



**The  
New Year  
is here!**



**Make 2009  
a year of  
great **sex** (ed),  
and start by  
making a  
resolution about  
your sexual health!**

**Can't think of any? Try one of these:**

- 1. Abstain from oral, vaginal and anal sex.** No sexual activity means you're safe from pregnancy and sexually transmitted diseases (STDs)!
- 2. Get tested for STDs and HIV.** This needs to happen way before the clothes come off.
- 3. Carry a condom with you on dates.** It's OK to be prepared for the unexpected!
- 4. Spread the word.** Make sure your friends and family know the facts about good sexual health.
- 5. Speak up if you hear a homophobic comment.** "That's so gay" is SO 2008.
- 6. Love your body, no matter what shape or size.**
- 7. Talk to your parents about sex.** They're your allies, not your enemies.

**Plan on making a sexual health resolution for 2009? Let us know what it is!**

**KNOWLEDGE IS  
POWER...**

**GET SOME!**

**TATF**

**CHAPTERS:**

**CAYUGA**

PORT BYRON HS  
HILLSIDE CHILDREN'S  
CENTER

**HERKIMER**

POLAND HS

**JEFFERSON**

CARTHAGE HS  
INDIAN RIVER HS  
W.A.G.Y.  
WATERTOWN HS

**MADISON**

BERKSHIRE FARM MADISON  
GROUP HOME  
CANASTOTA  
CHITTENANGO  
HAMILTON  
MORRISVILLE-EATON  
ONEIDA

**ONEIDA**

ANNSVILLE RESIDENTIAL  
CENTER  
BOYS & GIRLS CLUB  
CAMDEN HS  
ORISKANY HS  
NEW HORIZONS  
PROCTOR HS  
TABERG RESIDENTIAL  
CENTER  
WHITESBORO HS  
YWCA/GIRLS INC.

**ONONDAGA**

CATHOLIC CHARITIES  
CORCORAN HS  
HENNINGER HS  
EL SCHOOL  
JAMESVILLE-DEWITT HS  
NOTTINGHAM HS  
WESTHILL HS

**ST. LAWRENCE**

CLIFTON-FINE HS  
CANTON  
COLTON-PIERREPONT HS  
ST. LAWRENCE COUNTY  
FOSTER CARE UNIT  
YOUTH SERVICES

**TV QUIZ Show:**

**Dunbar Center**

*vs.*

**“Protectors”**

After the TV Quiz Show where TATF groups competed against each other, the winner of the first round appeared back on TV on December 2, 2008. The TATF group represented by Brionne Carter, Unique Hines and Kiki Mallory call themselves the “Protectors”. The beginning of the TV show was little different – each member introduced herself and shared her opinion on what it is like to be a TATF member. During the whole quiz show the atmosphere was quieter than the last time because there were only two groups competing instead of four. However, the situation was more emotionally intense because the Protectors competed against a non-TATF group from Dunbar. In order to make the rules fair for both sides, Dunbar Center



obtained a TATF HIV 101 manual from AIDS Community Resources so the teens had materials to study from. Even through the two groups were in the war in front of cameras, before and after the show there was a very friendly atmosphere. At the end of the day the Protectors celebrated their second win: 19 to 30. "I felt like I made a difference in a teen's life, that with one voice it can make a change and I was overwhelmed," said the leader of Protectors, Brionne Carter.



# AIDS Quilt Memorial Exhibition

AIDS Memorial Quilt Exhibition was a three-day event beginning on World AIDS Day, December 1st, 2008. The exhibition took place at the Onondaga County Convention Center in Syracuse, New York. It was organized by Central New York HIV Care Network (CNYHSA) and many volunteers from other non-profit agencies and the general population. The expected attendance was over 10,000 people, which was the number of visitors at the last AIDS Quilt Exhibition in Syracuse, NY 15 years ago. The event hosted 31 panels: each panel consists of eight quilts; each quilt is the size of a human grave. The set up consisted of the exhibition itself, classrooms designed for education, an entry hall for the silent auction and a meditation corner.

The event started with opening ceremony on December 1st at 9am. During this ceremony. The doors were open to the public at 11am and later that day chancellor Nancy Cantor spoke. Ten students from Westhill High School volunteered through the first day. December 2nd was the day when most school came for tours – some groups came from local areas, other ones like Canastota High School or Clifton Fine from different counties. “The long trip was worth it. The AIDS Quilt Exhibit was amazing. The entire event was very well organized and the volunteers were insightful and friendly. The quilts themselves were beautiful and touching,” said Stacey Stagnitti, the TATF advisor from Canastota High School later after the event.



