



# NZNO Conference



Public Health  
Nurse  
Cervical  
Screening  
Sexual Health  
HPV SBP  
Family Planning  
National  
Moderator  
NZQA Cervical  
Screening  
Kapiti Youth  
Support

# ENFP

Extraverted intuitor 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**

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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



“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* **MATTER** *DON'T*  
*THOSE* *who* *Mind.*”

→ Dr. Seuss

# KYS

KAPITI YOUTH SUPPORT





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

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PICTUREQUOTES . com



**Let's celebrate our Sexuality**



“

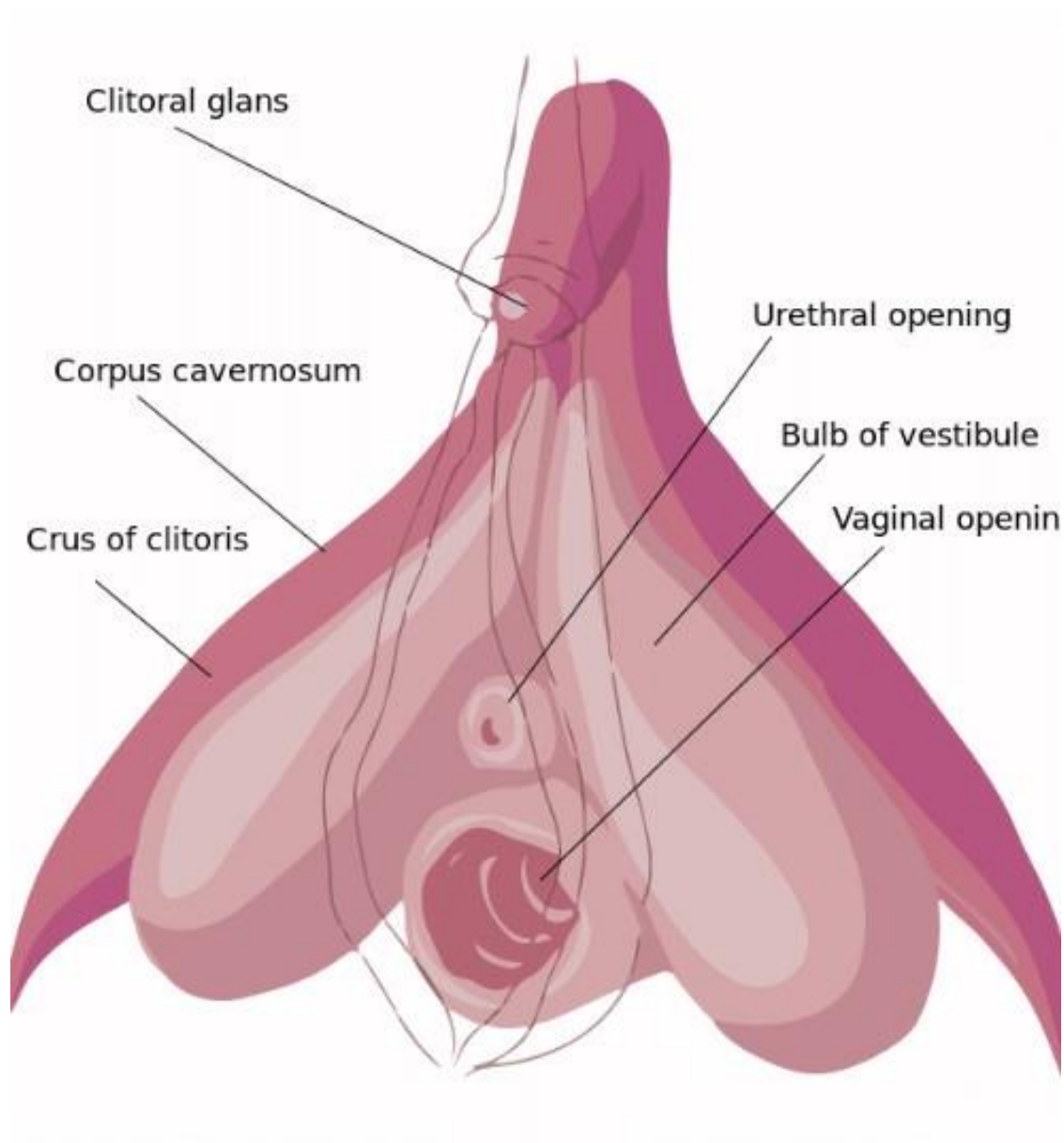
CONSENT IS  
REALLY TOO  
LOW A BAR.

