

Adolescent Sexual Health in Maine



Sexual health begins with education and prevention

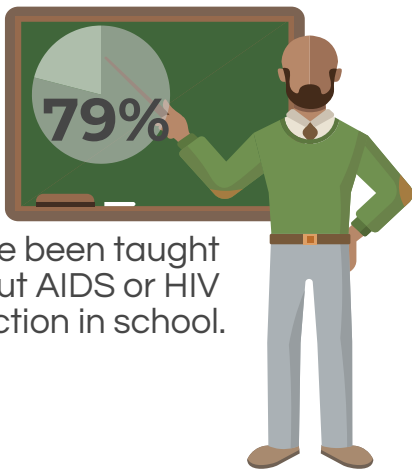
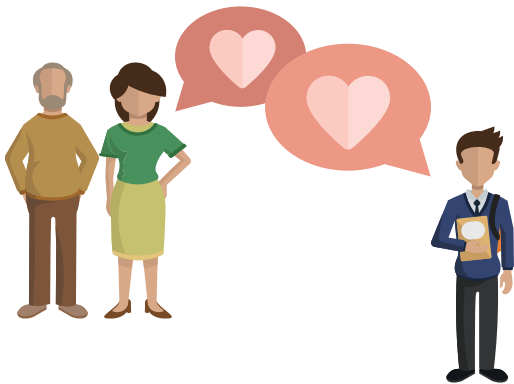
Many young people engage in risky sexual behaviors that can result in unintended health outcomes such as HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy.

To reduce risky sexual behaviors, parents, schools and other youth-serving organizations can help young people adopt lifelong attitudes and behaviors that support their health and well-being. This page explores some of the protective sexual health behaviors among Maine high school students.



Supportive Conversations

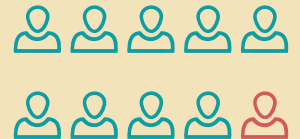
1 in 2 (54%) Talked with a parent or guardian about sex in the past 6 months.



Have been taught about AIDS or HIV infection in school.

Prevention

9 in 10 (90%) Used some type of birth control the last time they had sexual intercourse.



3 in 5 (61%) Used a condom the last time they had sexual intercourse.

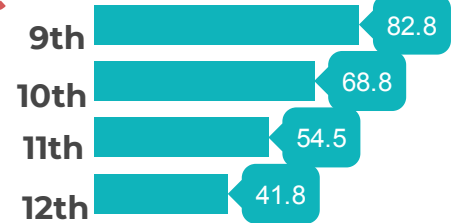


1 in 12 (8%) Used a form of long acting birth control.



Abstinence

3 in 5 (62%) Have not had sexual intercourse



Abstinence by grade

Sexually Transmitted Diseases (STD)

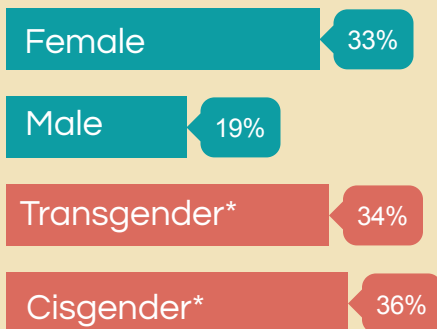
Testing



1 in 4 (26%)

have ever been tested for an STD (among students who have had intercourse).

STD testing by gender



Vaccination

54% of Maine teens age 13-18 have been fully vaccinated against HPV.³



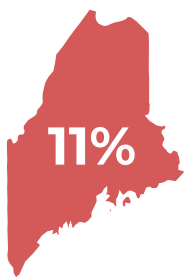
Maine has the 4th lowest rate of Chlamydia in the U.S. among women ages 15-24, but the rate has been increasing in the past few years.⁴

Cases of STDs

STD	(2015) ⁵ Cases*
Chlamydia	965
Gonorrhea	54
Syphilis	1
HIV	4

*Among those ages <19

Sexual & Dating Violence



Over 5,000 Maine students said they had been forced to have sexual contact.

The rate is higher among students who identified as female (16%) or transgender (39%).



9%

Over 3,000 Maine students have been physically hurt by a dating partner on purpose in the past year.

Data source: Unless otherwise noted, all data are from the 2017 Maine Integrated Youth Health Survey

Other sources:

2: Healthy People. Gov. Disparities. Accessed 5-1-18 from: [Disparities](https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities)

<https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

3: Maine CDC. Adolescent HPV Immunization Rate Assessment Report, 2018 First Quarter – January 1, 2018. Accessed 5-3-18 from: <http://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/publications/HPV-2018-Quarter-1-Immunization-Rate-Assessment-Report.pdf>.

4: US CDC. 2016 Sexually Transmitted Diseases Surveillance. Accessed 5-3-18 from: <https://www.cdc.gov/std/stats16/figures/j.htm>

5: Maine CDC HIV, STD, and Viral Hepatitis Program. 2015 Annual Surveillance Report. Accessed 5-3-18 at:

<http://www.maine.gov/dhhs/mecdc/infectious-disease/hiv-std/data/documents/2016/2015-Annual-Surveillance-Report.pdf>

*Transgender: those who identify with a gender other than the one they were assigned at birth.

*Cisgender: those who identify with a gender they were assigned at birth.