

Journal of Adolescent Health & Welfare

VOLUME 3 NO 2 SUMMER 1990

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THE BRITISH "JOURNAL OF ADOLESCENT HEALTH AND WELFARE" is the journal
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CHARITY NO 296080

Letter from the Editor

Dear Colleague,

Running a charity in this day and age is a masochistic pastime! There are so many charities, relief funds and appeals all chasing the same shrinking pool of money. There is an increasing trend for basic and essential services such as hospital departments to rely on charity - or what is euphemistically termed 'soft money'. In such a climate it is difficult for charities such as ourselves who deal with teenagers or 'social' problems to compete for funding.

I am sure that others have come across similar problems to ourselves - that the application process for funds has become increasingly unweildy and out of touch with reality. Nowadays one needs a full time clerical officer to fill in the countless pages of applications, references, plans and estimates and this person should ideally be not only an accountant but also a solicitor and politician to understand the whims and prejudices of granting bodies.

How many of you have applied for a grant for something you don't really want, because you cannot apply for a grant for the thing you do want?? - I would imagine that applies to most of us at some time.

How often has grant hunting taken away valuable time from patient or client care?

At Youth Support we decided from the start to assume that we would not obtain any grants and that we would have to be self supporting. This aim we have partially realised by charging local authorities and other organisations for services provided on a agency or contractual basis. It seems to me that this is in line with the Government's thinking on self sufficient services and contractual care - however if local funding is cut, who pays for the service? - can a local authority decide to dispense for instance with children's services - or should central Government lay down standards of care? The catch is that even if we can provide the best service possible, currently the decision can be to dispense with this service completely rather than tender for the most cost effective rate. This issue contains a comment on the Children's act which is also relevant in this context.

Youth Support House is developing very well at present and I do hope that as many members as possible will drop in and see us. We are setting aside most wednesday lunchtimes for visitors - please ring beforehand so that we can arrange to receive you.

I hope to see you all at the RSM meeting in October.

Best wishes,

Dr Diana Birch MBBS DCH MRCP MD
Director "YOUTH SUPPORT"

Patrons: Dame Josephine Barnes; Sir Frank Mills.

CHARITY NO 296080

APPLICATION FOR MEMBERSHIP OF THE "YOUTH SUPPORT"
"FORUM ON ADOLESCENT HEALTH AND WELFARE"

PLEASE COMPLETE IN BLOCK CAPITALS AND SEND to:-
YOUTH SUPPORT 30 Crystal Palace Park Road SE26 6UG

Cheques payable to YOUTH SUPPORT

I would like to join the "FORUM ON ADOLESCENT HEALTH AND WELFARE" I enclose £20 registration fee which covers my first years membership (journal included in cost).

NAME POSITION.....
ADDRESS.....
.....
..... PHONE.....

APOLGY Some members appear to have received the spring issue of the journal very late. The explanation is unclear but it appears that somehow one batch did not make it to the post office - you should all have received them by now. Also one set of invitations to the october meeting were printed with the wrong date - please note that the correct date is FRIDAY 26th october.

WE ARE UPDATING OUR MAILING LIST - PLEASE COMPLETE FORM WITH YOUR CORRECT ADDRESS AND DETAILS IF YOU WISH TO CONTINUE ON THE LIST - THANK YOU.

MEETINGS MEETINGS MEETINGS
MEETINGS MEETINGS

1990 - 5TH ANNUAL MEETING - AT ROYAL SOCIETY OF MEDICINE

VENUE - ROYAL SOCIETY OF MEDICINE - 1 WIMPOLE STREET LONDON W1

DATE - FRIDAY 26TH OCTOBER -
TIME - 6PM-9PM

TITLE - "Teenage mothers - A problem of Society?"
Including "The Arbour experience" - Liverpool

FEE £5 payable with booking form for non members.

Last year it was suggested that the night of the fifth annual meeting should be an occasion for a society dinner. We had a very succesful dinner three years ago and we would like an indication as to how many people would be interested in attending.

I would like to apply to attend the meeting on Friday 26th October

Name Position

Address Tel No

I will bring guests.

I would like to attend the Forum's Fifth Anniversary dinner 26th October 9pm.

I enclose being meeting fee (£5non member/ free member) and £19 per person for dinner tickets.

DATES FOR YOUR DIARY

WEDNESDAY Feb 27th - AT the R BROOKS lecture hall - St Bartholomew's Hospital
A joint conference held by "YOUTH SUPPORT" and "THE SOCIETY OF PUBLIC HEALTH"
on issues relating to HIV infection and young people - 'What can we do to be effective in prevention?' -
'What should we be telling the young?' - 'Is it too late to help?'

