

# Teens talk about sex

JACLYN WILKINSON  
Special to The Era-Banner

York Region parents, educators and the public health department seem to be doing something right when it comes to educating teens on safer sex.

Teen pregnancy rates in York Region are well below Ontario's overall rate, statistics show.

About 25 per cent out of every 1,000 York Region teens aged 15 to 19 were pregnant in 1995, compared to nearly 50 per cent on average across the province.

Catherine White, manager of the region's sexual health program said research by McMaster University has shown low teen pregnancy rates can be attributed to public counselling and clinics and area school sex education programs.

But studies show parents still aren't comfortable talking about the facts of life.

When it comes to open discussions with their parents

about sex, a lot of teens say, 'just do it'.

"I think parents need not be so shy and understand their kids are learning about (sex) in school

but it will always make them feel better if it comes from their parents. So, they should just get with their kids and talk with them about it," said Heather, 19.

"Just bring it up. Don't beat around the bush," agreed Brian, 22.

He said his parents were always willing to talk openly about sex when he was younger and he thinks this has enabled him to view sex as something that is not shameful.

Glenn Di Pasquale, chief psychologist for the York Region District School Board, said parents who have a good relationship with their kids usually have no trouble talking about sex.

Parents should be open and non-judgmental with their children when discussing sex. They should also invite children to ask questions no matter "how dumb

they may seem," he said.

It's important to remember talking about sex and encouraging teens to make the right decision isn't the same as insisting they abstain, Di Pasquale said.

"If parents pressure their kids, I think a lot of teens will rebel," agreed Heather. "And they'll just be rebelling against their parents, just because most teenagers tend to rebel."

York public health is working together with schools to educate teens about the risks of sex and steps they can take to protect themselves.

The board offers clinics in Markham, Richmond Hill, Sutton, Newmarket and at Seneca College's King campus. The clinics offer counselling, testing for STDs or pregnancy, medical exams and birth control.

Clinics are free, confidential and don't require a OHIP card.

Contact the sexual health information line to set up appointments at 1-800-461-2135.

**Big Party? Big Value.**

**Buffet Orientalis**

Celebrate with family and friends and enjoy a FREE meal on your birthday!

Meal does not include beverages, offer subject to change without notice.

**Markham town square**

Just a shop, skip and a jump away!

Northeast Corner of Warden & Hwy. 7

**IRAPIDLUBE**  
DRIVE-THRU OIL CHANGE PROFESSIONALS  
Hwy. #7 & Galsworthy and Kennedy & Unionville Gate

**OPEN 7 DAYS A WEEK**

- Convenient, Fast, Professional Service
- Warranty Approved Products & Services
- Ask Your Technician About Our Super Specials

**OIL CHANGE PACKAGES INCLUDE:**

- Warranty Approved Oil Filter
- Oil to Crankcase capacity (maximum 5 litres), labour
- 22 Point Visual Inspection

**\$5.00 OFF** Formula Shell Oil on any Premium or Ultimate Oil Change

**FREE CHASSIS LUBRICATION**

**IRAPIDLUBE**

**OIL CHANGE PACKAGES \$20.99**

ALL ABOVE OFFERS ARE NOT VALID WITH ANY OTHER DISCOUNT OFFER. COUPON EXPIRES MARCH 31, 2000. NO CASH SURRENDER VALUE.

I pay \$14.95 a month for calls to the Greater Toronto Area anytime and talk for as long as I want. It's a flat rate with no per minute charges.

**I'm paying more for less plus a monthly fee\*!!**

- Metro Access charges a flat rate of \$14.95 (plus tax) for its basic service from Stouffville, Markham and Uxbridge. This service covers the Greater Toronto Area. For \$1.00 more you can have 2-way reverse calling.
- Our price includes unlimited 24 hours a day, 7 days a week calling no matter when you call or how long you talk.
- Unlike our competitors, we offer a 7 day free trial period on all of our services.
- Metro Access has no activation fees or hidden costs.
- An independent customer satisfaction survey reports that the top 3 reasons Metro Access retains its customer loyalty are:
  1. No Problems/No Busy Signals
  2. Excellent Service
  3. Cost Savings
- We also offer expanded access to any or all of the following areas:
  1. Burlington
  2. Orangeville
  3. Alliston, Cookstown
  4. Newmarket, Bradford
  5. Uxbridge, Mount Albert, Port Perry
  6. Oshawa, Whitby, Brooklin
- Business rates - \$22.95 a month. Rate includes fax and data transmission.
- Metro Access offers "Reverse Expanded" Service from anywhere in our expanded area to the customer's residential phone for only \$4.00 per month.
- We have various payment options to suit you and there is no long term commitment required.
- Metro Access is Canadian owned and operated since 1991.

**Call (416) 601-1200 and try us for one week FREE!**

**OR YOU CAN SIGN UP FOR A FREE TRIAL ON OUR WEBSITE.**

[www.metro-access.com](http://www.metro-access.com)

**Flyer WATCH**

Inserts for February 26/00

Walmart Shoppers Drug Mart Sears* The Bay* PetSmart*	Procter & Gamble Dryel Brochure* Fortinos* Dominion* Fabriclean Cleaners*	Hello Vita* Home Hardware* Speedy Auto* The Jade Team* Stouffville Co-Op*
--	---	---

NO ONE CAN DELIVER RESULTS LIKE WE DO!  
To Book Your Flyer Distribution Call  
(905) 294-8244