Chris and Sabit from Nottingham High School TATF discussing the quilt.



Nottingham High School TATF leaving a message on an empty quilt.



Jamesville-Dewitt High School TATF in Onondaga Convention Center on 2nd December, 2008.



Canastota High School TATF with “Just wear it” T-shirts available at the exhibition for free.



Quilt Exhibition in Washington D.C., 1996.



Jeff Hall from Jamesville-Dewitt High School TATF working on his individual project.

The NAMES Project AIDS Memorial Quilt is a quilt made as a memorial that celebrates lives of people that died of AIDS related causes. The NAMES Project Foundation was started in San Francisco in 1987 by Cleve Jones, Mike Smith and a group of volunteers. At this time victims of AIDS did not receive funerals due to both social stigma and rejections from many funeral homes and cemeteries that refused handling the remains. Last time the full quilt was displayed was on The Mall in Washington D.C. in 1996. After that the quilt grew into enormous size and there was no such public place where the full quilt would fit in. The Syracuse NAMES Project AIDS Memorial Quilt represented mostly Central New Yorkers and famous celebrities who succumbed to AIDS related diseases.

Most TATF groups decided to make a field trip and come to learn more about the Syracuse NAMES Project. Besides this type of education visitors went through HIV/AIDS presentation which most TATF teens were already familiar with. After learning the theory students went to see the quilts with a project that contained questions like "What quilt did you like best?" Most groups stayed for hours and reviewed each quilt in detail. This individual time was followed by wrapping up in classrooms where presentations took place. Every single group was emotionally touched and left with a feeling of satisfaction. This event was something that many students and adults will remember for a long time.

*-Jana Gaeta, TATF Coordinator, Syracuse Region*



Nottingham High School TATF in Onondaga Convention Center on 2nd December, 2008.



Jamesville-Dewitt TATF High School TATF waiting for a theoretical background session.

# NATIONAL BLACK HIV/AIDS AWARENESS DAY 2009

**Get Educated! Get Tested! Get Involved! Get Treated!**

## February 7, 2009

***“Black Life Is Worth Saving”***



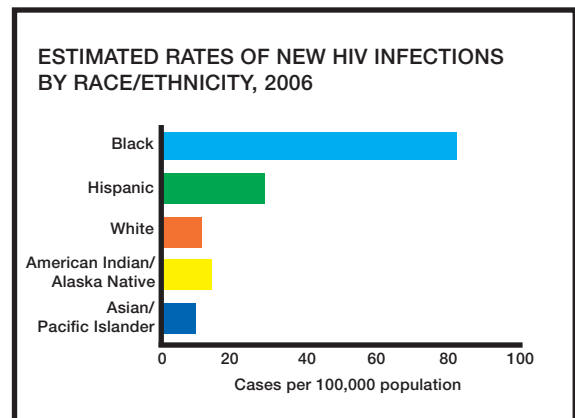
National Black HIV/AIDS Awareness Day is directed, planned and organized by a working group of national organizations in partnership with the Centers for Disease Control and Prevention. The goal of this partnership is to mobilize communities and address specific issues in regards to local epidemics and best practices that are science-based and will influence the course of HIV in Black communities across our country.

The house is on fire and we need all hands on board to help put it out. According to the CDC, of all racial and ethnic groups in the United States, HIV and AIDS have hit Black Americans the hardest. The reasons are not directly related to race or ethnicity, but rather to some of the barriers faced by many Black Americans. These barriers can include poverty (being poor), sexually transmitted diseases, and stigma (negative attitudes, beliefs, and actions directed at people living with HIV/AIDS or directed at people who do things that might put them at risk for HIV).

## STATISTICS

### HIV/AIDS in 2005 (Taken from CDC)

- According to the 2000 census, blacks make up approximately 13% of the US population. However, in 2005, blacks accounted for 18,121 (49%) of the estimated 37,331 new HIV/AIDS diagnoses in the United States in the 33 states with long-term, confidential name-based HIV reporting.
- Of all black men living with HIV/AIDS, the primary transmission category was sexual contact with other men, followed by injection drug use and high-risk heterosexual contact.
- Of all black women living with HIV/AIDS, the primary transmission category was high-risk heterosexual contact, followed by injection drug use.
- Of the estimated 141 infants perinatally infected with HIV, 91 (65%) were black (CDC, HIV/AIDS Reporting System, unpublished data, December 2006).
- Of the estimated 18,849 people under the age of 25 whose diagnosis of HIV/AIDS was made during 2001–2004 in the 33 states with HIV reporting, 11,554 (61%) were black.



