



You Tell Me...

- What are some differences between 8th and 9th grade relationships?
- How long do most of your friends' dating relationships last?
- How long does it take 9th graders to say "I love you"?
- Would any of you go out with the person you went out with back in the 6th or 7th grade?

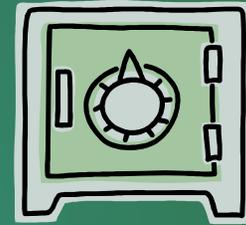
Why do we have this class again?

- STD rate is still 1 in 4 teens
- Still no cure for many STDs
- Still have over 200 pregnancies to teens in Iredell County
- Still have teens and adults that choose to engage in risky sexual behaviors



What counts?

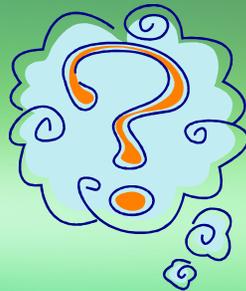
- What do you think counts as sex?
- *Anytime another person's genitals becomes involved, some form of sex has occurred.*
- Why don't teens consider oral sex to be sex?



Why is abstinence the safest and best way to avoid STDs and pregnancy?

Is it easy to be abstinent?

What could make it easier?



What's the risk?

Put the following activities in order beginning with the safest and ending with the riskiest for your body.

- Making Out
- Staring at each other for hours and hours
- Oral Sex
- Holding Hands
- Peck on the cheek
- Vaginal Sex
- Touching each others' private areas
- Hugging
- Anal Sex
- Daydreaming about someone
- Falling in



The dreaded “R” word...

RELATIONSHIP

How do we know if a relationship is healthy or not?

- Do they consider the other's likes and dislikes when making plans?
- Do they support the other's goals and dreams?
- Do they communicate with respect both privately and publicly?
- Do they ask the other for their point or view or opinion?
- Do they treat each other's as equals?
- Do they admit their mistakes?
- Do they respect boundaries and decisions about sex?
- Can you think of any other things that should be considered?



What should we do?

- Write down a situation that you think would put a friend at risk for making an unhealthy sexual decision:
- Now, write down what you think would help them to make a better decision in that situation and what advice you would give them
- Would anyone like to share what they wrote?

What are your rights?

Sexual Coercion, Rape, Statutory Rape

Sexual Coercion

- Sexual Coercion is the act of persuading or coercing (manipulating) a young person into having unwanted sex.
- This can be done through physical force or the threat of physical force.
 - For example, “If you don’t do this I will hurt you even more.”
- It can also be through emotional manipulation.
 - For example, “If you won’t have sex with me I won’t love you anymore.” or “But I bought you such a nice gift to show you how much I love you...”
- It may also include substance coercion.
 - A person purposefully gives you alcohol or drugs to make you more likely to have sex.
- People in this situations may not even know they are being manipulated.
 - Many times it is their friends or family that can see it happening.
- ***Would you want someone to tell you if they thought you were being manipulated in this way?***

What is rape?

- If a person is **forced** to have sexual intercourse (vaginal or anal) or if the person is **unable to consent**
- **What does “consent” mean?**
- It doesn’t matter if you know the person or if you are dating the person
- It has to be obvious that everyone involved agrees to have sex. Their words and actions have to “say” yes. If a person **says "no,"** any sexual contact that follows may be considered a crime.
- If someone is unable to agree to sex because of drugs, alcohol, age, mental illness, etc. sex with that person is considered rape
- According to the US Dept. of Justice, a person is sexually assaulted every 2.5 minutes.
- (This happens to men and women)



