

NJ Physicians Advisory Group



Focused on Teens, Health and Smart Choices



The Centers for Disease Control tell us that many young persons in the United States engage in sexual risky behavior and experience negative reproductive health outcomes.¹ The story is told not only in the physical life-altering consequences that include teen pregnancy and sexually transmitted disease, but also in emotional harm that can at times manifest itself in depression and suicidal ideation. Finally, the millions of parents and educators who knew that to be true have an official authority backing them up.

Well, identifying risk is one thing. Having a plan to deal with it is another. The key to helping young people avoid risk and make healthy choices is a three-pronged approach: the right information, a realistic application to one's life, and sincere encouragement and support. In other words, give teens the facts and help them to believe that they can make difficult, yet wise, choices in their own best interest.

Since 2004, we have been working toward those goals. We saw that schools needed to address the Core Curriculum Content Standards for Human Relationships and Sexuality (2.4) as well as be in compliance with the required "AIDS Prevention Act," so we developed upbeat, interactive and enjoyable lessons to do just that called *YES You Can!* Thus providing New Jersey specific curricula that meet the needs of our students and educators. To date, these curricula have been taught to 8,500 New Jersey middle and high school students.

In addition to staff orientation to the curricula, we provide full school in-service sessions, with NJ DOE continuing education hours. We work with school staff in an approach that encompasses the whole school. Empowered educators give young people the best opportunity to reach adulthood healthy!

Student auditoriums host our thought provoking presentation, *Teen Sexual Activity ~ So What's The Big Deal Anyway?* Because it goes without saying that parents are key to successful teens, we provide them with help, encouragement and skills through the, *Keeping Your Kids Safe in a Sex-Saturated Culture* session.

Our teens, more than ever, need us to be honest and directive when it comes to making decisions that have life-altering consequences. The New Jersey Physicians Advisory Group is poised to educate, inform and empower New Jersey students by reaching the adults that serve them with cutting edge, current and accurate information.

For the health of our young people,

Peggy Cowan

Peggy Cowan
Founder and President

¹ www.cdc.gov/mmwr/preview/mmwrhtml/ss5806a1.htm?s_cid=ss5806a1_e