

## OHIO HOUSE BILL 189 EFFECTIVE DATE: MARCH 18, 1999

This Bill requires that venereal disease education emphasize abstinence from sexual activity as the only 100% effective protection against unwanted pregnancy and transmission of the AIDS virus and other sexually transmitted diseases.

It mandates that the State Board of Education require course materials and instruction in venereal disease education to cover certain topics pertaining to abstinence and sexual activity outside of marriage. The Bill requires the State Board of Education's minimum standards to include course materials that teach the following:

1. Requires that venereal disease education emphasize abstinence from sexual activity as the only 100% effective protection against unwanted pregnancy and transmission of the AIDS virus and other sexually transmitted diseases.
2. Requires the State Board of Education to require course materials and instruction in venereal disease education and sexual activity outside of marriage
3. Stress that students should abstain from sexual activity until after marriage.
4. Teach the potential physical, psychological, emotional, and social side effects of participating in sexual activity outside of marriage.
5. Teach that conceiving children out-of-wedlock is likely to have harmful consequences for the child, parents, and society.
6. Stress that sexually transmitted diseases are serious possible hazards of sexual activity.
7. Advise students of laws pertaining to financial responsibility of parents of children born out-of-wedlock.
8. Advise students of the circumstances in which it is illegal under Ohio law to have sexual contract with a person under the age of 16.

ATM Education is funded by individual and corporate donations and government grants. The newsletter is supported in part by project 5 HIDMC 00828 02 00 from the Maternal & Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration, Department of Health & Human Services.

### ATM Education

130 Burrer Drive, P.O. Box 323  
Sunbury, Ohio 43074

Student  
Essay Contest

Get Involved  
1,000  
Signatures

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[MisstheMess.com](http://MisstheMess.com)

VOLUME 2, ISSUE 2

DECEMBER 2004/JANUARY 2005



# ATM Education

## TEEN SEXUAL ACTIVITY IS LINKED TO DEPRESSION AND SUICIDE

"Our students are depressed." "We spend so much time dealing with their problems; it makes it difficult to teach." These are comments we often hear when we talk to teachers, guidance counselors, nurses and even principals. We know many times that we only deal with their problems on the surface. Students often email us and share that they are cutting, burning, hitting, over-dosing and pulling their hair out because of the pain in their lives. After a "True Lies" assembly one girl wrote how she was practicing self-mutilation because of her pain and that she was scared for her generation because she knew others who were doing the same. How can we help students?

Sometimes we need to look at the root of the problem. Often teens are depressed because of problems in their families including divorce, different adults coming in and out of their lives, drugs, alcohol, abuse etc.

Just when teens need adults to come along side them and help them make wise decisions, adults often step back and think teens can handle things on their own. Often adults do not know about brain research which shows that male brains are not fully developed until about age 30 and female brains are not fully developed until mid-twenties.<sup>1</sup> Teens need adults to teach them how to make good decisions by walking them through the decision-making process during the teen and young adult years. Many times because teens are left to make their own decisions, they make many unnecessary mistakes and sink into depression.

Depression is often hard to diagnose. It can be caused by chemical malfunctions in the brain, malnutrition or poor nutrition, or a host of other problems. In our "take a pill" society, we may overlook the possibility that depression can occur because of choices we make, or the choices someone important in our life makes.

Teens who make one mistake may make more mistakes. They may not know how to resolve their problems. If adults do not come along side and guide them, they often spiral deeper and deeper down. Many teens do not trust the adults in their lives to help them. They begin to lose hope and continue making unwise choices, creating a funnel-like drain into which they sink.

(continued on page 2)



## ATM EDUCATION TO OFFER INNOVATIVE 'WEB PARTIES'

For the second year, ATM Education will use the innovative teaching phenomena in abstinence until marriage education, **web parties**, to expose high school students to internet sites that could save their lives. [ThinkItOver.org](http://ThinkItOver.org) and [MisstheMess.com](http://MisstheMess.com) allow students and adults to investigate the benefits of abstinence until marriage and the consequences of pre-marital sex, including STDs and emotional problems.

National youth communicator, David Mahan, will conduct 20 web parties in south central and north central counties during January (26-28) and February (22-25). Students will play games, watch web movies, win prizes, eat snacks, discover how fun

learning can be and get empowered to help their friends.

Here's what some of last year's participants had to say:

"David was very good. He knows what he is talking about. He makes things funny, but gets down to the point. He was wonderful!"  
female, 10<sup>th</sup> grade

"David was great. He is a cool guy (tell him for me)."  
male, 10<sup>th</sup> grade

"I really appreciated the web part. It was beneficial that we had exposure to consequences other than AIDS or pregnancy. Our group leader was also at our level and not out of touch. I'm more aware of the 'other' diseases out there."  
female, 11<sup>th</sup> grade

To schedule a "Web Party" contact Pam Prueter, 740-965-2046.