Statutory Rape

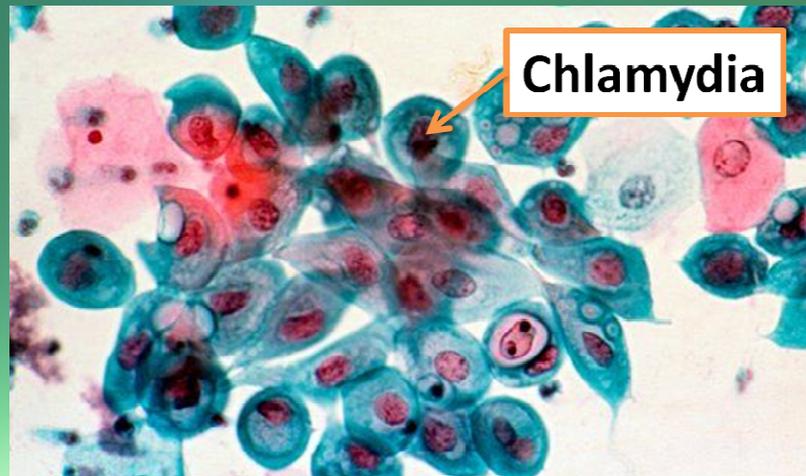
- Statutory Rape has to do with the age of the people having sex.
- In NC, the age a person can legally consent to have sex is 16. If both partners consent to sex and are 16 or older Statutory Rape has not occurred.
- However, if one partner is under 16 and the other is 4 years or more older than them, the older person may be considered a Statutory Rapist.
- If someone 19 is having sex with a 15 year old, does it violate this law?
 - It depends on their exact birthdates and situation.
- Are their exceptions to the law?
 - The law does not care if they are in love
 - The law does not care if their parents are okay with it
 - The legal penalties are more severe the higher the age difference, usually resulting in jail time and sex offender registry
 - There are also other laws involving sexual conduct (delinquency of a minor, indecent liberties, etc.)
 - Why take a chance?

What to do if you have been recently sexually assaulted...

- Please follow the steps below if you have been sexually assaulted in any way.
- There is no time limit for reporting sexual assault, however it is best to report it as soon as possible in order to be able to collect evidence and stop the person from doing it to anyone else.
- **1) Do not shower/clean yourself. This takes away evidence.**
- **2) Do not change clothes.**
 - If you need, take a clean set of clothes with you and go directly to the hospital or the police.
- **3) Seek medical help by going directly to a hospital.**
 - This is most important because of possible diseases that can be transmitted from your attacker.
- **4) The hospital will report this crime to the police** and the police will interview you.
 - You must stay strong and do your best to recall everything possible.
- **5) Retain legal counsel to represent you.**
- **6) Seek professional counseling.**

If the assault happened in the past and charges have not been pressed against the person, please talk to your school counselor, SRO or another adult you trust.

Sexually Transmitted Disease Risks



Match the Symptom to the STD

- Pus from private area
- Painful sores filled with clear liquid
- Pain when urinating
- Green/Yellow frothy discharge
- Can develop into Pelvic Inflammatory Disease
- Warts
- Starts with sores, then can turn into a rash
- Flu-like symptoms
- Cervical Cancer
- No outward signs or symptoms
- HPV
- Gonorrhea
- Chlamydia
- Herpes
- HIV
- Syphilis
- Trichomoniasis

Sexually Transmitted Diseases

- There are 2 kinds of STDs
 - Bacterial/Parasitical: we can **CURE**
 - Gonorrhea (*there is a strain of this that is becoming incurable*)
 - Chlamydia
 - Syphilis
 - Trichomoniasis
 - Viral: there is **NO CURE**
 - Herpes
 - HPV
 - HIV/AIDS
 - Hepatitis B & C
- There are 2 ways STDs get into your body
 - Through **sexual fluids**
 - Semen (fluid in males)
 - Vaginal Fluids (females)
 - Blood
 - Breast Milk (HIV)
 - Through **skin contact**
 - The disease lives in the skin of one person and passes to another person's skin through sexual contact

STD testing is not perfect, some STDs will not have signs or symptoms (something that tells you that you are sick), just because someone looks okay on the outside does not mean they are STD free.

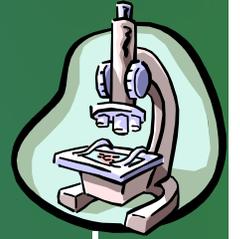
What parts of the body can be infected?

