

About the Dr. Nelson Alawode

Alawode's transformative journey commenced during his OB/GYN rotation as a medical student at Wake Forest, when he performed a cesarean section on an 11-11-year-old girl. This profound experience left a lasting impression on him, igniting a divine inspiration to take action. On that day, the concept for Abstinence Teen Choice was born.

He has since dedicated a portion of his practice of educating teenagers about the repercussions of having multiple sexual partners, stressing that sex, a divine creation, is intended to be positive and appropriate within the confines of marriage.

As a husband and father of three daughters, Dr. Alawode feels a profound obligation to guide our youth, who are often swayed by the powerful influences of television, sexual advertising campaigns, and peer pressure, which can cloud their understanding of sexuality today.

Through "My Health, My Life," a 501(c)(3) organization that evolved from Abstinence Teen Choice, he educates teens on the psychological impacts of engaging with multiple sexual partners. He aims to help them recognize the risks of sexually transmitted diseases that can arise from sexual activity outside of a committed relationship, which he firmly believes should occur within marriage.



Visit our website by scanning
the QR code below.



www.myhealth-mylife.org

MY HEALTH
MY LIFE



**EDUCATING AND
EMPOWERING
YOUTH TO MAKE
HEALTHY CHOICES!**

My Health, My Life is a nonprofit organization recognized as a 501(c)(3).

OUR MISSION

My Health, My Life is a nonprofit 501(c)(3) organization dedicated to reducing the incidence and prevalence of sexually transmitted diseases and their associated psychosocial effects among teenagers. Our mission is to connect with, empower, and inspire young people aged 10 to 18 worldwide to adopt healthy sexual behaviors.



OUR PROGRAMS

We provide educational workshops designed to help young individuals aged 10 to 18 learn about safe practices in sexual health. These programs empower adolescents with the knowledge necessary to make informed and responsible choices about their well-being.

DID YOU KNOW?

In the United States, there are more than 1 million abortions annually. Among teenagers aged 15 to 19, the abortion rate stands at 30%. Additionally, 29.3% of 9th graders (ages 14 to 16) report having engaged in sexual activity, with 6% of them having had more than four partners. Meanwhile, 62.4% of 12th graders (ages 17 to 18) admit to having had sex, and 20.2% have had four or more partners.

HPV is the #1 STI and the cause of cervical and throat cancer.

Persistent high-risk HPV infections:

It can lead to cancer. Occasionally, your immune system may not effectively control HPV infections.

HPV can cause six types of cancer

These include anal cancer, cervical cancer, oropharyngeal cancer, penile cancer, vaginal cancer, and vulvar cancer.

HPV vaccination can prevent cancer

HPV vaccines can prevent infection with disease-causing HPV types, preventing many HPV-related cancers and cases of genital warts.

HPV infection is common

Nearly all sexually active people are infected with HPV within months to a few years of becoming sexually active. Around half of these infections are with a high-risk HPV type.

THE REALITY TEENS FACE



62% of 12th graders have had sex



20% report 4 or more partners



30% of teen pregnancies end in abortions



2.5m STD cases reported in 2022



30% rise in syphilis since 2018

Together, we can change these numbers.
Source: Centers for Disease Control and Prevention (CDC), 2022



**EMPOWERING YOUTHS
PREVENTING STIs
BUILDING FUTURES**