

We asked some of our closest friends to list their top 30 reasons why our work matters - one for each day in April - to celebrate during our 30 for Teens Campaign. We're proud of our 30 year history and can't wait to lead North Carolina through the next 30 years.

1. Because North Carolina's teen pregnancy rate dropped 67% since 1990, and we've been leading the way.
2. Because sexual health is one piece of adolescent development that gets "overlooked". We're here to help people understand that it's normal and it's important.
3. Because we step up to help young people when others won't.
4. We can't leap tall buildings in a single bound. But we're not afraid to talk about sex.
5. Because it's too easy for other sexual health organizations to focus mainly on adults and other teen organizations to shy away from sexual health.
6. Because we help promote effective, medically accurate, shame-free messages about sex, relationships, and their bodies.
7. Because we led the way to get comprehensive sex ed in schools.
8. Because 176,000+ North Carolina students got better sex ed last year through our partners.
9. Because we started the nation's first teen-to-health-educator text service - and we've helped launch similar services across the country.
10. Because parents need help talking about sex.
11. Because we're training sex ed teachers to go from Awkward to Awesome.
12. Because knowledge is power - whether you're a teen or an adult trying to help teens.
13. Because we're the only voice at the legislature advocating solely for adolescent sexual health.
14. Because we work at all levels - from the legislature to local administrative policies - to make sure systems actually work for teens.
15. Because we elevate youth voices to people in power.
16. Because teen parents need support, not shame.
17. Because teens need adults to approach sexual health without myths, bias, or a case of the giggles.
18. Because teens live their lives in a framework of rules - whether it's a law, a school policy, or just the way things have always been done - and those can help or hurt teen health.
19. Because there's so much more to sexual health policy than abortion politics.
20. Because we train clinicians to provide an adolescent-friendly health care experience.
21. Because we know that education is only one part of the picture - it all falls apart if a teen knows she needs birth control but can't get an appointment or ends up getting a lecture instead of health care.
22. Because we help doctors implement nationally recognized best practices in adolescent health care.
23. Because we're directly educating teens on their legal right to seek confidential health care - and we're fighting to protect that law.
24. Because surveys show that parents want teens to have access to birth control when they need it.
25. Because we make sure there are safe places and people to turn to when parents just aren't an option.
26. Because we build bridges so teens don't get lost in the gap between child-focused pediatrics and adult-focused OB/GYNs.
27. Because teen pregnancy is at an all-time low.
28. Because we enable communities to come together to help teens - not pull apart or focus on controversy.
29. Because we know why teen pregnancy rates have dropped and we're helping communities build on what works.
30. Because we're still moving forward to make North Carolina a healthier place for future generations.

WWW.APPCNC.ORG/30-FOR-TEENS



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