# Discussing Sex One on One

**Brand:** Heartbeat Academy
**Product Code:** 93

## Price: $19.95

**Short Description**
This training offers 1 hour of nurse credit for nurses who complete all requirements.

**Description**
Through this workshop nurses will be empowered to consult with adolescent patients/clients **one-on-one** towards Optimal Sexual Health. Consequences of adolescent sexual behaviors will be presented as barriers to optimal health. The Trans-theoretical Model for Behavior Change will be introduced as an assessment tool and the 5 A's of counseling will be applied to the nurse-counseling format.

**Objectives**

- Name the three major physical consequences of adolescent sexual involvement.
- Identify the 5 A's of an organized counseling approach.
- Identify and distinguish between the stages of change in the Trans - theoretical Model.
- Generate a plan of action for individual nurse practice settings.

This course offers continuing education contact hours for nurses. Provider approved by the California Board of Registered Nursing, Provder Number CEP 16061 for 1 contact hour.

Course published in 2020

**Outline**

**Discussing Sex One-On-One: Promoting Healthy Decisions**

**Presented by: Freda M. Bush, MD**

A. Adolescent Sexual Behaviors: Familiarizing the nurse with common sexual behaviors among sexually active adolescents.
B. Three Main Physical Risks of Teen Sexual Activity
C. Teen Pregnancy – Risks for teen mothers and fathers
D. STIs – Risks of acquiring sexually transmitted infections
E. Changes in the brain
    a. Risk of addiction
    b. Risk of negative bonding or loss of bonding ability
    c. Risk of sexual dysfunction
    d. Emotional risks from adolescent sexual behavior
    e. Risk Avoidance vs Risk Reduction for optimal sexual health
    f. Five A's for the nurse counseling adolescents regarding sexual health
F. Ask
G. Assess
H. Advise
I. Assist
J. Arrange
K. Applying the Transtheoretical Model of Behavior Change for optimal sexual health

**Refund Policy**

*Refund Policy*

*1. Refunds for non-attendance will only be awarded if non-attendance is the direct result of an unplanned or unannounced outage. When a registrant is unable to access a webinar/course due to an unplanned or unannounced server outage of Heartbeat International Academy, the HeartbeatInternational.org website, or HeartbeatServices.org website, Heartbeat International will contact the registrant to notify them of the refund due them and issue the refund. Refund will be made to the registrant within 1 week of the cancelled event subject to processing fees.*

*2. When a course/webinar is cancelled for which individuals have registered, Heartbeat International will send a notification to each registrant per email or phone. Full refund will be sent to registrant within one week of cancellation.*

**About the Presenter**

Freda McKissic Bush, M.D., FACOG has been deeply involved in women's health issues for more than four decades. In 1968, she was a clinical instructor in Maternity Nursing at the University of Arkansas, Little Rock. Following graduation from Columbia University in New York as a certified nurse midwife in 1970, she worked at Harlem Hospital. In 1974, Dr. Bush became the director of Nurse Midwifery Programs at the University of Mississippi. In 1983, she received her medical degree from the University of Mississippi Medical School, and in 1987 she completed a residency in obstetrics and gynecology at the University of Tennessee Medical Center, Memphis. She is senior partner with East Lakeland OB-GYN Associates in Jackson, Mississippi, and a Clinical Instructor in the Department of OB-GYN and Department of Family Medicine at the University of Mississippi Medical Center.

Dr. Bush is currently a Board Member of The Medical Institute for Sexual Health and formerly served as a Presidential appointee to the Presidential Advisory Council on HIV/AIDS from 2006-2009. She also served as a Member of the CDC/HRSA Advisory Council on HIV/AIDS and the Mississippi Task Force on Reducing Out-of-Wedlock Pregnancies.

Dr Bush is Immediate Past Chair of the Board of Directors of the Federation of State Medical Boards of the United States (2011-12). She served on the Mississippi State Board of Medical Licensure for 12 years. Dr. Bush is past President of the Central Mississippi Medical Society. In 2006, she received the Community Service Award from the Mississippi State Medical Association.

Freda co-authored the book, HOOKED, New Science on How Casual Sex is Affecting Our Children, with Joe S. McIlhaney, MD. She was a contributing writer to Faith Matters: How African American Faith Communities Can Help Prevent Teen Pregnancy published by the National Campaign to Prevent Teen Pregnancy.

Dr Bush remains in high demand as a speaker especially in the fields of sexuality, sexually transmitted diseases and social behavior education. She is highly regarded for her commitment to medical accuracy. Her audiences have included the Seminars for

Health Professionals, PATH, in Valparaiso, IN, The Center for Excellence in Sexual Health, Morehouse School of Medicine, and Sexual Health Clinical Interventions Workshop at the Christian Medical and Dental Associations National Convention. She has presented for Heartbeat International Conferences, CareNet Conferences, and the National Conference for Educators, Washington, DC. For seven years, she co-sponsored a conference on Abstinence and Youth in Jackson, MS.

Dr. Bush has also served as Lead Panelist for a series of Town Hall meetings entitled "Teens, Involved Parents and Sex (T.I.P.S.)" sponsored by the Mississippi State Medical Association Alliance. She has been interviewed on several TV programs including The Mike and Juliet Show on Fox News TV, CBS Early Show, Everyday with Marcus and Lisa on Family Net TV, as well as numerous radio programs including Focus on the Family with Dr. James Dobson, Janet Parshal's America, The Marsha Sumner Radio Show, and Family Life Today with Dennis Rainey. She has published articles in the Journal of Medical Regulation, The MSMA Journal, Christianity Today and Charisma Magazine.

Married for 41 years to her husband, Lee, an engineer, they have four children and seven grandchildren.  She enjoys spending time with her family and singing gospel and spiritual music.