Please send me details of the meeting on wed 27th Feb 1991

Name Position

Address Tel No



"Are You My Sister, Mummy?" reports the findings of over ten years work with more than 150 very young girls, their boyfriends families and children, telling their poignant stories in a compassionate and empathetic manner.

✂-----

Name: _____

Address: _____

_____ Tel. No: _____

_____ Copies

"ARE YOU MY SISTER, MUMMY" @£10 = £ _____

THE CHILDREN'S ACT 1989.

The 1989 children's act is largely due to be implemented during the course of 1991.

As with most recent legislation regarding children, implementation will be a long drawn out process which may not be fully realised. Similarly, doubts must be expressed as to the feasibility of complete implementation. In many ways the act follows the path of government recommendations on child abuse etc where often measures are instituted or suggested without the necessary allocation of resources to carry these through.

Will there be resources earmarked to support this act or will it simply be a case of 'moving the goal posts'? The act is basically a reform of child law giving new rights and protection. It establishes a partnership relationship with parents and underlines parental responsibility. There is thus a change in local authority powers leading to clarification and some restriction in power. Such restrictions centre on increased duties regarding assessment and evaluation of a child's situation prior to court action. Herein lies the greatest need for improved resources.

Emergency powers will be organised differently and the old 'place of safety order' removed. There will now be 1. an assessment order lasting seven days 2. an emergency protection order (EPO) for 72 hours, 8 days or 15 days. or 3. protected status which replaces the police place of safety order and lasts 72 hours. During this time the police oversee any 'contact' - 'contact' being the new term replacing the concept of 'access'. Many of the above actions will be deliberated in the new Family proceedings court which will take over the care work from the juvenile court. In all proceedings it is envisaged that children will have increased representation in their own right.

* * * * *

Forum members are asked to write in and comment on the children's act and the implications for their areas of work.

How will local authorities meet the resource requirements?

We are hearing disconcerting reports of Boroughs who are underfunded or 'poll capped' or who for other reasons are cutting back drastically on services for children and young people - how is this affecting you? How will the problems escalate under the new legislation?

Youth Reach Their Peers

International Clearinghouse
Adolescent Fertility

"First and foremost, you need teens to spread a message to other teens. The average teen would open up and listen to another teen before they would open up to an adult," says Brian Bess, a Washington, D.C., high school student and a member of the Center for Population Options' Teens for AIDS Prevention (TAP) studies in Latin America, North America, and elsewhere have proven that peers are extremely influential in their ability to shape behaviors. For this reason, peer programs are proving increasingly effective for changing attitudes and practices related to risk-taking and sexuality. Such programs use peer pressure in a positive way.



Youth involved with a peer education program run by the Young People Center of Masbate in the Philippines.

from the British Medical Journal:-

"Obstetric outcome in homeless women"
 Catherine Paterson and Paul Roderick -
 Mary's Hospital Medical school. BMJ
 1301 4 august 1990 p263.
 This was a retrospective study of 185
 homeless women compared with a matched
 control group chosen from a group of
 108 women delivered at St Mary's in a
 one year period. The homeless group had
 a higher proportion of young women, of
 high parity and of Indo-Pakistani women.
 Homeless women booked later and had
 experienced more problems in previous
 pregnancies than housed women. They also
 had higher rates of low birth weight and
 premature babies.

Comment Does homelessness matter?
 Previous issues of our journal have
 mentioned the problems of street youth
 and of homeless teenagers in London.
 Last year CPAG (Child poverty action
 group) drew our attention to the plight
 of youth who were unable to afford poli-
 x or who had benefits cut because they
 had no fixed abode.

A Black report 'Inequalities in
 health' bears frequent reference to
 health problems of those in poor social
 circumstances and poor housing. Despite
 the number of households accepted
 as homeless by local authorities in
 England has doubled from 50,000 in 1979
 to over 110,000 in 1987.

