Beyond “The Talk”
So young people grow up healthy

Summer, 2017

All in on adolescent health: Your place in the big picture

What does it take to help a teenager stay healthy? A lot! And it takes a major team effort to get the job done. All across our state, educators are providing health classes, medical professionals are providing adolescent health care, parents are having those tough conversations about sex — and teens are seeking out information, youth-serving professionals are connecting young people with the support they need, volunteers are stepping up to serve their communities, advocates are reaching out to elected officials, donors are investing in the work... We’re proud of our role to coordinate those efforts and to give communities the tools they need to support teen health in innovative and effective ways. We couldn’t do it, though, without YOU!

IN THE COMPANY OF WOMEN:
Pouring Pints of Girl Power

Dozens of friends joined SHIFT NC at Raleigh’s House of Hops on April 30 to hear from women leaders in North Carolina’s thriving craft beer industry and raise money for adolescent health.

House is Hops was happy to partner with SHIFT NC for In The Company of Women. We hosted 56 guests and raised a total of $531 for SHIFT NC! We chose to highlight SHIFT NC because we believe in their commitment to educating adolescents and young adults on sexual health. We firmly believe in providing the tools and resources to young people, specifically females, allows them to develop healthy behaviors that will carry into adulthood.

Gabriela Magallanes, Chief Beer Officer & SHIFT NC Treasurer

Panelists: NC Craft Brewers Guild Executive Director Margot Knight Metzger; Fullsteam Sales Director Mary Eliza McRae; Highland Brewing President Leah Wong Ashburn and Brewmaster Hollie Stephenson; & emcee House of Hops’ Chief Beer Officer Gabriela Magallanes.

Coming together to celebrate an investment worth millions

During the month of May, SHIFT NC celebrated all the reasons why adolescent sexual health matters during teen pregnancy prevention month! #31Reasons gave people like you a chance to celebrate all the reasons sexual health matters to them. Together, we raised $4,000 to support our tremendous impact on teen health.

For more than 30 years, we’ve empowered communities to use the best available strategies to promote better education, strengthen families and community support systems, and ensure access to health care. It’s not too late to contribute $31 to help North Carolina teens get the services they need like sex education and health care. You can still make a donation by mail or by giving online at shiftnc.org.
More than 250 health educators, medical professionals, program leads, advocates, and more joined us for our 31st annual conference in Greensboro this May. The theme? Superheroes Activate: Uniting Our Powers for Impact.

#RealTalk:
Going face-to-face in Fayetteville

On May 9th, teens, parents, families, teachers, and organizations from across Cumberland County came together at 71st High School for the annual Real Talk event.

Community agencies spend a year planning and promoting Real Talk as a way to bring the community together to focus on addressing teen pregnancy and other teen related health issues in Cumberland County. This year, the Cumberland County Department of Public Health, Cumberland County Schools, Cape Fear Valley Health System and multiple other agencies joined forces to create a successful event. Real Talk provides entertainment, resources, information for parents and teens on a variety of teen health issues, and more!

NC Youth Connected staff and community health educators were excited to be at Real Talk this year, handing out information about the project, providing resources to parents and teens, signing teens up for the Youth Leadership Council, and talking with everyone about ways they can get involved with NCYC’s teen pregnancy prevention efforts. Real Talk was an awesome community event, and we were so happy to be part of it.

Save the Date

Coming this fall, TAKE FLIGHT with SHIFT NC celebrates the pioneering women of aviation — the ones who broke barriers, found freedom, and showed generations that the sky has no glass ceiling.

Take Flight with SHIFT NC
a fundraiser, auction, & benefit for adolescent sexual health
September 22, 2017
6:00 PM
Durham Armory
How a Mickey Mouse coloring book helped launch a movement — and changed everything

One early 1980s night, a young girl gave birth in a Charlotte hospital. Her parents dropped her off alone at the door to — as they put it — deal with “the mess she got herself into.” When her nurse popped into the recovery room for a routine check-in, the 10-year-old girl was sitting on her bed coloring in a Mickey Mouse coloring book.

