

**CAB Conference Call
October 29, 2009
12:00 EST
Meeting Minutes**

Participants:

Christina	Westat
Delia	University of Miami
Jennifer	University of Colorado at Boulder
Julie	Harvard University
Linda	St. Christopher's
Lori	FSTRF
Marianna	University of California - San Diego
Marilyn	Bronx Lebanon
Mercy	Westat
Rosia	Westat
Samantha	Children's Diagnostic and Treatment Center
Sharan	University of Alabama - Birmingham
Sheila	University of Florida - Jacksonville
Theresa	Texas Children's Hospital

• **MEETING MINUTES**

The group approved the minutes for September 24, 2009.

• **GUEST SPEAKER – MARK HUFFMAN**

Christina Garber introduced and welcomed **Mark Huffman**, the guest speaker from Planned Parenthood of Middle and East Tennessee. He has worked there since 1987 and serves as the Vice President of Organizational Development, Education, and Training.

Mark described the Planned Parenthood Federation of America as a national organization that has very strict healthcare services standards. Local Planned Parenthood (PP) affiliates (chapters) have educators to reach out into the community with information, messages, and skills about sexuality.

Mark asked the group what is scary about sexuality education. The group was concerned that if they talked to their teenagers about safe sex, the teens would think that the parents are giving them permission to have sex. They also worry that teens are not having safe sex. Some caregivers may not come from a family that talks about sex and will find it challenging. Some families want to talk about sex, but they do not know the best way to approach it. **Mark** informed the group that some PP affiliates have group sessions where parents meet in one room and their teens meet separately. When the two groups come together, parents and teens can listen to each other.

Mark asked the group why sexuality education is important. The group responded that teens should have accurate information. They also want to teach their children to be healthy and happy individuals, both physically and mentally. Sexuality is a part of our life

and a part of our health and well-being. In addition, sexuality education can help prevent spread of the virus.

Mark informed the group that we are all sexuality educators. If we have younger people in our lives, we are always giving them signals about sexuality. We should be aware of the signals we send, and the message that we want them to have. Sexuality is not just about sex, pregnancy, and puberty. Planned Parenthood teaches about the five facets of sexuality:

1. Sensuality - involves our bodies when a person is turned on.
2. Intimacy skills – are important when it comes to our close romantic partners. It involves communication, trust, and having the well-being of your partner in mind, especially when one person has the virus.
3. Identity –is who we are as male, female, neither, or both. Identity also pertains to sexual orientation (who we find attractive).
4. Sexual health – is information typically obtained from a health education class.
5. Sexualization – includes how we use sexual energy. This can be in positive ways such as flirting, or negative ways, such as harassment and rape. Sexualization can directly or indirectly let someone know you are attracted to him or her, but it can also be harmful.

Planned Parenthood has a comprehensive view of sexuality. Comprehensive does not mean everything except abstinence. Abstinence-only education teaches only abstinence and does not teach children and teens about ways to protect themselves. Comprehensive education focuses on abstinence for the right time, but it also includes information about contraception, and protection from STDs. Research shows that the types of programs that achieve abstinence are those that include education about all of the above. Planned Parenthood teaches abstinence, but they are also about teaching about protection, birth control, and healthy relationships.

Mark shared a document with the group that includes references about sexual education and sexuality. He also shared his contact information: 615-345-0952 or markh@ppmet.org.

Most Planned Parenthoods have speakers as well as pamphlets, books, videos, and DVDs. They have resources for groups or individuals. If you are looking to find a local Planned Parenthood, go to www.plannedparenthood.org.

• **NEW PHACS CAB VICE CHAIR**

Christina congratulated the new Vice Chair, **Jennifer** from Site 9, University of Colorado. **Jennifer** shared that her interest in the PHACS CAB comes from her personal experiences. She has two children in the PHACS studies. **Jennifer** has had opportunities to speak with different groups in her community about being HIV positive, preventing the spread of the disease, and how HIV affects families.

NOTE: the next CAB call will be on Thursday, November 19, 2009 at 12:00 pm EST