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.

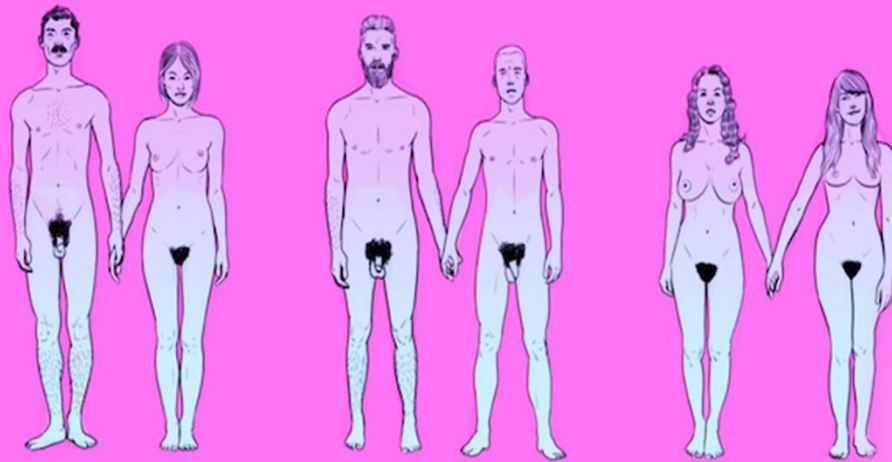




Me trying to decide which of my  
dildos spark joy







Sex is a menu of equally right choices, as long as they're consensual and mutually enjoyable. Its about pleasure & desire not just risk.

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Good Sexual & Reproductive  
Health means having a safe  
& fulfilling sex life with the  
Freedom to decide whether or  
not you chose to reproduce &  
when.

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"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.



MAY 17 #IDAHOT

# CELEBRATE THE POWER OF LOVE



INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA

**MAY 17**

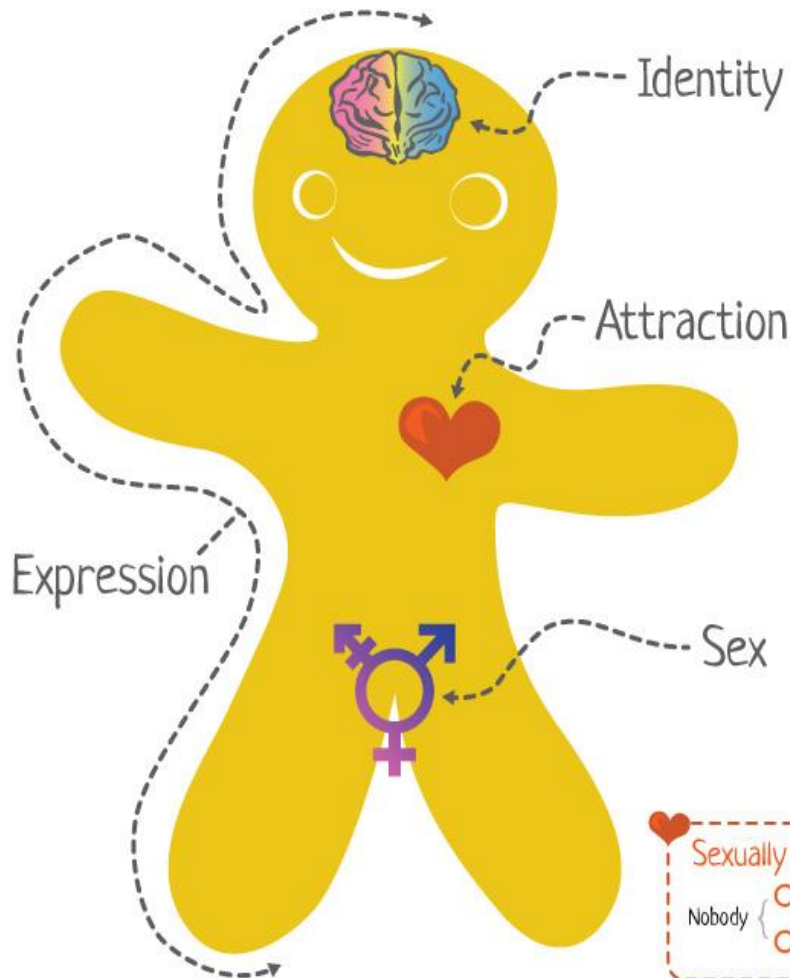
A Worldwide Celebration of Sexual and Gender Diversities



# The Genderbread Person v3.3

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.

by it's pronounced **METRO**sexual.com



Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

**Gender Identity**

Indicates a lack of what's on the right.

