Juliana McNeill, President of PA Executive Committee called the meeting at 8:14 am

Juliana McNeill
- Welcome the parents to the PA General meeting
- Announcements
  - Celebration of Sage Hill Alumni Artists on Friday Jan 10, 2020 at 7:00 pm
  - Mindful parenting of teens workshop on Sunday Jan 12, 2020 T 10:30 am
  - Sage Center speaker series “Kintsukuroi: on Empathy and other things on Tuesday Jan 14, 2020 at 6:30 pm
  - Introduced John Emme, Educator in Psychology and Human Sexuality at Corona del mar High School

Excerpts from John Emme’s presentation
- Self-love is #1
- What does it mean to be a “real man”? Be a protector, not a predator
  - Girls should be comfortable
  - We need to change the culture amongst men
  - Man expects more from himself than the world expects from men”. In other words, “Be chivalrous “
- Why are we here?
  - According to CDC report 85% of high school students have had sex by the time they are 19, 40% by the time they are 18 and 10% have had more than 4 partners. 7% were forced.
  - Less than 1% have been tested for SDI
  - 21% HIV patients were in the age group 13-24, 81% were gay or bisexual.
- Why is this happening?
  - 2% of adolescent men were pressured
  - 12.5% women were pressured
  - 2% adolescent females and 75% adolescent males watched porn unsolicited
o Trendy things learnt from porn
o Men and Women’s perspective on a night out. what should you be aware of an prepare oneself? Men – Nothing; Women – stay close to friends, watch your drink, trust your gut/instinct, what you wear, where are you parked.
o “Date rape” is real. Recommend watching Netflix documentary “Hunting ground”
o Statistics of rape from some of the leading colleges – Harvard 135 cases reported of which 10 students were suspended, 0 expulsions. Berkeley-75 cases reported which led to 3 expulsions, Stanford 298 cases reported which led to 1 expulsion
o More students were expelled/suspended for cheating compared to sexual assault.

• Drugs and Alcohol
  o Vaping – more students getting sick from vaping by a mysterious vaping related lung disease.
  o Alcohol: Students in the age group of 12-20 drinking account for 11% of the drinking in the country.
  o Bunge drinking prevalent
  o December 2019- Alcohol related deaths was 1519 as reported by the National Institute of Alcohol Abuse and Alcoholism.
  o Opioids abuse death rising. Statistics - Orange county reported 11 deaths per 100,00. Riverside county 8 per 100,00. LA County 5/100,000 and San Bernardino county 3/100,000

• How to avoid uncomfortable drugs and alcohol situations?
  o Be confident
  o I get rested by my parents
  o I am the driver
  o I am the designated Babysitter (DBS)
  o I don’t touch that – be firm
  o I have an early morning practice
  o Have a decoy drink
  o Blame your parents
  o Just leave
  o Too much to lose (e.g. Scholarship)
  o I had a bad reaction

• STD
  o On the rise
  o Orange County saw a 412% rise in Syphilis from 2011-2016
  o HPV is a big issue
• Contraception
  o No glove no Love
  o Wear a condom or force the partner to wear one even of the girl is on the pill
  o Ladies and Gents- You are in charge!
  o Condom concerns- Type, expiration, storage, size,
  o If birth control fails talk to your parents immediately. If you cannot talk to your parents tall to the Doctor or the counselor.

• Equality- men vs Women
  o Spread seed vs nurture
  o Sexually jealous vs emotionally jealous
  o Stalking – women during the relation, men after the breakup.
  o Set boundaries and stick to them. Must be deal breakers

• Red flags in dating (about men)
  o Rude to waiter
  o Push boundaries
  o Way to serious too fast
  o Disrespectful
  o Lot of drama
  o Play games
  o Isolate you from friends and family

• Red flags in dating (about women)
  o Lies
  o Work history
  o Relationship with family

• Sexting
  o If you sent it one you are essentially sending to all
  o 80% of sexters are under 18

• Date Rape - “only yes means yes”

• Use your words

• Have to get consent

• What is the most common Date rape Drug?
  o Alcohol
  o 84% know the attacker
  o 33% of men said they would date rape women if they go undetected
  o Most common date rape drugs are roofies, GHB (also known as cherry meth, goop), Ketamine (Purple, k-Hole) Codeine cough syrup (Lean, purple drank)
- **Tips to avoid date rape drugs**
  - Do not except drinks from strangers
  - Know where your drink came from
  - Buy covered solo cups
  - Hold your cups covering the mouth
  - Trust your taste buds
  - Don’t sip from someone else’s drink
  - Do keep your eye open for any tampering
  - Never trust someone to keep an eye on your drink
  - Don’t lose track of your drink
  - Take turns being designated babysitter or driver
  - When in doubt throw it out!

- **Men as much the problem ... but they are also the solution**
  - “Change culture in men” and ladies need to take care of themselves
  - Don’t be a bystander
  - Make sure your phone is charged and carry money
  - Constantly take pictures
  - Google them

- **Stalking**
  - Take them seriously
  - What to do?
  - Don’t contact the stalker unless you feel safe
  - The more people know about the stalker the better
  - Document everything
  - Change phone number and limit social media

- **Cause of rape- 100% the rapist is at fault**

- **If you are sexually assaulted don’t do anything to change your appearance, go to a safe place**

- **Conclusion**
  - Understand that there are real differences between man and woman
  - Be safe and help others be safe
  - Regulate inside and outside your group
  - Have social rules you all enforce with each other. Be informed.
  - Make great choices, being aware, informed allows for more freedom and fun.

- **Q&A**
  - “Sexing is not just taking picture”
  - Yes, text messages too form sexting, but for criminal purposes pictures are more compelling.