NZNO Conference
Public Health Nurse
Cervical Screening
Sexual Health
HPV SBP
Family Planning
National Moderator
NZQA Cervical Screening
Kapiti Youth Support
ENFP
Extraverted intuitior feeler perceiver
WHAT IS AN ENFP?

ENFP stands for....

EXTROVERTED
- energized by time with others

INTUITIVE
- focus on ideas and concepts

FEELING
- prioritize people and emotions

PERCEIVING
- prefer freedom and flexibility
At Their Best

value, authenticity, PERSUASIVE, energetic, Creative, zest for life, gregarious, EXPRESSIVE, Independent, versatile, friendly, value depth, perceptive, enthusiastic, CARING, SUPPORTIVE, cooperative, WARM, Imaginative, Sociable, spontaneous.
organization at the expense of creativity
OBLIGATION  lack of enthusiasm  endless detail
thoughtlessness
SPREADSHEETS
PROCEDURES
RUDENESS
15 projects at once
forced to make decisions before ready
mundane  over commitment
too many details
micromanaging and distrust
LONG TERM PLAN
rules over relationships
STRESSORS THAT GET ME SPINNING
ENFP
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“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”
The relationship with yourself is the most important one.
"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

Dr. Seuss
Teamwork Makes The Dreamwork
TO BE OLD AND WISE, YOU MUST FIRST HAVE TO BE YOUNG AND STUPID.
WHAT LAUGHTER IS TO CHILDHOOD, SEX IS TO ADOLESCENCE

MARThA BECK

PICTUREQUOTES.com
Let’s celebrate our Sexuality
Consent is really too low a bar. Hold out for enthusiasm.
THE CLITORIS IS THE ONLY ORGAN THAT EXISTS EXCLUSIVELY FOR PLEASURE.

#GETCLITERATE
Reaching an orgasm differs for every body. Experimenting with masturbation or sex positions, as well as patience, can help you figure out what works best for you.
SOLO SEX IS GOOD FOR YOU
Me trying to decide which of my dildos spark joy
Sex is a menu of equally right choices, as long as they’re consensual and mutually enjoyable. It’s about pleasure & desire not just risk.
Good Sexual & Reproductive Health means having a safe & fulfilling sex life with the Freedom to decide whether or not you chose to reproduce & when.
“When she transformed into a butterfly, the caterpillars spoke not of her beauty, but of her weirdness. They wanted her to change back into what she always had been. But she had wings.”

– Dean Jackson

Change, grow...that's what love and life do.
CELEBRATE THE POWER OF LOVE

MAY 17 #IDAHOT

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA
MAY 17 A Worldwide Celebration of Sexual and Gender Diversities
The Genderbread Person

Gender is one of those things everyone thinks they understand, but most people don’t. Like Inception, gender isn’t binary. It’s not either/or. In many cases it’s both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It’s okay if you’re hungry for more. In fact, that’s the idea.

Identity

Gender Identity
- Woman-ness
- Man-ness

How you, in your head, define your gender, based on how much you align (or don’t align) with what you understand to be the options for gender.

Gender Expression
- Feminine
- Masculine

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Sex

Biological Sex
- Female-ness
- Male-ness

The physical sex characteristics you’re born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Attraction

Sexually Attracted to
- Nobody
- (Women/Females/Femininity)
- (Men/Males/Masculinity)

Romantically Attracted to
- Nobody
- (Women/Females/Femininity)
- (Men/Males/Masculinity)

For a bigger bite, read more at http://bit.ly/genderbread
important
loved
valuable
great
wanted
unique
special
accepted
you are...
priceless
beautiful
a star
Guidelines for Gender Affirming Healthcare for Gender Diverse and Transgender Children, Young People and Adults in Aotearoa New Zealand
vaginismus
Vaginismus Awareness

Vaginismus impacts penetration of the vagina either preventing any insertion or any is painful due to contraction of pelvic floor
Cycle of Pain

1. The body anticipates pain
2. The lower vaginal muscles do not relax as they should during intercourse
3. Lack of muscle relaxation makes intercourse painful
4. Pain makes the vaginal muscles contract even more
5. The body reacts by bracing for pain during sex
6. Avoidance of sex and lower libido may develop
YEAH
Teenagers are the most misunderstood people on earth. We are treated like children but expected to act like adults.
Periods are ridiculous. I shouldn’t be punished for not being pregnant.

Teenager Post # 20429
Hardest thing to answer: Describe yourself.

Teenager Post # 12377
“Tired” isn’t even a temporary state for me anymore it’s just an inherent part of my personality at this point.

Teenager Post # 14160
Alcohol goes in, truth comes out.

Teenager Post # 21200
Girl’s logic: When you like a guy, do nothing about it and expect him to magically know and make the first move.

Teenager Post # 23148
3 horrible things in life:
1) Seeing your mom cry.
2) Seeing the love of your life fall in love with somebody else.
3) Slow Internet.

Teenager Post # 24607
I’m tired of things costing money.
I’m a teen

I have a **messy** room.
I spend most of my time **online**.
I have **private** things
on my phone.
I go to bed **late** and
I am crazy about
**one person**.

fantasteen.com
Teenager Post # 7573

Don't get confused between my personality and my attitude. My personality is who I am, my attitude depends on who you are.

//teenagerposts.tumblr.com
YOU PISS ME THE F*CK OFF
Teenager Post # 20457
DO PEOPLE NOT UNDERSTAND THAT I CAN BE SAD FOR NO REASON.

//teenagerposts.tumblr.com
MAKING HEALTH SERVICES ADOLESCENT-FRIENDLY

ADOLESCENTS ARE UNIQUE. THEY NEED QUALITY HEALTH SERVICES THAT RECOGNIZE THIS

I want to have a say in decisions about my health
I don’t want my parents to know
Please respect my privacy
Don’t treat me like a child

WHO/UNAIDS set global standards to improve the quality of health services for all adolescents.
H: Home:
E: Education/Employment:
E: Eating/ Exercise/Body image
A: Activities/ Peer relationships
D: Drugs/Cigarettes/Alcohol
S: Sexuality: Gender/ Sexual Health /relationships
S: Suicide/self-Harm/Depression/Mood
S: Sleep:
S: Spirituality
• If you don’t ask they won’t tell

• If you do ask, in the right way at the right time, they usually do tell

• Do ask even if you think you know the answer

• Never assume it makes an Ass out of U & Me
“People start to heal the moment they feel heard.”

-Cheryl Richardson
For enduring the bloodcurdling torture of my adolescent years I promise to always keep your electronics functional.
When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you.
Your true character
Is most accurately measured by how you treat those who can do 'Nothing' for you.