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.

"woman"

"man"

"two-spirit"

"genderqueer"

**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.

"butch"

"femme"

"androgynous"

"gender neutral"

**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.

"male"

"female"

"intersex"

"MtF Female"

**Sexually Attracted to**

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

**Romantically Attracted to**

Nobody

(Women/Females/Femininity)

(Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>



important

loved

valuable

great

priceless

unique

special

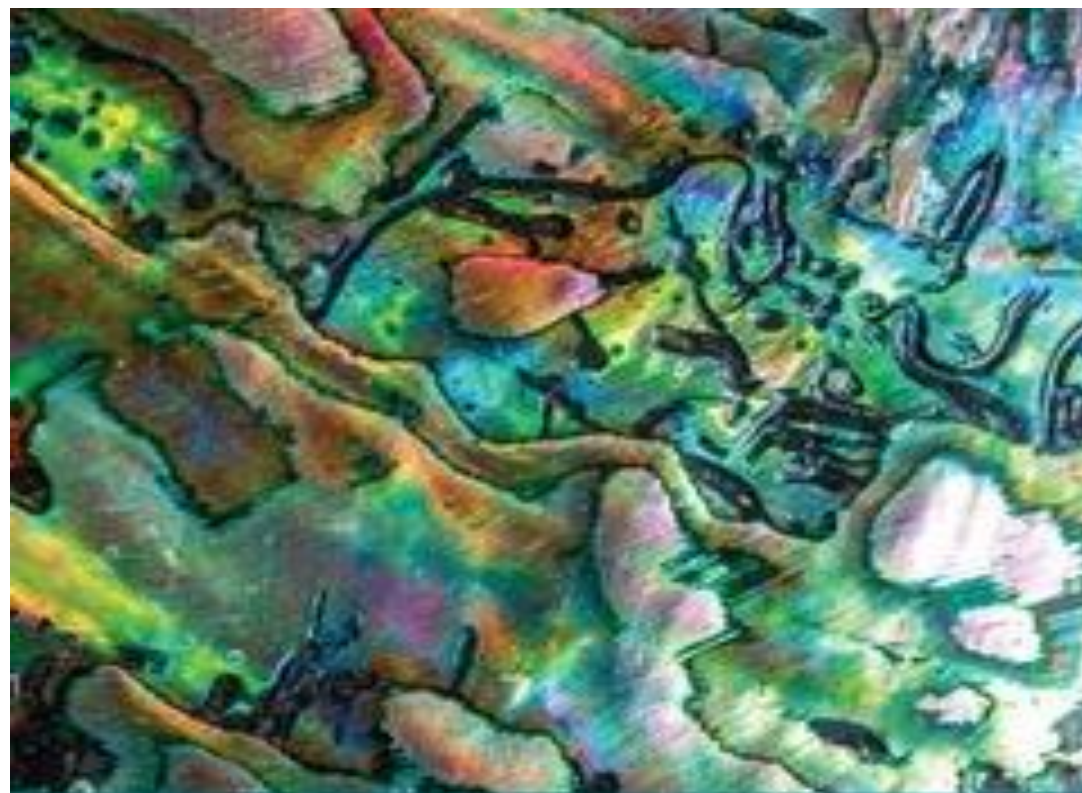
beautiful

a star

wanted

you are...

