



Post Office Box 954 Skowhegan ME 04976

*Somerset County Teen
Pregnancy Prevention
Program*

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SOMERSET COUNTY TEEN PREGNANCY PREVENTION PROGRAM

Our program is completing its 7th year. Somerset County continues to have a high rate of teen pregnancy – nearly twice the state average. Our primary goals are to reduce the rate of teen pregnancy and to delay the age of first sexual behavior.

Our strategies are to provide specialized sex education classes in high schools; and to educate and support parents, health and counseling professionals and school staff so that they will guide teens to make healthy decisions about sex.

We work closely with schools and have developed excellent relationships with most of the school principals and health teachers in Somerset County. We also involve community organizations and local businesses in acknowledging and discussing the problem and in working toward solutions.

Teens frequently tell us that pregnancies, sexually transmitted diseases, and abusive relationships “just happen.” Therefore, we teach teens to recognize the physical, emotional and relationship consequences of sexual behaviors and to consider these when making decisions. We also teach abstinence skills and safe sex practices.

Teaching staff: **Anna Lee Court** is a youth development consultant and writer. She coordinates the *Somerset County Teen Pregnancy Prevention Program*. She is a guest teacher in Somerset County high schools offering *Am I Ready for Sex: Questions to Ask*

Yourself; and *Healthy Relationships*. Previously, Ms. Court worked for 10 years doing research and writing in the challenging child welfare field of the adoption of adolescents. In addition, she is the author of *Raising Teens*, a 10 part series that was most recently published in the Sunday editions of the Morning Sentinel and the Kennebec Journal. She was also coordinator of the *Parent Media Campaign* in upstate New York. Ms Court is assisted by **Amber Cutten**, a graduate of Marti Steven’s Learning Center and currently a student at KVCC, and **Damion**

Parlin, a graduate of Marti Steven's Learning Center who leads a class: *Decisions -- Personal Experiences of a Teen Dad*.