# Let's Talk About AIDS Lyrics

Artist (Band): Salt N Pepa

[Hit me  
Come on]

## CHORUS

Let's talk about sex, baby  
Let's talk about you and me  
Let's talk about all the good things  
And the bad things that may be  
Let's talk about sex  
Let's talk about sex  
Let's talk about sex  
Let's talk about sex

Yo, let's talk about AIDS (go on) to the unconcerned and  
uninformed

You think you can't get it? Well you're wrong  
Don't dismiss, dis, or blacklist the topic

That ain't gonna stop it

Now if you go about it right you just might save your life  
Don't be uptight, come join the fight

We're gonna tell you how you can get it and how you  
won't

All of the do's and all of the don't's  
I got some news for you so listen, please  
It's not a black, white, or gay disease  
Are you ready, Pep? Yeah, I'm set  
All right then, come on, bet

## CHORUS

So if you do come up HIV positive (mmm-hmmm) or  
have AIDS (yeah)

We just want you to know (what?) that there are  
treatments (that's right)

And the earlier, the sooner, detected the better off you'll  
be

Tell 'em please

Hey, yo, Pep, you get checked?

Yep, every year, G

Now, you don't get AIDS from kisses, touches, mosquito  
bites, or huggin'

Toilet seats, telephones, stop buggin'

You get it for sex or a dirty drug needle

Anal or oral now, people

Women can give it to men and men mostly to women

The facts are simple, right and exact

And once you get it, there's no turnin' back for you

There ain't a cure so you gotta be sure

Protect yourself or don't have sex anymore

Mothers might give it to their babies through the womb

Or through birth, don't be an ass and assume

AIDS ain't got no smell or taste

It don't care about your race

You see a nice, kind face - you think you're safe?

I'm sorry, that's just not the case

There's no debate, conversate with your mate

And don't wait until it's too late

## CHORUS

So if you do

come up HIV positive (mmm-hmmm) or have AIDS (yeah)

We just want you to know (what?) that there are  
treatments (that's right)

And the earlier, the sooner, detected the better off you'll  
be

Tell 'em please

Hey, yo, Pep, you get checked?

Yep, every year, G

Ladies, all the ladies, louder now, help me out

Come on, all the ladies - let's practice safe sex, all right  
(repeat)

Yo, Salt...

What?

You know what else will stop the spread of AIDS?

Unh-huh

If everybody stop cheating and messing around and just  
stay with one person

...And wear condoms

*Excerpt*

# Message of Hope ~ W

*Kristie L. Fuller, India*

These statistics are staggering. Yet, this pandemic is NOT just about statistics, but people.

**REAL PEOPLE!** The faces, the hands...of **PEOPLE**.

The faces...the hands...of moms, dads, children, friends, cousins, aunts, uncles and grandparents!

**REAL PEOPLE!** And whether or not we want to admit it, AIDS is REAL in our community AND our church.

- Currently, 33.2 million people
- Every year in the U.S., the CDC
- 25% of those infected DO NOT spread the virus
- 177,262 New Yorkers have been
- 107,707 of them have died
- 2,354 children under the age of
- That's 25% of all childhood AIDS



t from:

# World AIDS Day 2008

in River TATF Advisor

are infected globally  
C reports 56,300 new infections  
KNOW IT and are most likely to  
en diagnosed with HIV/AIDS  
of 13 are infected in New York.  
DS cases in the U.S.



“It has been said that in a hundred years, people will look back on this time in history and the main question they will ask about us...  
What did they do about AIDS?”  
(NCM magazine)

The global threat of AIDS is growing EVERY DAY!  
It does NOT discriminate! It claims the lives of people of every nationality, ethnicity, gender, age and social standing!



# 2008 Holiday Angel Program Experiences Another Successful Year



AIDS Community Resources, on behalf of our clients, would like to thank the TATF chapters that participated in 2008's Holiday Angel Program. To show you just how much your generosity has touched the lives of so many, I'd like share the following email we received from Angela Foster, our TATF Coordinator for the North Country Region.