pted

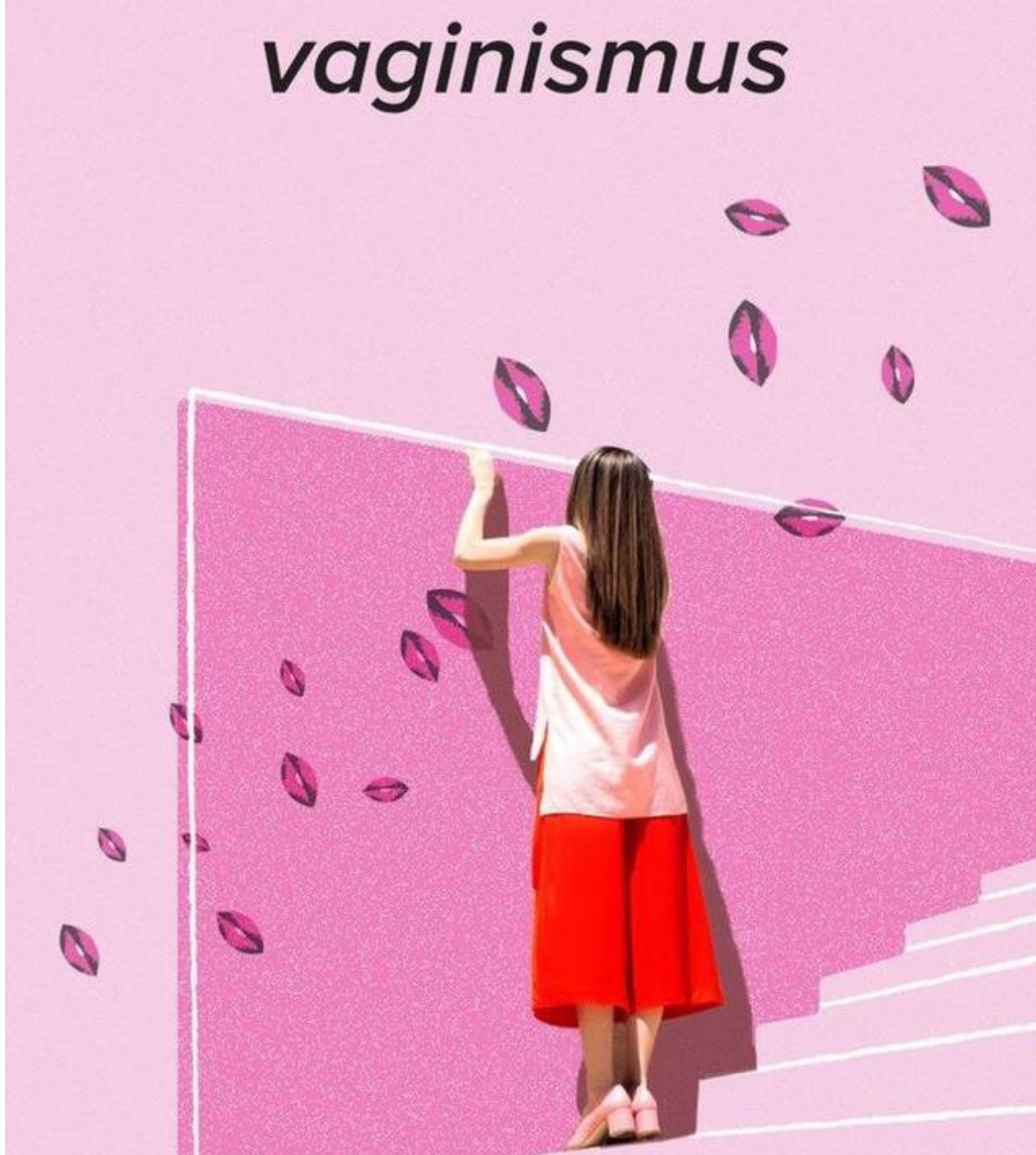


**Guidelines for Gender  
Affirming Healthcare**  
for Gender Diverse and  
Transgender Children, Young  
People and Adults in  
Aotearoa New Zealand