- A person's mouth, internal reproductive organs, outer sexual organs and skin can all be infected with STDs
- Females are at an increased risk for STDs
- In most cases a person's risk for STDs increases with their number of partners
- Any activity that involves another person and sexual organs is considered sexual activity and therefore puts a person at risk for STDs
- Therefore a person can be a "virgin" and still have STDs from oral sex or sexual skin to skin contact

What our teens are facing?

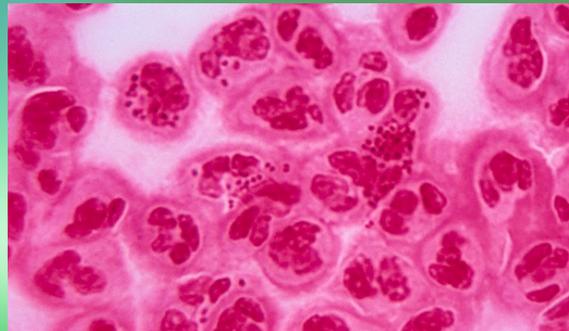
- The CDC states that an estimated 1 in 4 teens has at least one STD
- More than half of all STD's occur in people 25 years of age or younger.
- Abstinence is the best way to avoid STDs and pregnancy.

Testing & Treatment for Gonorrhea



- **Caused by a bacteria, also known as the “clap”**
- **How it’s transmitted:** Direct contact with infected sexual fluids during genital, oral or anal sex.
- **Symptoms:** May have no symptoms - especially females. May have burning while urinating, and thick yellowish discharge.
- **Diagnostic tests:** Swab of urethra in male and cervix in female.
- **Treatment:** Antibiotics

Complications: Can cause PID in females which can lead to sterility. Long-term infection can cause heart and brain infection. Can cause blindness in infants if infected during birth.





- Symptoms can include discharge (pus) from the private area as well as itching and burning during urination.
- Women are far less likely to have any symptoms.
- Even without symptoms this can still be passed to other people through sexual activity.

Chlamydia Facts

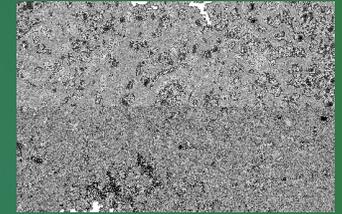
- **Bacterial Infection**
- **How it's transmitted:** Direct contact with infected sexual fluids during genital, oral or anal sex.
- Symptoms begin 1-3 weeks or longer after contact
- **Diagnostic tests:** Swab of urethra in males or cervix in females (urine test can also be used).
- **Treatment:** Antibiotics
- **Complications:** Can cause Pelvic Inflammatory Disease (PID) in females which is a serious infection of the reproductive organs that can lead to sterility. It can also cause eye infections or pneumonia in infant during birth.



Chlamydia

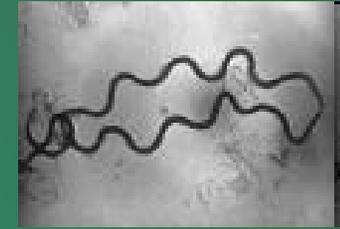


Pelvic Inflammatory Disease



- Pelvic inflammatory disease (PID) refers to infection of the uterus (womb), fallopian tubes (tubes that carry eggs from the ovaries to the uterus) and other reproductive organs that causes symptoms such as lower abdominal pain. It is a serious complication of some sexually transmitted diseases (STDs), especially Chlamydia and Gonorrhea
- PID can damage the fallopian tubes and tissues in and near the uterus and ovaries. PID can lead to serious consequences including infertility, ectopic pregnancy (a pregnancy in the fallopian tube or elsewhere outside of the womb), abscess formation, and chronic pelvic pain.
- Each year in the United States, it is estimated that more than 750,000 women experience an episode of acute PID. Up to 10-15% of these women may become infertile as a result of PID. A large proportion of the ectopic pregnancies occurring every year are due to the consequences of PID.

Syphilis Facts



- **Bacterial Infection**
- **How transmitted** Direct contact with sores of infected person. Case remains infectious for up to 2 years after infected.
- **Symptoms** A painless open sore (chancre) appears between 10 days and 3 months after exposure. May also cause skin rash on hands and feet. All symptoms go away without treatment.
- **Diagnostic tests** Blood test. Swab of chancre.
- **Treatment** Antibiotics
- **Complications** Can cause heart, brain, spinal cord, bone and joint damage. Can cause birth defects or miscarriage. Can cause death if untreated.
- **Statistics:**
- Iredell County has seen a steady decline in the number of Syphilis cases, however NC has several counties where the numbers have been increasing yearly.

