

# AUSTIN HEALTHY ADOLESCENT

Welcome Parents, Youth & Caregivers: First Edition

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September 13, 2021

Vol. 1

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## Welcome!

Austin Healthy Adolescent (AHA) is a program of the Family Health Unit from Austin Public Health. AHA is dedicated to amplifying youth voice in Travis County through community engagement, health education, and positive youth development.

An integral step in this goal is bringing in parents, caregivers, and other caring adults to help support and extend conversations and growth into the home.

This newsletter will serve as a space where we hope to share resources, upcoming events, updates on AHA's efforts to help support youth in their reproductive health and decision-making. As Austin continues to change and expand AHA is committed to remaining a part of every community. Whether it's 78745, 78753, 78617, or anywhere in-between, AHA is here to help youth receive the information and resources they need to make the decisions that are best for them. We are so excited to be part of our expanding community and can't wait to continue this journey along with you. As the caregivers and caretakers of youth, AHA is here to help support you in ensuring your young people are able to access equitable care and be prepared for their next steps in life!

- Austin Health Adolescent Staff



*"The decision whether or not to bear a child is central to a [person's] life, to [their] wellbeing and dignity. It is a decision [they] must make for [themselves]."*

**-Ruth Bader Ginsburg**

## IN THE ISSUE

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DVHAP Overview

New Faces: Get to Know  
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Sexual Health Topic: Consent

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# DEL VALLE HEALTHY ADOLESCENT PROJECT

By: Roxanne Saldivar (she/her)

As Travis County first began to feel the impact of the COVID-19 pandemic, AHA was awarded a 3-year grant awarded by the Office of Population Affairs (OPA) to better serve and support residents of Del Valle. In partnership with Integral Care, SAFE Alliance, UT School of Public Health, El Buen Samaritano, Nicole Trevino Consulting, TCAH and the City of

Austin this grant will support programming for the Del Valle community. Programming efforts will include: youth sexual health education, parent/caregiver workshops, systems change, family nights, youth friendly clinic assessments and much more.



## DVHAP STAFF SPOTLIGHT

By: Susana Contreras (she/they)

Susana joined AHA in December 2020 to serve as coordinator for the expansion of services and partnerships in the Del Valle area. As a first-generation Mexican American, working for and with Del Valle youth and caregivers means giving back to the community and culture that raised her. Outside of work, Susana is often searching for the best pupusas in Travis County.

## SEXUAL HEALTH TOPIC: CONSENT

By: Katie May  
(she/her)

Consent is key in all of our relationships, and just like most things in life consent and setting boundaries take practice. Finding ways to ASK for consent in non-romantic and non-intimate relationships will give your teen the chance to practice consent! Together with your teen watch this video and then go over these questions together - you might just learn something new about your own boundaries too!

VIDEO LINK <https://tinyurl.com/dvhaptea>

- What parts surprised you about tea/consent?
- What parts of the tea video do you want to understand better?
- What parts did you like and would you share with others?