# *vaginismus*

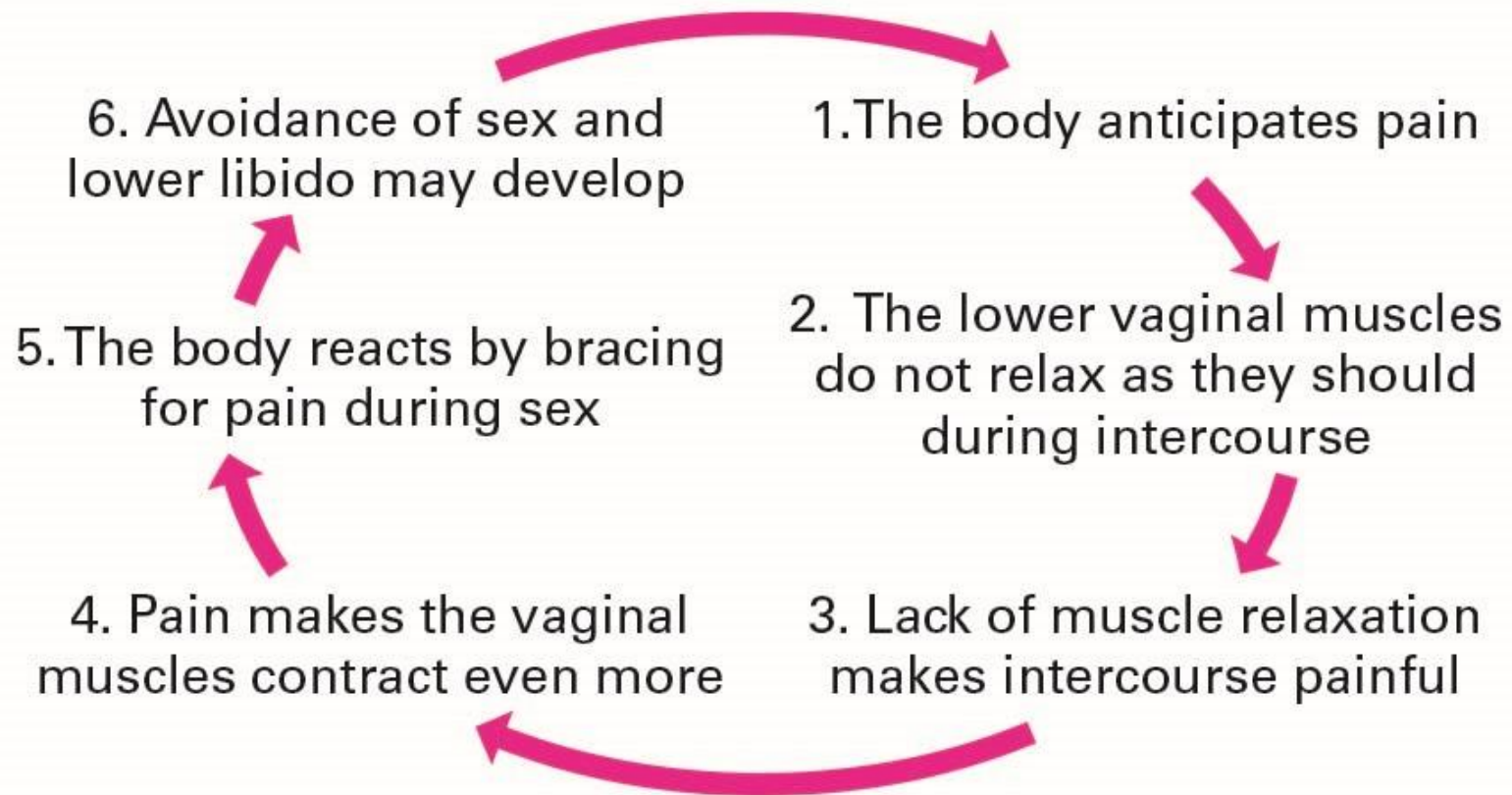




# Vaginismus Awareness

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

## Cycle of Pain





Teenagers are the  
most misunderstood  
people on earth.

We are treated like  
children but expected  
to act like adults.

[WWW.YAMILAVIGNE.NET](http://WWW.YAMILAVIGNE.NET)

Periods are ridiculous. I shouldn't be punished for not being pregnant.

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

//teenagerposts.tumblr.com

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.

//teenagerposts.tumblr.com

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.

//teenagerposts.tumblr.com

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

//teenagerposts.tumblr.com

Teenager Post # 24607  
I'm tired of things costing money.

//teenagerposts.tumblr.com

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.

//teenagerposts.tumblr.com

# 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](http://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](http://teenagerposts.tumblr.com)



Teenager Post # 20457  
DO PEOPLE NOT  
UNDERSTAND  
THAT I CAN BE SAD  
FOR NO REASON.

//[teenagerposts.tumblr.com](http://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.



som<sup>ee</sup>cards

**When your children are teenagers,  
it's important to have a dog so  
that someone in the house is  
happy to see you.**



## Mother Teresa Quotes



Your true character  
Is most accurately  
measured by how you  
treat those who can do  
'Nothing' for you.



BUMPPY.COM