Syphilis

Genital Chancres



Mouth Chancres



Source: CDC/ NCHSTP/ Division of STD Prevention, STD Clinical Slides

Secondary Syphilis Body Rash

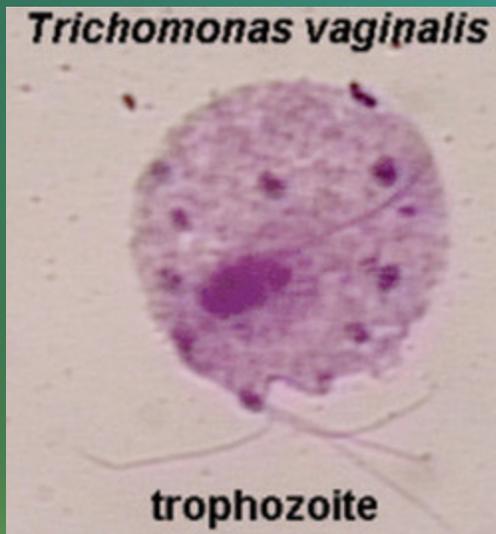


Source: CDC/ NCHSTP/ Division of STD
Prevention, STD Clinical Slides

Trichomoniasis

- Trichomoniasis is considered the most common curable STD. In the United States, an estimated 3.7 million people have the infection, most do not know it.
- Infection is more common in women than in men, and older women are more likely than younger women to have been infected.
- Men with trich may feel itching or irritation inside the penis, burning after urination or ejaculation, or some discharge from the penis.
- Women with trich may notice itching, burning, redness or soreness of the genitals, discomfort with urination, or a thin discharge with an unusual smell that can be clear, white, yellowish, or greenish.

- The Trich Parasite

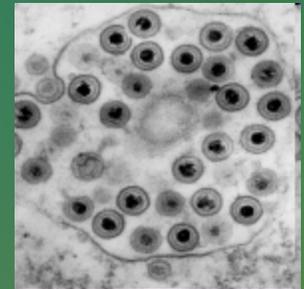


- Frothy Discharge



Herpes Testing & Treatment

- How transmitted: Direct **skin to skin contact** with the site of infection to the site of contact during genital, oral or anal sex (or touching of the infected area).
- Symptoms: Tiny cluster of painful blisters or sores containing clear liquid. Blisters break open, then heal and disappear. Recurrences are likely.
- Diagnostic tests: Swab of the sores or blisters. blood test can also be used.
- Treatment: Antiviral creams or pills.
There is no cure.
- Complications: Can pass to other sites if not careful with hand washing after touching sores. Infants can be infected at birth causing serious medical problems including death.
- The number of people with Herpes is believed to be in the millions. 1 in 5 people ages 12 to 74 are believed to have genital herpes, with even more having the oral form of the disease.



Genital Herpes (type 2)

Source: CDC/NCHSTP/Division of STD, STD Clinical Slides

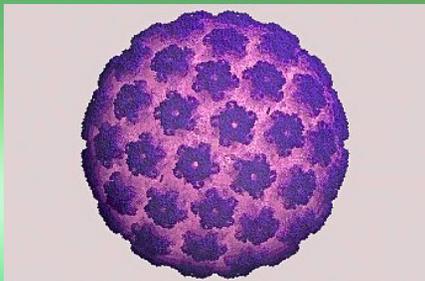


Oral Herpes (type 1)