*"I just had to take a moment to tell each one of you Thank you for allowing me the opportunity to help with the Holiday Angel Program. I have finished delivering all of the gifts and I have to tell you that it was an experience that I will never forget. Taking gifts to our families has to be one of the most bittersweet things I have ever witnessed. I can't begin to put into words the happiness that you see on the faces of those I was fortunate enough to visit. Everyone appeared to be thrilled to have company and were so pleased to be receiving what was, at least in some cases, so very little. I must have had 20 cups of coffee and gained 10 pounds in cookie weight, which was deeply touching considering how much of an issue it can be for our families to put food on their own tables. At the same time, it was absolutely heartbreaking to see the trees standing in the corners of so many houses without a single*

*gift underneath them. When you know that the gifts we provided will, in many cases, be the only ones there are it really brings home the importance of this program. Each family was extremely grateful for the food cards that would allow them the opportunity to cook a Holiday Dinner that many of them said they wouldn't have had otherwise. In the past two days I have given and received at least 100 hugs and wanted to take the time to say Thank You for allowing me the opportunity to be there."*





# BISEXUAL TEENS SET THE RECORD STRAIGHT

By Joleen Rivera, 17, Staff Writer for Sex, etc

Originally Published: Apr 13, 2004

Revised: Jan 26, 2007

Our society likes people and things to be simple. Like, are you black or white? Are you a Democrat or Republican? Are you heterosexual or homosexual? But the fact is, things are complicated. And people, especially, can't always fit into either/or categories.

Just like race doesn't only consist of black and white, but includes "mulatto," sexuality doesn't just consist of "gay" or "straight"—it includes bisexuality. "A bisexual person has the potential to be sexually and/or romantically attracted to more than one sex, but not necessarily at the same time or to the same extent," explains Robyn Ochs, editor of the *Bisexual Resource Guide and the International Directory of Bisexual Groups*.

"Bisexuality stretches our imaginations, just like multiracial people do," she adds. "It forces us to acknowledge complexity, and many people are uncomfortable with that."

Since bisexuality forces many people to accept the complexity of sexuality, this can make them feel bias against bisexuals. This bias leads to many myths and stereotypes about bisexual teens.



*"There's a big difference between being confused and undecided than being undefined," says Tiffany, 17, from Lebanon, NJ.*



## MYTH 1: BISEXUALS ARE JUST CONFUSED

Bisexual teens are often not taken seriously because bisexuality, in the eyes of some straight and gay people, often equals confusion.

What's the difference? one might ask. Many bisexual teens don't want to be defined by either homosexuality or heterosexuality. They feel like it

traps them. It's not that most bisexual teens don't know what category they fit under, it's that they don't wish to be under any category at all.

The "confusion" myth has no basis in fact, according to Ochs.

"Bisexuality is not a state of confusion," she says, adding that many people are "in denial about the realness of young people's sexualities."

"People will often discount what teenagers say, with 'Oh sure, you're just experimenting. You're just going through a phase. You don't really know how you feel.' It's very disrespectful, because teenagers do know what they feel."

## MYTH 2: BISEXUALS ARE SLUTTY AND EASY



Ironically, the same openness that bisexuals value can, at times, work against them. The fact that bisexual teens have relations with males and females often leads to the stereotype that they're "sex maniacs" who can't be trusted.

"We're thought to be 'slutty' people who hit on and sleep with just about everyone," says Megan, 15, of Wildwood, IL.

"I've heard bisexual people called 'perverts,' 'delusional,' and even, get this, 'greedy'—like we're out to screw everything we see," says Steve, 17, of Newton, NJ.

Surprisingly, according to some bisexual teens, gay and lesbian teens also hold these stereotypes to be true.

Adena, 18, of Chicago, IL, is a member of BiYouth, an online resource for bisexual teens. She says that the hardest part about being "classified" as a bisexual is that "a majority of the population assumes that you sleep around a lot. The worst thing is that lesbians and gay men also believe these stereotypes."

"It's really hard, because you don't feel completely accepted in the gay/les community, yet you don't fit in with straight people either," says Adena.

Many bisexual teens are actually in committed relationships, and detest it when the "easy" label is shed on them.

"Just as straight teens have a number of relationships during their high school years, so do bisexual teens. The only difference is that they might not always be with the same sex," explains Tiffany.

"It disgusts me that people think I'm that way. I'm in a very committed relationship, and I would never behave like that, even if I was single," says Megan.

This myth is simply not true, and not all bisexuals are sex-crazed, according to Ochs.

"One can be bisexual without having acted on it, just like you can be a heterosexual person who's never had sex," she says.

## MYTH 3: BISEXUALS ARE REALLY JUST GAY

“A lot of people believe that bisexuality isn’t real and that it’s just a gray area between deciding whether you’re gay or straight,” says Adena. “But to me, and a lot of other bisexuals I know, it’s real.” Ochs emphasizes that bisexuality is “a long-term identity.” She has identified as a bisexual for 25 years.



“However, people do have the right to switch their ‘labels,’ and this shouldn’t cast doubt on the validity of any sexual orientation,” she adds.

