



Top Adolescent Girls Health Issues and Solutions Identified by New Mexico Girls in their School & Community

(NM Girls Conference 2008- Sponsored by NM Commission on the Status of Women)

The New Mexico Department of Health Office of School and Adolescent Health and the Governor’s Women’s Health Advisory Council collaborated with three young ladies (Kyla Joas, Christina Chavez, and Stephanie Chavez from Co-Ed Pageants) to do a Health and Safety Workshop at the New Mexico Girls Conference. Preparation for the workshop was a youth-adult partnership, and the three young ladies led the workshop at the conference for approximately 250 adolescent girls from across the state. This workshop focused on health and safety as well as the importance of young people speaking up and getting involved with adolescent health and safety issues that affect them. Issues included substance abuse, teen pregnancy, drinking and driving, gangs, and suicide. Young people were recognized as assets who have strengths and talents that they can contribute to making our state healthier and safer. The participants identified the top five health and safety issues they face both in their schools and communities. They also provided prevention and intervention strategies for each issue (See summary below).

Topic/Issue	Top 5 Issues in the School	Top 5 Issues in the Community
Issues	<ol style="list-style-type: none"> 1. Drugs 2. Drop Out 3. Teen Pregnancy 4. Gangs 5. Teen Dating Violence 	<ol style="list-style-type: none"> 1. Drugs 2. DWI/Alcohol 3. Teen Pregnancy 4. Violence 5. Gangs
	Solutions in the School	Solutions in the Community
Violence		<ul style="list-style-type: none"> • Positive role models & peer influences • Mental health care therapy/anger management • Prevention Services (YDI 4S0, PB&J, HavenHouse Dragonfly, SafeHouse, NM Commission on the Status of Women, Through the Looking Glass) • Call a hotline 1-800... • Organize classes for violence • Talk to a counselor • Discuss the issue at hand

		<p>with people you trust</p> <ul style="list-style-type: none"> • Go to a girls/boys group
Gangs	<ul style="list-style-type: none"> • Showing the community loves them • Teen Center/No alcohol or violence • Clubs that don't revolve around sports 	<ul style="list-style-type: none"> • Talk to each other • Resolve problems • Report suspicious activities • The more you report the less they get to do
DWI/Alcohol		<ul style="list-style-type: none"> • Make alcohol illegal • Advocate against alcohol sales • Raise taxes on alcohol sales • More DWI check points • Make DWI check points more random • Really crack down on sales of alcohol to consumers • Take action when you see someone driving drunk or is intoxicated • Harsh penalties for the purchase of alcohol for minor and adults that are already intoxicated • Dry county • DWI education • Pro social activities • More supervision • Random breathalyzers before activities
Drugs	<ul style="list-style-type: none"> • Random drug tests • More education on causes & effects • Speakers who have lived it 	<ul style="list-style-type: none"> • Treatment & support for users & their families • More activities for youth • Peer support • Talk to an adult • Guest speakers (ie. Suicide Prevention) • Stop doing drugs • Go to VA meetings • Treatment • Stop parting • Avoid peer pressure • Support •
Drop Outs	<ul style="list-style-type: none"> • Provide Help (tutoring, counseling, etc...) • Alternative options • Take GED test 	

	<ul style="list-style-type: none"> • Mandatory attendance policy • Make it more fun/creative activities • Make schools more accountable for kids with special needs • Parental involvement • Shorter hours/start later • Accommodate to kids with kids and work • Better sex education • Hands on technical skills • More specialized course 	
Teen Pregnancy		<ul style="list-style-type: none"> • Sex education • Birth control awareness • Education to parents to teach child • Kinship • Drug & alcohol abuse education • Communication skills • Personal values • Family values • Teen conferences

These strategies identified various elements of both the Five Component Health and Socio-Ecological Models used by the Governor’s Women’s Health Council and the Department of Health. The Five Components of the Health Model are direct service, leadership, outreach and education, research and professional education. The Socio-Ecological Model recognizes the importance of strategies at the individual, interpersonal (family, friends, social networks), organizational (organizations and social networks), community (relationships among organizations) and public policy (local, state and national laws).

Appendix A. Socio-Ecological Model

Appendix B. Five Component Health Model

Appendix A: Socio-Ecological Model--Looking Beyond the Individual
What are ALL the Factors That Influence Your Health? Is It JUST You?
The World We Live In Influences Us.



Appendix B: Five Component Health Model
Adapted from the National Centers of Excellence in Women's Health by the
NM Governor's Women's Health Advisory Council, August 2006