Previous reports (The prescription for
 health) showed that women in bed
 and breakfast hostels booked late, had
 the low birth weight babies and were
 more likely to be anaemic. 25% of women
 giving in such conditions during
 pregnancy had babies under 2500gm birth
 weight compared to 10% of women who
 moved into hostels after giving birth.
 In view of these and many other effects
 of housing on our children and young
 people, we have included in this issue a
 review of "Housing for the poor"

From the United States - presentations from the Atlanta
 meeting of SAM March 1990

EXPOSURE TO VIOLENCE AMONG INNER CITY YOUTH. Howard Schubiner, M.D., Angela Tzelepis, Ph.D., Edward Podany, Ph.D., Kamu Konduri, M.D. Wayne State University, Depts. of Pediatrics, Internal Medicine, and Psychology, Detroit, MI. Interpersonal violence is a major cause of morbidity and mortality among adolescents and young adults. As part of a larger study, 253 inner city, predominately black youth (ages 14-23 years, $\bar{x}=19$) were surveyed regarding their exposure to, and participation in, violent acts. Following the survey, an in depth psychological interview was performed and subjects were rated as to their risk of becoming involved in violent acts. 44% of subjects reported gun ownership in their home and 64% reported that they could have access to a gun within one day. 42% have seen someone injured with a gun or knife, while 22% have seen someone killed. In the preceding 3 months alone, 37% had witnessed 2 or more episodes of physical fighting, 20% witnessed fighting with knives, and 34% witnessed the shooting of a gun; 18% reported carrying a gun, and 29% reported carrying a knife; 32% had been in a physical fight. With the exception of witnessing physical fighting (in which no gender differences were found), males reported all of the above events more frequently than females ($p<0.001$). Those with a male as head of the household had an increased number of guns in the home and more frequently witnessed fights ($p<0.05$). Variables of age, employment or enrollment in school revealed no significant differences. 39% reported that they had been physically abused while 22% reported sexual abuse with no significant differences between males and females. When asked in general about fears or concerns in the interview, approximately 30% expressed fear about being the victim of a violent act (no significant gender differences found). 50 subjects (30 male) were rated by the psychologists as having a high likelihood of involvement in violent acts. Males and females in this group were both at high risk for substance abuse, motor vehicle accidents, and family conflict. Females in this group were more likely to be depressed while males were more likely to have a history of physical and/or sexual abuse ($p<0.05$). Youth are frequently exposed to violence in the inner city. Findings suggest that exposure to violence may sanction subsequent acts of violence.

PREDICTORS OF BEHAVIORS ASSOCIATED WITH RISK OF STD/HIV INFECTION AMONG ADOLESCENTS. Cherrie B. Boyer, Ph.D., and Mary-Ann Shafer, M.D. Dept. of Ped., Division of Adolescent Med., Univ. of California, San Francisco, California.

Objective: To identify social, psychological and behavioral factors associated with risk of STD/HIV infection among adolescents. **Methods:** 544 urban high school students were surveyed regarding their STD/AIDS-related knowledge, attitudes and behaviors. **Results:** Multiple Regression analyses were performed to determine predictors of alcohol and drug use, sexual behavior (including condom use and other risk reduction behaviors), and an overall risk profile. Predictor variables were entered stepwise into the multiple regression equation while controlling for the effects of gender, race, and the language spoken most frequently at home. Results indicated that alcohol and drug use was related to the perception of risk taking behaviors among peers ($p<.001$) and strong peer affiliation ($p<.001$). The best predictor of sexual behavior was alcohol and drug use ($p<.001$). Predictors of condom use were high STD/AIDS-related knowledge ($p<.01$) and the perception of risk taking behavior among peers ($p<.05$). The most significant predictor of risk reduction behaviors was the perception that peers are also engaging in preventive behaviors ($p<.001$).

NUTRITION KNOWLEDGE SURVEY OF HIGH SCHOOL COACHES IN ALABAMA. Bonnie A. Spear, M.S., R.D., Barbara Hicks, M.S., R.D., Ronald A. Feinstein, M.D., Drew Ferguson, A.T.C., Carol B. Craig, M.S. R.D., Dept. of Ped., Univ. of Alabama

Coaches are often nutritional counselors for high school athletes. They frequently receive minimal training in nutrition

59% of the coaches were unable to correctly identify the 4 food groups. 69% were unable to identify the appropriate composition of a recommended athletic diet. 54% of the coaches encouraged high protein, high fat pre-event meals and 32% recommended protein supplements. Few coaches (33%) knew the current recommended methods for rehydration and 24% were still recommending salt tablets. 62% of the coaches instructed their athletes to take vitamin and mineral supplements to meet their nutritional needs. There was no difference in responses in level of nutrition knowledge between male and female coaches, coaches from different regions of the state, coaches from different size schools, or number of years a person has been coaching. From the results of this study we conclude that high school coaches in this state have a limited and oftentimes incorrect level of sports related nutrition knowledge.

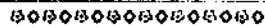


The appearance of her blood—her life—flowing from between her legs is an upsetting experience for many adolescent girls, but for a young Indian woman the onset of menarche was also a time for her to play a brief but starring role in her puberty rites—often a heavily emotional drama.