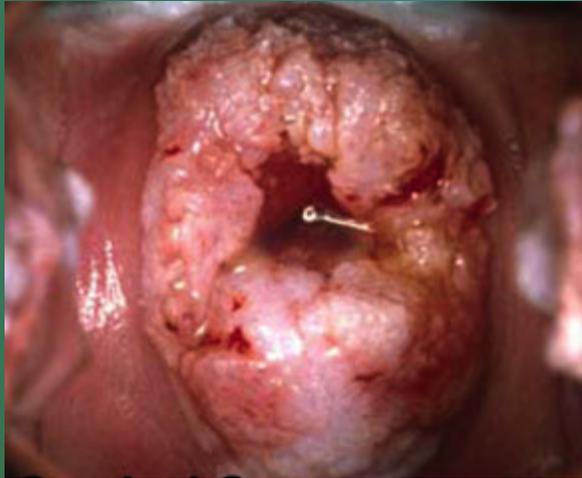


HPV Testing & Treatment

- **How it's transmitted:** Direct **skin to skin contact** with an infected person or previously infected person.
- **Symptoms:** Causes a wart usually on genitals. May cause itching or burning. In females, warts may be in the vagina, or on the cervix where they may go unnoticed.
- **Diagnostic tests:** Direct visual exam. Pap tests in females.
- **Treatment:** Warts may be removed with either liquid, freezing or laser. Surgery may be required if severe.
- **Complications:** Strongly associated with cancer of the cervix (also been found in throat cancer). Therefore, females should have yearly pap tests.
- A person's odds of contracting HPV is 1 in 2, with millions currently infected



Cancer

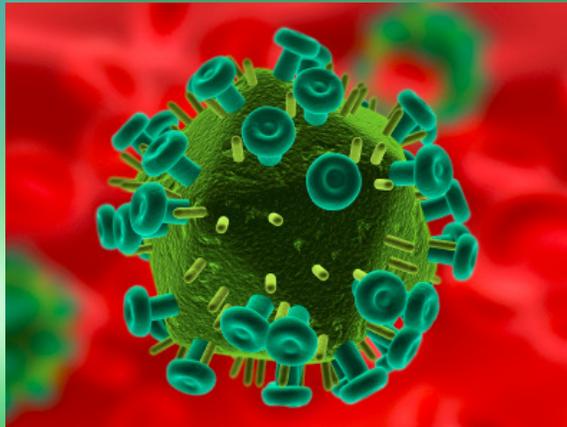


Warts

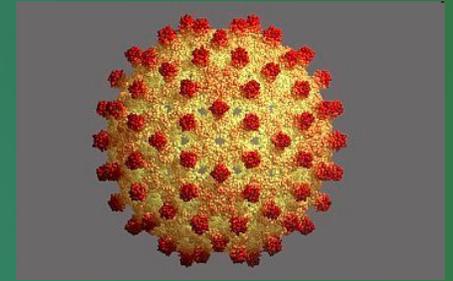


HIV Testing & Treatment

- **How it's transmitted:** Contact with infected blood, breast milk or sexual fluids.
- **Symptoms:** May cause no symptoms for many years. Symptoms such as swollen glands, night sweats, weight loss may occur.
- **Diagnostic tests:** Blood test, Orasure (cheek swab), at home tests
- **Treatment:** Medications to help keep immune systems stronger. There is no cure.
- **Complications:** The virus destroys the immune system leaving the body unable to fight off infections. A person with these symptoms may be considered to have AIDS. This may eventually cause death. May also be passed from mother to infant.
- **Most adults in Iredell County have never been tested for HIV and could be infected.**



Hepatitis B & C



- "**Hepatitis**" means inflammation of the liver and also refers to a group of viral infections that affect the liver. The most common types are Hepatitis A, Hepatitis B, and Hepatitis C.
- Hepatitis B & C can be passed through sex or from mother to child during delivery
- Hepatitis B has a vaccine – there is no cure for any form of Hepatitis
- Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation. An estimated 4.4 million Americans are living with chronic hepatitis; most do not know they are infected.

