

Health Equity

More Than Milestones: Supporting the Sexual Health of Diverse Adolescents (On Demand-CE)

Adolescent sexual health plays a critical role in the overall health and well-being of youth. This recorded webinar, from the University of Michigan's Adolescent Health Initiative, provides an overview of the physical and social stages of maturation that adolescents may experience throughout their sexual development, while emphasizing the importance of individualized experiences stemming from diversity in identity, ability, environment, and access to resources. Learners explore how to use this understanding to communicate effectively with adolescents about sexual health in ways that build trust and confidence. The training also challenges learners to evaluate current practices in the field and identify opportunities for improvement and advocacy to better support adolescents across all stages of sexual development.

[Learn more and take the training](#)

Resources

Birth Control Methods Charts & Interactive Counseling Tool

The RHNTC's birth control methods tools are designed to support providers in having client-centered contraceptive counseling conversations, and can help clients identify what they want in a birth control method and better understand their options. Providers can use the [new interactive counseling tool](#) to filter methods by effectiveness, potential side effects, period changes, and more. Providers can also use [two new charts](#) in conversation with clients: one shows the actual size of each birth control method and the other shows where each method is placed on or within the body.

Options to Manage Pain for Gynecologic Procedures

This [guide](#), from Reproductive Health Access Project, provides a menu of options to manage pain during gynecologic procedures in an office setting, like IUD placement and removal, pap smears, colposcopy, etc.

Glossary

The following are acronyms commonly found in the newsletter:

AHI: [University of Michigan's Adolescent Health Initiative](#)

CTC-SRH: [Clinical Training Center for Sexual + Reproductive Health](#)

CVR: Clinic Visit Record

FFS: Fee-for-service

LARC: Long-Acting Reversible Contraceptive

NFPRHA: [National Family Planning and Reproductive Health Association](#)

OHP: [Oregon Health Plan](#)

QFP: Quality Family Planning Guide

RHAF: Reproductive Health Access Fund

RHNTC: [Reproductive Health National Training Center](#)