The appearance of a young Indian maiden's first menstrual period signaled the end of her happy, carefree days of childhood and the beginning of her life as a full-fledged woman of her tribe.

People of early native North American societies did not understand the complex physiological processes that cause menstruation, but they knew that they were related to fertility—even casual observation proved that a young woman could not become pregnant until she had begun to menstruate.

Even though the monthly discharge of the menses was experienced by all normal women, unsophisticated people found this regular appearance of blood—usually a signal of sickness or injury—difficult to explain with normal logic. In order to integrate this strange phenomenon into the accepted theory of beliefs, Native Americans incorporated an explanation into their myths and legends. These explained why a woman has menstrual periods and spelled out the proper behavior for her at menarche and during subsequent periods.



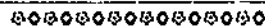
Why Women Menstruate

(HAVASUPAI)

Long ago, when the world was still wet, before the human race was here and when the animals were like human beings, Squirrel lived in the San Francisco Mountains. One day he took the tibia of a deer and painted on it a design. After sundown he threw the bone to the east with a prayer that a young girl would come to him with the next rising sun. The girl came just as Squirrel had prayed she would. She lived happily for a time there at the camp with her guardian, Squirrel, and her brothers, Coyote and White Dog.

One day Coyote called to his sister saying, "Sister, you must stay here while I go out to hunt." After the girl had waited a while Coyote returned carrying a fawn he had killed. The girl was glad to see the fawn and sat nearby thinking how good the meat would taste. While Coyote was butchering she felt of the fawn's smooth hair and touched its ears and face. Presently Coyote asked the girl to hand something to him and when she turned away to reach it, Coyote put his hand in the fawn's fresh blood and flipped it on the girl's thighs close to her vagina. Then Coyote cried out, "Oh, sister, you are menstruating. Now you cannot eat meat until you are clean, after four days have passed." The girl was angry because she couldn't eat the meat. Coyote said to her, "From now on it will happen like this to you once every month. After four days you must bathe."

The girl went to bed unhappy and the next morning when she awoke she was still angry with Coyote so she left the camp early saying nothing to her relatives. She ran away to a land in the west where she lived from then on.¹



A Hopi maiden wears her hair in the traditional butterfly whorls that signify her unmarried virgin status. (Courtesy of Arizona Historical Society)

Extract taken from
"Daughters of the earth"
by Carolyn Niethammer

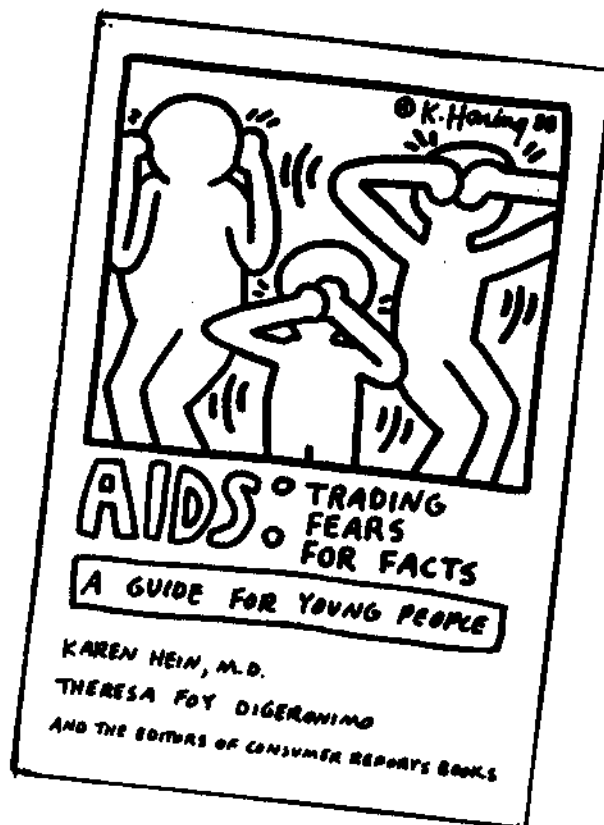
Book Reviews

"Aids - Trading fear for facts"
A guide for young people
Karen Hein

The number of teenagers afflicted with AIDS is doubling each year in the USA and the American Academy of paediatrics believes adolescents will be 'the AIDS epidemic's next hot spot'. Karen Hein is the director of Adolescent Aids programme at Montefiore medical centre in New York. She has written explicitly for the young reader (13-18 years) and uses cartoons and pictures to help overcome some of the myths and taboos. Young people can be armed with true facts to make mature knowledgeable decisions regarding their behaviour and prevention.