All of the following impact your risk of STDs

- Age you started doing anything sexual with another person
 - The younger you were when you started doing sexual things increased your risk for STDs
- Number of people you have had sexual contact with
 - The more partners you have had, the higher your risk
 - However, it only takes one time
- Other risk behaviors like alcohol and drug use (needle-sharing)
- Your gender
 - Females are more likely to have long-term damage from STDs than males
 - Males who have STDs are more likely to pass them to their partners
- Condom Use
 - Using condoms consistently (all the time), correctly and during all types of sexual activity will greatly reduce the risk of STDs (especially fluid-based STDs like HIV, Chlamydia, Gonorrhea and Trichomoniasis)

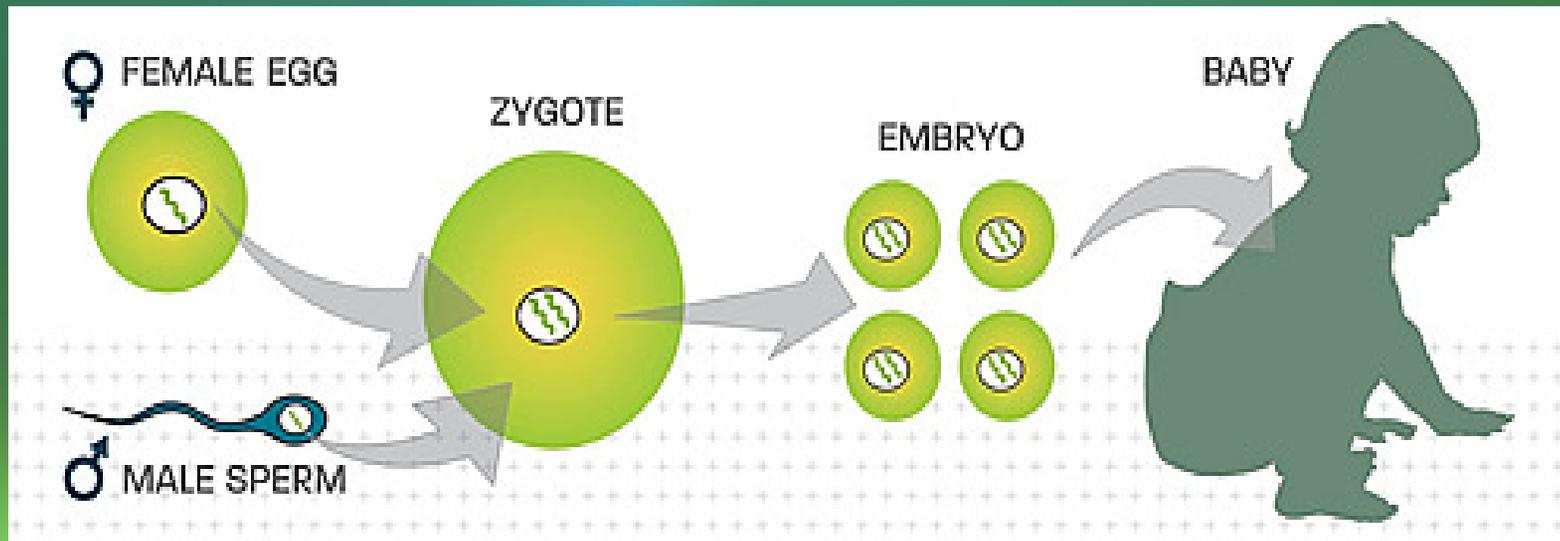
Testing

- Testing for HIV & Syphilis is done through a blood test
- Testing for Chlamydia, Gonorrhea & Trichomoniasis is done through a genital or rectal swab
- Testing for Herpes – most clinics will only test for genital herpes if they see sores, at many doctors offices you can request a herpes blood test
- Testing for HPV - There is no general test for men or women to check one's overall "HPV status," nor is there an approved HPV test to find HPV on the genitals or in the mouth or throat.
 - If there are symptoms a doctor will determine the next steps of treatment

Risk of Pregnancy

Pregnancy Happens When...

