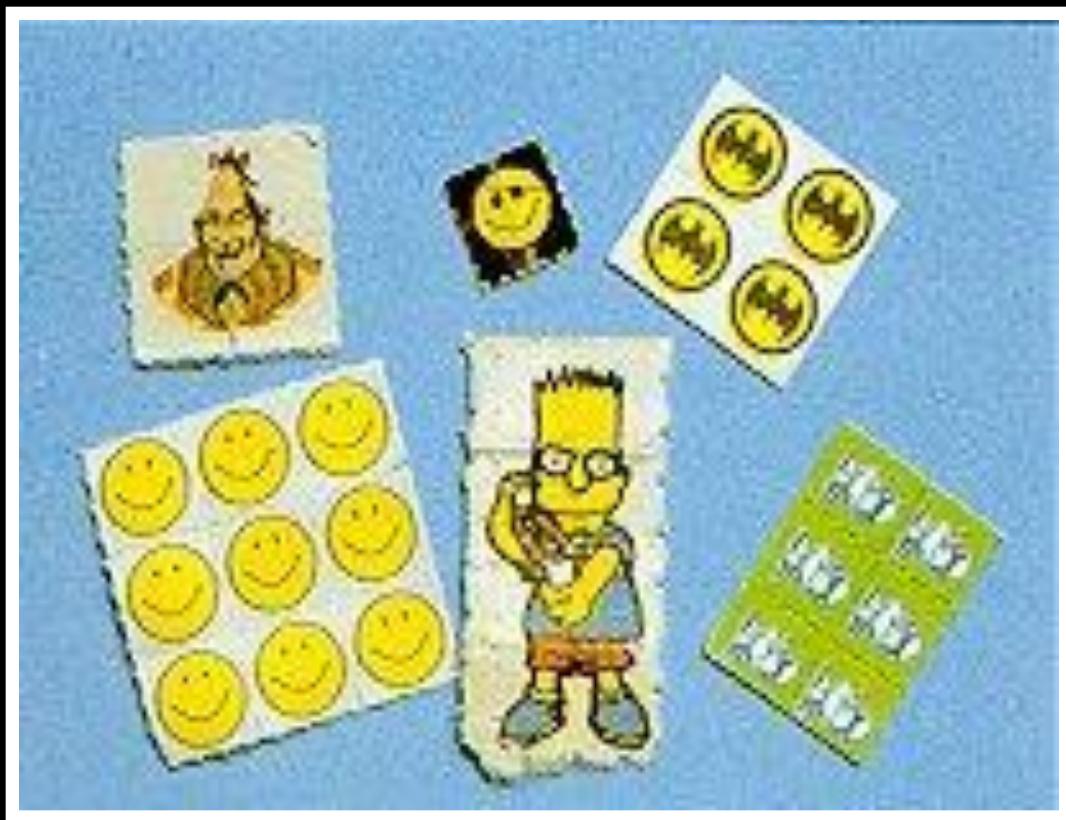
strawberries

blotters

Tab

acid

LSD



hallucinogen

Whizz **GO-faster** **SULPH**
amphetamines
uppers
Billy
meth *Base* **paste** **SPEED**



hallucinogen

smack **H** *skag*

horse junk

heroin



depressant

SNOW rocks
Stones *freebase*
crack
coke *Charlie* **C** **COCAINE**



stimulant

Who do young people get their drugs from?

- **45% of young people are offered drugs by their friends**
- **31% are offered drugs in a bar/club**
- **14% from a dealer in a club**
- **5% get drugs from a dealer's house**

"the Know Drugs survey"
Breakthru August 2000

Where do young people use drugs?

- **36% of young people use drugs outdoors**
- **27% use their drugs at friend's house**
- **19% use their drugs in a night club**

“the Know Drugs survey”

Most young people *do not* take drugs or abuse alcohol

- FEAR
- SHAME
- HEALTH
- SELF-RESPECT
- SPORTS
- EMPLOYMENT
- SCHOOL PERFORMANCE
- MY AMBITIONS
- MY DREAMS
- FAMILY
- MY FRIENDS
- FINANCE
- MEDIA
- THE LAW

HOW CAN WE AS PARENTS REDUCE THE CHANCES OF RISK TAKING BEHAVIOUR??



- **promote self-esteem, self-worth, self-value, self-respect**
- **develop assertiveness that will help make good decisions or healthy choices**

I just wanted to have
a little father-daughter
talk with you, Honey.



Is this how it is?

Lets talk...

skills

Identifying Parenting Skills

Scenario 1

Peter is 15. You have noticed that he comes home later than usual and goes straight to his room. You are concerned about the company he is keeping and are worried that he may be drinking or using some other substances. What should you do?

Identifying Parenting Skills

The following parenting skills may be required for Scenario 1:-

- Active listening
- Time
- Choices and consequences
- Supervision/boundaries
- Attitudes and values
- If necessary work with the school to support your child

Identifying Parenting Skills

Scenario 2

Lucy is 14. She is dating an older guy. They spend a lot of time at his place. What could be happening and what can you do about it?

Identifying Parenting Skills

The following parenting skills may be required for Scenario 2:-

- Promote self-esteem
- Unconditional love
- Boundaries
- Choices create consequences
- Active listening

Identifying Parenting Skills

Scenario 3

Amy is 16. She went to a party last weekend with her friends. You know that she had been drinking but she is withdrawn and tearful since then. What other issues could be worrying Amy?

Identifying Parenting Skills

The following parenting skills may be required for scenario 3

- Unconditional love
- Make time to listen
- Don't make rash judgements/threats/promises
- Boundaries
- Seek professional help if necessary
- Ask school for support

Identifying Parenting Skills

Scenario 4

Mark is 15. You have been called to school because of an incident involving your son smoking cannabis with two friends on school property. What do you feel the school should do? What should you do as parents?

Identifying Parenting Skills

The following parenting skills may be required for scenario 4

- Knowledge, cannabis is an illegal substance
- Attitudes and values
- Choices and consequences
- Active listening
- Boundaries
- Seek professional advise/support
- Unconditional love
- PSNI must be informed by the school

Key Parenting Skills

- Find time
- Communicate
- Empathise
- Set boundaries
- Be a Role Model
- Explain with choices there are consequences
- Love unconditionally

Build self esteem by ensuring:

A sense of belonging within the family

Positive but realistic expectations

Promoting age appropriate self responsibility

Spending quality time with each child

Eliminate destructive criticism, acceptance

A background image showing two people from behind, holding hands and walking away in a sunlit, grassy field. The image is slightly blurred and has a warm, golden light.

Need Help or Advice?

GP practice

Pastoral Care Team in your school

Breakthru

Tel: 0808 800 2020

Don't Blow It

Tel: 02841 769912

Love for Life

e-mail us at

www.loveforlife.org.uk

Details in your booklet

Lets...

*empower young
people to :*

experience

life

TALKO
SEX

Who me?



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