There is no charge for ATM services.

Schedule a Web  
Party!

January  
26th - 28th

February  
22nd - 25th



## ANNUAL ESSAY CONTEST

### Students compete for top Prize--\$100

Want a great way to get your students involved in thinking about abstinence until marriage education? Encourage them to enter ATM Education's Annual Essay Contest!

This year's topic:

"Why Abstinence until Marriage is important to me?"

or

"What does Protect Your Heart Day, February 14, mean to me?"

Your essay should be at least 300 words but no more than 500. It should be typed, double-spaced and submitted to **Essay Contest**, ATM Education, P.O. Box 323, Sunbury OH 43074 by January 21!!! Entries must be postmarked by January 21, 2005 or emailed to :

[ATMOffice@MisstheMess.com](mailto:ATMOffice@MisstheMess.com)

Don't forget your name, school address, phone, age and grade level at the end of your essay. Also include your teacher's name, school's phone number so if you win we can notify you and your school.

The winning essay may be published in our next newsletter and on our website.

#### High School:

1<sup>st</sup> Prize \$100

2<sup>nd</sup> Prize \$ 75

#### Middle School:

1<sup>st</sup> Prize \$ 50

2<sup>nd</sup> Prize \$ 30

Call Patti Caudill at 740-965-2046 with questions.

## DEPRESSION CONTINUED

How can we help students? Every discipline can teach decision-making approaches. We can all teach decision-making outcomes that lead to healthy individuals. One of our dilemmas in helping young people make wise decisions is about sexual activity. Really it is not a dilemma. When you ask adults the question, "Who thinks young people should be involved in sexual activity?" The majority of adults do not think teenagers should be involved in sexual activity. Even many promoters of "safe sex" do not think teenagers should be involved in sexual activity. Superintendents, principals, guidance counselors, nurses, teachers, pastors, business owners, parents – healthy adults see the many consequences that sexual activity can lead to, but we often forget to tell students that the majority of healthy adults agree that they should not be involved in sexual activity.

In 1997, approximately 48 percent of American teenagers were sexually active. By 2001, the Youth Risk Behavior Surveillance System, YRBSS, revealed only 45.6% of American teenagers were sexually active. The new YRBSS for 2003 shows 46.7% of American teenagers were sexually active.

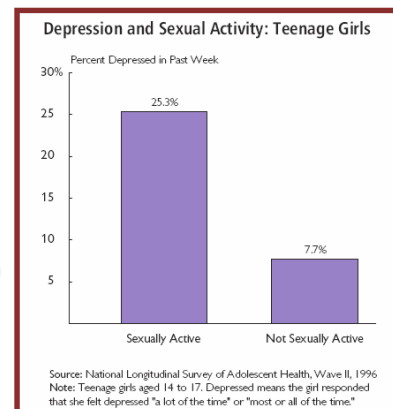
The YRBSS for Ohio for 2003 shows only 42% of high school students ever had sexual intercourse, 13% have had four or more partners, 30% had intercourse during the past three months, 40% did not use a condom during intercourse and 74% did not use birth

control pills.

The national YRBSS for 2003 reported that 28.6% of students nationwide had felt so sad or hopeless almost every day for > 2 weeks in a row that they stopped doing some usual activities. The question is, what is causing our young people to be so depressed? The National Longitudinal Survey of Adolescent Health, Wave II 1996 widely referred to as the Ad-Health survey was funded by 18 agencies. An analysis of the Ad-Health survey by the Heritage Foundation reveals information about depression and sexual activity that merits consideration.

Even though this is information from a study in the late 90s, we believe that it has much relevance today because of increased rates of depression in teens. A report from the Heritage Center for Data Analysis by Robert E. Rector, Kirk A. Johnson, PhD, and Laren R. Noyes that was released in 2003 showed an analysis taken from the National Longitudinal Survey of Adolescent Health, Wave II, 1996. This study is referred to as the "Ad-Health" survey and contains responses from approximately 6,500 adolescents, representative of teenagers across the nation. The survey was funded by the National Institute of Child Health and Human Development and 17 other federal agencies. The Heritage CDA analysis shows that psychological and emotional problems associated with teenage sexual activity are linked. The classification

of "depressed" is given to those teens who answered yes to feeling depressed "a lot of time," or "most or all of the time," and does not refer to clinical depression.