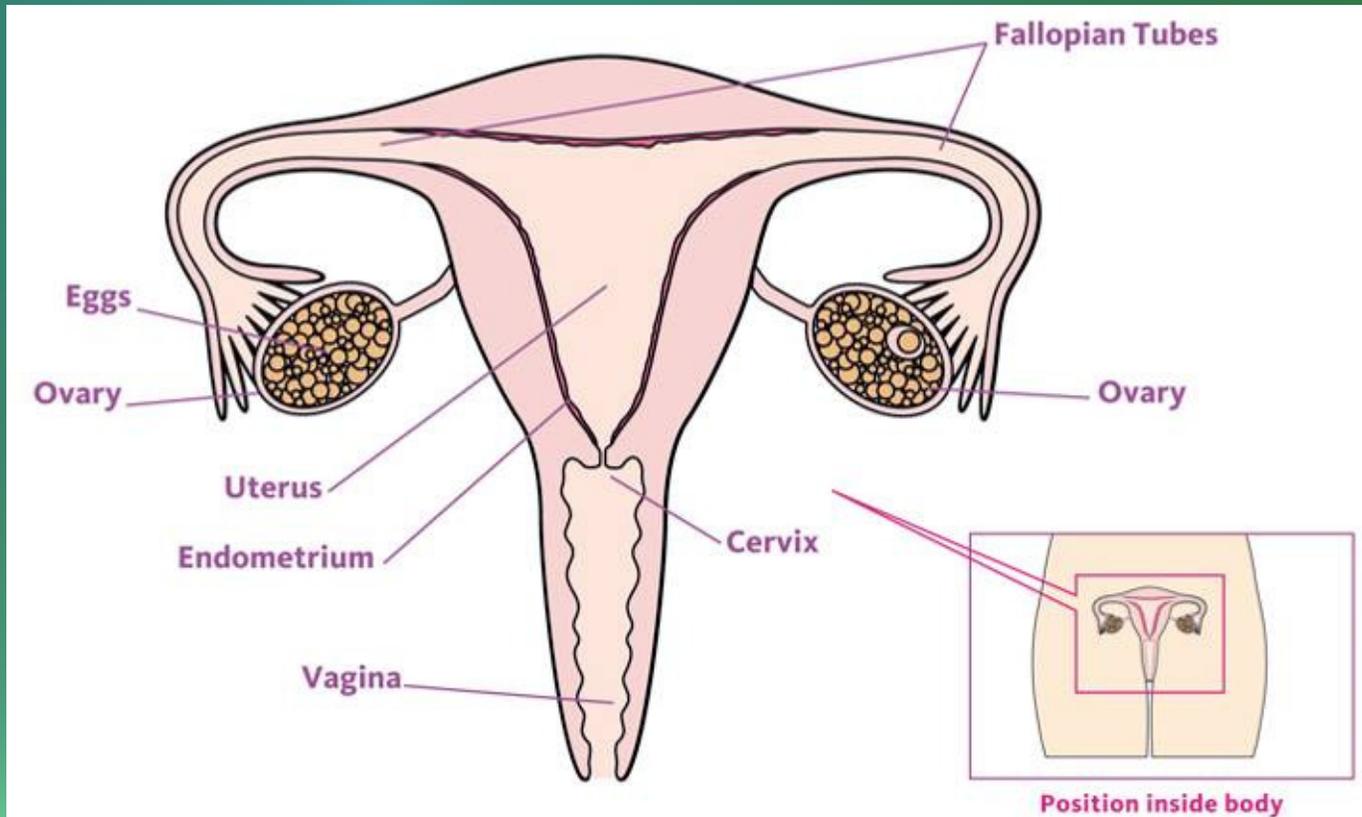
- If sperm has a way of getting inside the vagina, pregnancy can occur