The nurse had worked with young parents before: girls giving birth who didn’t know how pregnancy happened or how their bodies worked, much less how to avoid a pregnancy. Many of the girls had experienced trauma, some resulting in the births she attended. As an early devotee to Lamaze, she helped these young women navigate their births in the most empowering way she could — but she knew that wasn’t good enough. Something had to change.

That nurse, Barbara Huberman, pulled together a community group to look at the systemic failures that allowed so many girls to end up in her labor & delivery care. A lack of formal sex education, poverty, scant youth development resources, few supports for young parents… Together, Barbara’s coalition braved hard conversations about how to help young people grow up healthy, and ultimately gained nonprofit status.

Barbara reached out to friends in high places — like the North Carolina General Assembly. At the time, nearly 1 in 10 teen girls got pregnant every year in North Carolina. The General Assembly established funding to help communities address unplanned teen pregnancy.

Soon, communities started to hear about opportunities to tackle teen pregnancy. Barbara worked with more than 40 counties to establish local coalitions to support teen health. She also helped other states launch similar initiatives.

Steep teen pregnancy rates weren’t the only challenge. Conservative corners of North Carolina balked at the idea of empowering young people with information and access to care. One legislator even called Barbara a witch during a hearing. Nevertheless, she persisted.

Teen pregnancy rates fell. Rates of teen sexual activity started to drop off while rates of contraceptive use climbed. And, here we are today with the lowest teen pregnancy rates in the state’s history.

As you can guess, that coalition that became a nonprofit eventually became SHIFT NC. The NC General Assembly still funds the state’s Teen Pregnancy Prevention Initiatives. North Carolina eventually passed one of the nation’s strongest sex education laws. And Barbara went on to help establish both Advocates for Youth and the National Campaign to Prevent Teen and Unplanned Pregnancy, national leaders in adolescent sexual health.

In 2015, 30 years after becoming North Carolina’s only statewide nonprofit dedicated to teen pregnancy prevention, we expanded our mission to cover all of sexual health. Following Barbara’s lead, we listened to communities across the state and took a bold, brave step to help young people get more of the education, support, and access they need to grow up healthy.

Be the change!

Your financial support helps us keep the dream going — making sure every North Carolina teen has access to effective sex education, a strong support system, and access to teen-friendly health care. Visit shiftnc.org to make a donation today!
Thank you for joining the conversation for Teen Pregnancy Prevention Month during May! #NTPPM

Teen birth rates have declined dramatically over the past few decades and are at historic lows. In recognition of National Teen Pregnancy Prevention Month (#NTPPM) in May, we reflect on the progress we’ve made and the challenges that remain.

- Since peaking in 1991, North Carolina’s teen pregnancy rate has fallen 71%.
- Rates of teen pregnancy are down across all demographic groups.
- Despite historic progress, significant disparities remain:
  - Teen birth rates remain about one-third higher in rural areas than in urban areas.
  - Rates remain disproportionately high among vulnerable youth, including youth of color, youth living in out-of-home care, LGBTQ youth, and parenting teens.

Still, too many barriers exist for teens working to make it through the teen years without experiencing a pregnancy. The resources SHIFT NC provides help communities provide teens with the information, support, and teen-friendly health care they need to control their futures and avoid an unplanned pregnancy.

Powerful voices #SpeakYOUTHtoPower

On March 7th, more than 160 young people and their adult allies gathered for Adolescent Health Advocacy Day. Representative Graig Meyer and Sistersong’s Omisade Burney-Scott kicked off the day with a powerful reminder that young people’s voices are a force for change. Youth then ventured out for a successful afternoon of meet-and-greets with their legislators.

Generous gifts from donors like you help us quickly and effectively respond to the needs of North Carolina’s adolescents. In May, you helped us raise more than $4,000 to help us keep communities on the leading edge of promoting teen health — support they need now more than ever. We look forward to your continued support as we all work together to help young people grow up healthy.

SHIFT NC
3710 University Drive, Suite 310
Durham, NC 27707
shiftnc.org

Janeen Gingrich
Interim CEO
(919) 226-1880 x100
jgingrich@shiftnc.org

Jean Workman
Director of Development
(919) 226-1880 x 115
jworkman@shiftnc.org