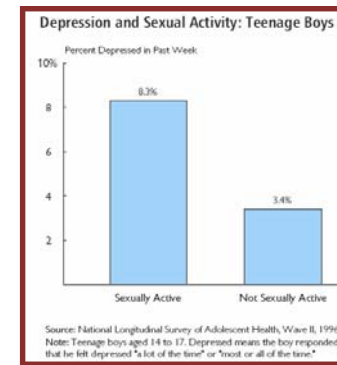


**Chart 1 shows that a full quarter (25.3 percent) of the teenage girls who are sexually active report that they are depressed all, most, or a lot of the time. In contrast, 7.7 percent of teenage girls who are not sexually active report that they are depressed all, most, or a lot of the times.**

**This shows that sexually active girls are more than three times more likely to be depressed than girls that are not sexually active.**

(see *Depression* page 3)

## DEPRESSION CONTINUED



**Chart 2 shows 8.3 percent of teen boys who are sexually active report that they are depressed all, most, or a lot of the time. Only 3.4 percent of teenage boys who are not sexually active are depressed. Boys who are sexually active are more than twice as likely to be depressed as those who are not sexually active.**

	Never/Rarely Depressed	Depressed Sometimes	Depressed A Lot	Depressed Most/All of the Time
<b>BOYS 14-17</b>				
Sexually Active	63.3%	28.4%	5.0%	3.3%
Not Sexually Active	76.2%	20.3%	2.6%	0.8%
<b>GIRLS 14-17</b>				
Sexually Active	36.8%	37.9%	15.5%	9.8%
Not Sexually Active	60.2%	32.1%	4.9%	2.8%

**Table 1 gives a complete breakout of this data. Note that a full 60.2 percent of sexually inactive girls report that they rarely or never feel depressed. Only 36.8 percent of**

**sexually active teen girls say that they never or rarely feel depressed. Overall, whether girls or boys, teens who are not sexually active are markedly happier than those who are active. Dr. Meg Meeker, writes, "Teenage sexual activity routinely leads to emotional turmoil and psychological distress. . . . [Sexual permissiveness leads] to empty relationships, to feelings of self-contempt and worthlessness. All, of course, precursors to depression."**<sup>2</sup>

**Table 2 reveals that nearly two-thirds of**

Wish They Had Waited Longer Before Starting Sexual Activity	All Sexually Active Teens	Sexually Active Boys	Sexually Active Girls
Yes	63%	55%	72%
No	32%	39%	25%

Source: National Campaign to Prevent Teen Pregnancy, June 2000.  
Note: Survey covers sexually active teens aged 12 to 17.

**those teens that said they had engaged in intercourse stated that they wished they had waited longer before becoming sexually active. Those who regretted sexual activity outnumbered those who did not by two to one. Almost three-quarters of sexually active teen girls admit they wish they had delayed sexual activity until they were older by three to one. A majority of boys (55%) and 72 percent of girls wish they would have waited.**

We know teenage sexual activity leads to high incidence of teen pregnancy and sexually transmitted diseases. Catherine Wood, president of ATM Education, notes that the message to take home from this report is that teens deserve to know that sexual activity in teen years is clearly

linked to reduced personal happiness. Teens who are depressed should understand that sexual activity is likely to intensify, rather than lighten, their depression.

This same report discusses the relationship between early sexual activity and increased attempted and actual suicide. The report shows that sexually active teenage girls are three times more likely to attempt suicide than girls who are not sexually active. Sexually active teenage boys are eight times more likely to attempt suicide than are boys who are not sexually active. To see the entire report visit [www.heritage.org](http://www.heritage.org) and view papers by Robert E. Rector.

<sup>1</sup> Crum, P., *Adolescents: What Are They Thinking?* Family Nurturing Center of Western Michigan.  
<sup>2</sup> Meeker, Margaret (Meg), *Epidemic: How Teen Sex is Killing Our Kids*, p. 64.

'Teens deserve to know that sexual activity in teen years is clearly linked to reduced personal happiness.'

## Help us send 1000 signatures to the Ohio Legislature

**Mail by January 14, 2005**

Ohio House Bill 189 passed in March, 1999. The bill mandates that abstinence from sexual activity be taught in all the public schools in Ohio as the only 100% effective protection against unwanted pregnancy and transmission of the AIDS virus and other sexually transmitted diseases. (See page 4 for actual language).

It also mandates that the State Board of Education require course materials and instruction in venereal disease education to cover certain topics pertaining to abstinence and sexual activity outside of marriage. Although this is a mandate, the bill needs strengthening and our legislators need to know Ohio supports abstinence until marriage education for school age children.

I agree with Ohio House Bill 189 and thank the Ohio Legislature for passing this legislation.

I encourage the Ohio Legislature to strengthen the mandate

(Sign & Print Name )

(County)

(Date)

**Filling out this short survey will help even more!!!**

I am employed by \_\_\_\_\_ as a \_\_\_\_\_  
(organization/school) (position)

I am \_\_\_male\_\_\_female\_\_\_age\_\_\_race (white, black, Hispanic, other)

\_\_\_ I would support February 14 being proclaimed "Protect Your Heart Day"  
\_\_\_ I would support the week of February 14 as being proclaimed as "Abstinence Until Marriage Week."

**Clip and send to: ATM Education, P.O. Box 323, Sunbury OH 43074**