



# Marine & Family Programs



February 2012

## Schedule of Events/Workshops

- 08 Feb    How to Avoid Falling for a Jerkette (Jerk)    0830-1600**
- 10 Feb    Suicide Prevention and Awareness for Families    1300-1500**
- 14 Feb    Stress Management    0830-1600**
- 15 Feb    Anger Management    0830-1600**
- 16 Feb    Alcohol 101    0830-1130**
- 22 Feb    Relax    0830-1130**
- 28 Feb    Stress Management    0830-1600**
- 29 Feb    Anger Management    0830-1600**

## RESILIENCE EDUCATION

### National Condom Day (February 14) Promotes STD Awareness

Valentine's Day is the perfect day to emphasize that loving someone means protecting the sexual health of both partners, according to the American Social Health Association (ASHA).

National Condom Day was first observed more than a decade ago and since then, it has been used to inform people of all ages that unless both partners are 100 percent certain neither of them have any type of infection, condoms are essential.

The American Social Health Association (ASHA) released these facts to promote condom use:

- Each year in the U.S. there are approximately 19 million new cases of sexually transmitted infections.
- About half of these occur among youth ages 15-24.
- STIs often have no noticeable symptoms and can be contracted from partners who don't have a clue that they have an infection.
- Untreated STIs can cause a host of medical complications, including infertility.

Based on surveys by the National Institute of Allergy

and Infectious Diseases (NIAID):

- Currently 45 million people are infected with the Herpes virus and an additional 1 million contract the virus each year.
- 20 million people are infected with the Human Papilloma virus, and 5.5 million new cases occur every year.
- In the United States alone, an estimated 650,000 to 900,000 people have the HIV virus and an additional 40,000 new cases occur every year. Out of these new cases, half of the cases are reported by both heterosexual and homosexual teenagers.

Although the HIV virus tends to be more prominent in homosexuals, it is also very popular in heterosexuals, according to CDC.

February 14 is a day to help educate friends, family, and loved ones about the potential hazards of not wearing a condom or not wearing it correctly.

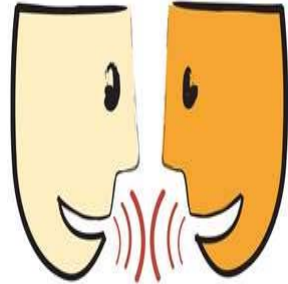
Although people might think using a condom may not do much good, it cuts the risk of contracting a number of diseases and infections, and at the same time helps protect themselves and their partner.

Recommended Prevention Strategies:

- Abstinence is the most effective strategy to prevent sexually transmitted infections.
- Two uninfected people who have not had other sex partners besides each other cannot get or spread a sexually transmitted infection (mutual monogamy).
- Latex condoms when worn correctly and consistently, reduce the risk of getting or spreading HIV and other sexually transmitted infections and reduce the chance of an unwanted pregnancy.

Your medical care provider should be consulted if you think you may have been exposed to any sexually transmitted infection. CDC provides information through their National STD Hotline at (800) 227-8922 and their National AIDS Hotline at (800) 342-AIDS (2437).

(Resources: CDC, ASHA, and NIAID, 2012)



“Healthy Communication in Relationships” is one of the workshops we offer at Resilience Education, and we draw from several fantastic sources for the materials in this workshop. One of these is the book [Laugh Your Way to a Better Marriage](#) by Author/Pastor/Speaker/Comedian Mark Gungor. You may have seen some of his video clips on YouTube, where he has become quite famous talking about the differences between men’s and women’s brains. Check out his website: <http://www.laughyourway.com/>

Mark Gungor encourages couples to better their marriages. His book is a written version of several of his key points from the “Laugh Your Way to a Better Marriage” seminar he offers, bringing a light-hearted but honest approach to helping your marriage. There are some great stories from his marriage – and also some more difficult topics that are covered with just the right amount of seriousness and humor.

In [Laugh Your Way to a Better Marriage](#), Mark Gungor lays out the “7 Laws of Marital Physics”:

1. Men and Women are Not Created Equal
2. Men and Women Think Differently
3. Men and Women Communicate Differently
4. Men and Women Want Different Things
5. Women are Givers; Men are Takers
6. The Law of Desire
7. The Law of Love

And he also talks in depth about the harm of putting other things in the way of your marriage, such as pornography. He gives exceptional advice concerning communication between husbands and wives, such as “...let me give you some critical advice you *will* need if you want to get your husbands to do things for you: Despite what you think, *you have to!* You *have to* ask him to do things more than once. To sit and stew and get angrier and angrier over the fact that you asked your husband to do something *one time*, and he didn’t do what you asked, is a testament that you haven’t heard this advice. You need to ask him *again*.”

One of a couple’s communication goals should be to reduce the negative statements they make to each other “...making positive verbal statements—even when you do not totally agree with your own statement –helps you move toward deeper commitment in the relationship.”

One of my favorite thoughts comes late in the book in a chapter about “American Idols”. Gungor simply says: “When I do the right thing (though things around me are not right), things eventually change.” We have to do the right things – loving, serving, forgiving, sacrificing when things are tough. And these principles are not for “someone else” – they are for us! He gives fantastic advice concerning getting our needs met, such as “Guys, if you want more sex with your wife, you need to meet more of her emotional needs. Ladies, if you would like to have more of your emotional needs met, you need to be having sex with your husband.”

#### Tips for difficult conversations:

1. **Affirm your marriage first.** When you’re communicating, make sure it is clear to your spouse that you love them and want the best for them.
2. **Use ‘I statements’ not ‘you statements’.** ‘I feel’ this way about...
3. **Encourage dialogue...** Talk about it, ask questions about their feelings and desires. Stay pleasant and don’t get offended as easily!

One of the most intimacy-enhancing activities you can do in a marriage is *talk*. For most men, the kind of intimacy they are looking for is sexual intimacy. What they fail to realize is that one of the keys to sexual intimacy with a woman is something most guys would *never* think of: *talking*.

You might want to pick up a copy of this book, or to pass a copy along to someone else who might be needing some encouragement in their marriage. If you would like a great read that moves quickly, is fun and easy to understand, and can lovingly help you through some big time marriage topics, grab [Laugh Your Way to a Better Marriage](#) from Mark Gungor – you won’t be sorry.

And don’t forget to take advantage of our Healthy Communication in Relationships Workshop. Our next workshop is March 7th, 0830-1130.

Sign-up by calling 451-2865.

# Resilience Education

**Bldg 302**

**Holcomb Blvd**

**Camp Lejeune,**

**NC 28547**

**Phone: 451-2865**

**Fax: 451-4912**

## Do You Know.....

Good Medicine, Bad Behavior: Drug Diversion in America

The DEA Museum opens an interactive exhibit that delves into the prescription drug abuse problem gripping America today. The exhibit explores the history of prescription drug abuse and diversion in the United States and efforts to combat the problem through time.

The exhibit includes recreations of period pharmacies, depictions of significant cases, and displays illustrating the impact of these substances on the human body. The rise of rogue internet pharmacies in the past ten years is highlighted. The exhibit presents the science of how these medicines can have therapeutic effects on the body when taken properly, but detrimental effects when misused.

There is also a resource area where visitors can read more about issues surrounding prescription drug abuse, interact with key anti-drug abuse websites, and take home literature with more information.

Cited Sources:

<http://www.goodmedicinebadbehavior.org/>

<http://www.deamuseum.org/>

We're on the web:  
[www.mccslejeune.com](http://www.mccslejeune.com)

**For more information, please contact our  
office at 451-2865.**