Although obviously aimed at the American audience, the book is nevertheless interesting and could provide useful material for class discussions in health education sessions. This may not YET be the scene we are seeing in Britain - but it is not far off and we would do well to prepare ourselves, and our young people with accurate information.

NB - Do not forget to sign up for our Feb conference on youth and aids (page 2).



"Architecture for the poor"
Hassan Fathy

Why review an architecture book in a journal on adolescence? The foreword gives us the answer in the first sentence "At least one billion people will die early deaths and will live stunted lives because of unsanitary, uneconomic and ugly housing." At least one third of the world's population lives below the money economy and has little other than the sweat of their brows to contribute to their housing, they cannot afford materials. It is the children and young people who are most affected by inadequate housing and for whom a new solution to this age old problem would bring most benefits.

Hassan Fathy suggests cooperation between architects - without whom buildings would be ugly and poorly designed - and the people living in them - without whom the project would be sterile unloved and untended. "Ironically most public housing in the world today is done without the cooperation of either architect or people. It is a bureaucratic decision, built by contractors and whether horizontal or vertical, it almost immediately becomes a slum". Highrise housing developments can, as we have all witnessed, become vertical slums. William Polk of the Adlai Stevenson institute, in writing the foreword, graphically states "Tenants, lacking a sense of

territorial identification and ungoverned by ties of neighbourhood, follow the pattern we may see even in the primates in despair.; they foul their nests. Buildings rapidly deteriorate; statistics of crime are appalling and that sense of lethargy and sullen anger which is the hallmark of underdevelopment are evident. "

Dr Fathy is a practical man who hopes to help local people to use their own expertise and local resources to develop their own building projects. His dream is a possibility but so often such dreams are shattered by those who cannot ever share his depth of vision, those who would rather 'block' than 'enable'.

"After three years work on Gourna, I found it increasingly difficult to do anything against the stiffening obstruction from the department of antiquities. I wanted to transfer the whole project to a more appropriate department ... the Fellaah department wouldn't touch it.. the housing department declined the honour .. when I pointed out that the peasants could not afford cement I was told " We shall build cement works" This is wildly impracticable - a modern version of Marie Antoinette's "let them eat cake"!

Youth Support

1991 - Services for children and Adolescents

As you are aware, the coming year will bring two major changes in child care -

- implementation of the 1989 children's act
- NHS contractual arrangements for paediatric services.

We would like to draw your attention to **Youth Support's** services which you may wish to consider in your planning.

- Adolescent health and welfare
- Educational medicine
- Child protection and assessment
- Staff training

We are continually evaluating and updating our services in line with current need and thus would be delighted to discuss your particular requirements.

"YOUTH SUPPORT HOUSE"
13 CRESCENT ROAD
BECKENHAM, BR3 2NF

Tel 01- 650 6296(office);

Here we are in the Sverlovsk Evening News! - more next issue!

Из далекого близкого Лондона



Эти ребята приехали из Лондона в Свердловск по приглашению горно-учащихся школ № 2 и 70, при содействии областного Совета по туризму и экскурсиям, областного Комитета защиты мира.

Внимание к визиту юных лондонцев самое серьезное и заслуженное. Народная дипломатия, которая получает сегодня широкую дорогу, прокладывает свой путь и в наших городах. Две недели проведут на Урале Нэнси Стенли, Мэтью Джоунс, из Бристля.

Гости Свердловска побывали в горно-учащихся школах. Гости Свердловска побывали в горно-учащихся школах. Гости Свердловска побывали в горно-учащихся школах.

камень в обязательности. Всплеск возникло множество. Компьютеризация и преподавание иностранных языков, система экзаменов и демократизация школьного образования, платные занятия в обучении и профессиональная подготовка... Начальник горно-учащихся В. Т. Назаров поставил так построить ответ на вопрос, чтобы остался была понятна суть образования, через которое проходит наша школа. А интерес к процессу перестройки образования огромный, у молодых — тем более. Директор Кэтиор Парк-скул (лондонской школы) миссис Энн Гилл, руководитель общественной организации «Поддержка молодежи» миссис Диана Бирч об этом сказали со

всей искренностью, а ребята поблагодарили хозяев за прием, за внимание.

Диалог был интересным, живым. Помогли его вести преподаватель русского языка Хэлек Трилинг — с английской стороны и завуч школы № 2 Надежда Николаевна Тимофеева — с советской.

На приеме присутствовали председатель городского Совета народных депутатов Ю. Е. Сажарин, заместитель председателя горисполкома Н. А. Воронин.

Напомним еще: эти главные веселые юные лондонцы — гости Свердловска.

Фото И. ПАШКЕВЧА.