Ochs also mentions Alfred Kinsey, the famous human sexuality researcher, who believed that there aren’t “two discrete populations, heterosexual and homosexual; only the human mind invents categories and tries to force facts into separate pigeonholes. The sooner we learn this ... the sooner we shall reach a sound understanding of the realities of sex.”

## MYTH 4: BISEXUALITY IS A FAD

Is sexuality like buying a shirt from the Gap, because it’s in style? Some teens argue that bisexuality has become a trend.

Bisexuality might seem like a trend, because “more people are familiar with the word, and society in general is more accepting of bisexual (and also gay and lesbian) people than ever before,” explains Ochs.

Ochs adds that many more young people are coming out as bisexual today than ever before. But does this make bisexuality a trend? Or is this influx just another result of society’s slow acceptance of coming out (post-Ellen D.)?

Adena believes that there are many bisexual girls who act as if it is a trend.

“I think that there are a lot of girls who do become very ‘out there’ bi, because it’s ‘trendy’ and they think it’s cool, but this doesn’t mean that they aren’t bisexual. It’s more like bisexual promiscuity is a trend more than the actual orientation of bisexuality,” she says.

# MOVING BEYOND LABELS

The last thing teens want is to be ashamed of their sexuality. But proving these myths wrong has been a continuing battle for many bisexual teens. Due to these stereotypes, some feel that the word “bisexual” no longer encompasses their sexuality.

Adena wanted to find a word to describe her sexuality that didn't have the word “sex” in it.

“I really disliked the word ‘bisexual,’ because it sounds like it's all about sleeping with people of both genders. I wanted to find a word like ‘gay,’ ‘lesbian,’ or ‘straight’—a label that encompassed the idea that love is gender blind. A word that wasn't so black-and-white,” she says.

As a result, Adena has been using the term “queer” instead.

Ochs advises teens to “go ahead and try on the labels that feel like the best fit, but remember, labels are just words that we use to give other people information about ourselves. They aren't real. What's real is you.”

## THE BOTTOM LINE

Many bisexual teens simply see bisexuality for what it really gives them—a pure and natural attraction for a person, which surpasses gender.

“I always say that I'm attracted to someone because of his or her personality, not a penis or lack thereof,” says Adena.

Steve sheds a different light on bisexuality. To him, it is a study of beauty.

“Your eyes are really open to the reality that there is beauty all around you,” he says. “People are so very beautiful.”

*Editors' Note: For more information on bisexuality, check out the Bisexual Resource Center or the National Youth Advocacy Coalition.*





ACR offers its services to anyone without discrimination based on age, race, creed, color, gender, sexual orientation, economic status, political affiliation, marital status, handicapped status, or mode of transmission.

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## Upcoming Events

### **FEBRUARY 6-8, 2009**

Heart to Heart Tennis Event, open to all ages and levels. \$60 per team. Call 451.5676 for information or to register.

### **FEBRUARY 21, 2009**

World's shortest Mardi Gras Parade. Armory Square in Syracuse. [clarge@aidscommunityresources.com](mailto:clarge@aidscommunityresources.com)

### **APRIL 26, 2009**

11th Annual AIDS Hike For Life - 5K fundraising walk and run at Hamilton College. [www.AIDSwalkCNY.com](http://www.AIDSwalkCNY.com)

### **JUNE 7, 2009**

17th Annual AIDS Walk/Run - 5K fundraising walk, 10K run and Beaver Lake Nature Center. [www.AIDSwalkCNY.com](http://www.AIDSwalkCNY.com)

### **AUGUST 16-22, 2009**

Empire State AIDS Ride - 560-mile bicycle ride from Niagara Falls to New York City. Join the ACR Spokes Team! Call Carrie at 800.475.2430 or email: [clarge@aidscommunityresources.com](mailto:clarge@aidscommunityresources.com)

## Support Groups

### **SYRACUSE YOUTH GROUP MEETINGS:**

LGBTQ (ages 13-18): Tuesdays, 6:30-8:30 p.m.  
Transgender (ages 14-24): Wednesdays, 5:30 - 7:00 p.m.  
Steppin' Out (ages 19-22): Thursdays, 7:00-9:00 p.m.  
For location and further information:  
[qcenter@aidscommunityresources.com](mailto:qcenter@aidscommunityresources.com)

### **UTICA YOUTH GROUP:**

Sundays, 4:00 - 6:00 p.m.  
For locations and further information, contact Mary Doody at 800.475.2430 or [glbtqyouth@aidscommunityresources.com](mailto:glbtqyouth@aidscommunityresources.com)

