Dearest 15 Year Old Me,

I’m writing to you as a 25 year old, closing in on an undergraduate degree and otherwise living well, currently enrolled in a Human Sexuality class. Through our discussions, I’ve realized how valuable an in-depth sexuality education would have been as a teenager. Here’s what I wish I’d known...

I wish I’d known what enthusiastic consent was, and how vital it is for a young woman (or anyone!). I wish I’d known what I wanted mattered more than impressing others. I wish I’d known how to protect myself from the pressures and shame placed so heavily on a young girl’s shoulder. I wish I’d known the confidence I could have had, had I ever been taught that I was a powerful, extraordinary human worth protecting.

With quality sexuality education, 15 year old me would have known how to make smart, safe choices that protected me from cruel shaming messages and allowed me to make healthy decisions. 15 year old me would have been confident enough with her body and assertive voice to communicate her wants, needs and desires in all relationships—sexual or otherwise. 15 year old me could have turned to that sexuality educator, a trusted adult, who taught the real, important stuff, and asked all those burning questions she instead learned through an awkward and often painful trial-and-error.

Organizations like SHIFT NC inspire young people to be knowledgeable, confident, and empowered through effective sexuality education. This is why I choose to donate to SHIFT NC, so young voices can know they are powerful, extraordinary, and worth protecting. Through our support we’re providing the next generation the sexuality education they deserve—helping young people grow up healthy!

Sincerely,

Kelsey Lindeman, SHIFT NC Donor
Getting WISE About Sex Ed: Taking Our State from Awkward to Awesome

What does it take to provide awesome and effective sexuality education in schools? The answer is more than just teacher training.

North Carolina's 2009 Healthy Youth Act gave communities a new opportunity to provide the kind of sex education that parents, public policy, and research all support. SHIFT NC's WISE Initiative— which stands for Working to Institutionalize Sex Education— has helped school systems use the law to adopt effective sexuality education. Each participating school system partners with us to:

- Align local curricula to students' needs and state law
- Build unity among school personnel
- Select a curriculum that meets local needs
- Train teachers to be effective & comfortable in the classroom
- Create a localized action plan for implementation

PARENTS SUPPORT THE HEALTHY YOUTH ACT

85% of NC parents support comprehensive sex education.

13% oppose

Source: 2013 North Carolina Parent Opinion Poll

54% of NC high school seniors have had sex

Source: 2015 Youth Risk Behavior Survey

21 NC school systems have participated in WISE

Source: WISE Program Records

WISE has improved sexuality education for 139,857 North Carolina students

Building a safety net to make periods (and puberty!) less...awkward!

Growing up has its awkward moments. At the top of the list: getting your period at school. This past May, SHIFT NC sponsored a fundraiser we called The First Period Campaign. Because of you, The First Period Campaign raised over $3,540 to supply First Period safety net kits to schools across the state. The First Period safety net kits will include a First Period decal to display to let girls know they can get a free pad if they need it, a "helper's pledge" to provide nonjudgmental support, and a supply of pads.

The First Period Campaign reminds us all that the adolescent journey should have less awkward moments and be filled with awesome opportunities. Would you like to participate? SHIFT NC is will continue to accept donations for the First Period Campaign throughout the summer. The First Period safety net kits will be distributed in the fall to NC schools. To make a donation go to www.shiftnc.org and make your acknowledgement to The First Period Campaign.
SAVE THE DATE

Please join us on September 17th for TAKE FLIGHT with SHIFT NC, a fundraiser, auction, and benefit for adolescent sexual health.

Come celebrate North Carolina teens and all the good, innovative work it takes to help them grow up healthy.

DATE: September 17, 2016
TIME: 6:00 PM
PLACE: Millennium Hotel, Durham, NC
ATTIRE: Colorful Cocktail

TICKETS: Early bird tickets available until August 17 for $60/Full ticket price after August 17 - $70. Tables available for $500.

All tickets include dinner, drinks, and auction fun.

To purchase tickets go to www.shiftnc.org
For questions: Contact Jean Workman at jworkman@shiftnc.org

SUMMER OUTREACH CAMPAIGN FILLS INFO GAPS DURING SUMMER BREAK

Our BrdsNBz summer outreach campaign is encouraging teens to text BrdsNBz to get the information they might miss over summer break.

The North Carolina BrdsNBz Text Line provides confidential, medically-accurate answers to sexual health questions via text message. BrdsNBz doesn’t give information about sexual technique or diagnose illnesses—but our health education team advises users to seek out a health care provider or trusted adult. And we’re serious about confidentiality; all questions and answers are kept anonymous unless our educators think someone could get hurt.

YOUR IMPACT!
Connecting Young People to BrdsNBz

Your donation creates tools for youth-serving organizations to promote BrdsNBz to teens during the summer months through social media. These templates and images encourage teens to use BrdsNBz during to get medically accurate answers to their questions about sexual health and relationships.
POWERFUL VOICES: SHIFT NC’S Ongoing Commitment to All Youth

SHIFT NC’s commitment is to the youth, families, and youth-serving professionals in North Carolina:

- We support building a North Carolina where all young people grow up healthy. This unequivocally includes pregnant and parenting teens, youth in foster care and juvenile detention centers, LGBTQ (lesbian, gay, bisexual, transgender, and questioning) youth and other traditionally marginalized populations.
- We advocate for an evidence-based approach to adolescent health. Young people benefit when policy discussions capitalize on facts and evidence.
- We encourage understanding that sexual health is a part of overall health. Sexuality, gender, and gender identity are not niche issues, and are linked to wellbeing and opportunity.
- We urge adults to create spaces where young people thrive. Adults bear the primary responsibility for creating a supportive climate in which all youth can live, learn, grow, and succeed.

Creating Safe Spaces for LGBT Youth

The staff and board of SHIFT NC support ongoing efforts to create a safer and more supportive environment for North Carolina’s LGBT youth. We are thankful for the many caring youth and adults who have worked tirelessly to ensure that all young people have the information, care, and support they need to grow up healthy.

How to Be An Ally Training

In partnership with the North Carolina Department of Public Instruction, SHIFT NC has worked with hundreds of teachers, counselors, nurses, and administrators using a workshop called How to Be an Ally. The 5-hour session helps them understand and implement best practices for working with LGBTQ youth. The training helps make schools a safer, more inclusive environment.

This work is a part of our overall commitment to help young people grow up healthy, as well as a strategic priority to promote health equity for North Carolina’s more vulnerable youth.

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