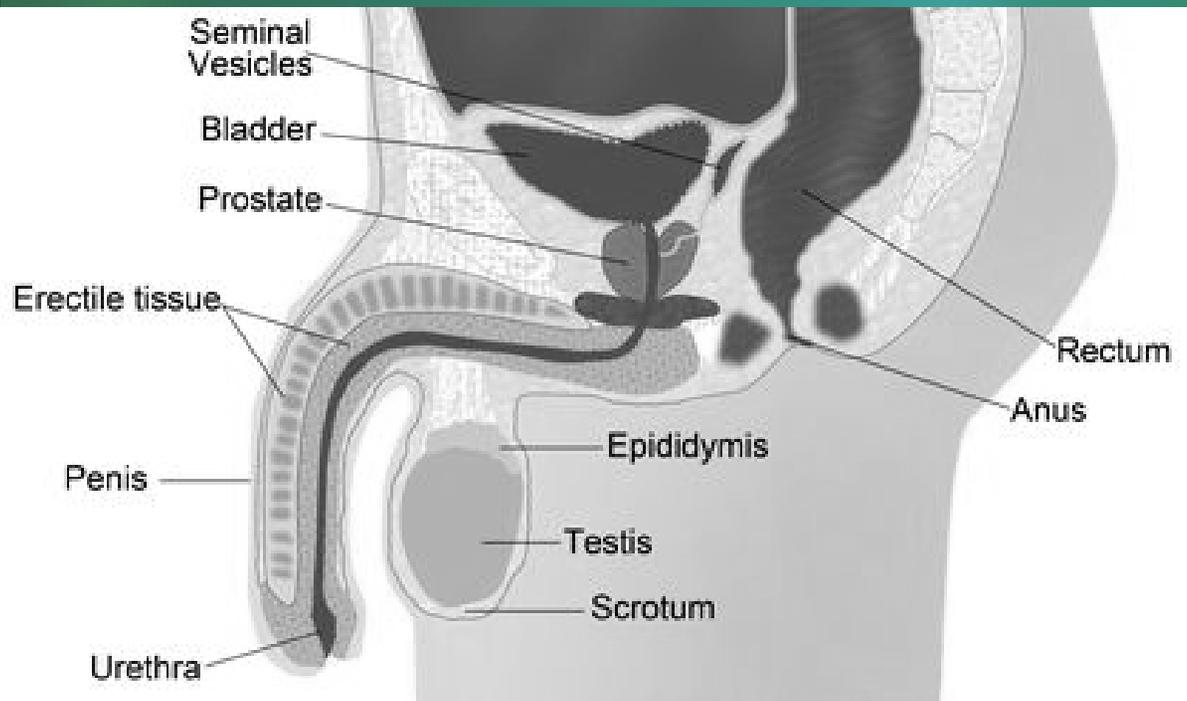
Sperm are so small that enough to populate the entire world would fit inside a marker cap.

Female's Reproductive System

- At the upper corners of the uterus, the fallopian tubes connect the uterus to the ovaries.
- The ovaries are two oval-shaped organs that lie to the upper right and left of the uterus. They produce, store, and release eggs into the fallopian tubes in the process called ovulation.
- Ova (eggs) are produced in the ovary of the female; they are formed from reproductive cells



Male's Reproductive System



- Sperm cells are made in the testes where it takes about 72 days for one sperm to grow.

- The sperm make up only about 5% of what a man ejaculates each time he ejaculates.

- This represents about 100 to 400 million of them each time!

- Therefore, they are very, very tiny, in fact a single sperm is the smallest cell in the body.

- Over the course of a guy's life, he'll produce more than 12 trillion sperm.

Contraceptives: Risk Reduction for Pregnancy

- **3 types:**
 - **Abstinence - No sex = No pregnancy**
 - **Barrier – Keep the sperm from getting to the egg**
 - **Male Condom, Female Condom, Vaginal Barriers**
 - **Hormonal – Keep the female from releasing an egg**
 - **Pill, Patch, Ring, Shot, IUD, Implant**

***Typical use refers to failure rates for those whose use is not consistent or always correct.**

****Perfect use refers to failure rates for those whose use is consistent and always correct.**

Contraceptive (birth control) Methods

<u>Method</u>	<u># of Pregnancies per 100 people using this method</u>	<u>HIV/STD Prevention</u>
No contraceptive	85	None
Spermicidal foam	28	None
Birth control pills	9	None
Male Condom	18	Most effective with HIV, less effective with other STD's
Female Condom	21	Most effective with HIV, less effective with other STD's
Vaginal barriers with spermicidal foam	12-24	None
Birth control patch & ring	9	None
Depo-Provera (shot)	6	None
Implanon	Less than 1	None
IUD	Less than 1	None
Abstinence	0	100%

Condoms



Advantages

- Protection Against STD's and HIV!*
 - When used every time for all sex acts including oral sex and used correctly (4. Steps)
- Protects against Pregnancy!
 - When used correctly – See above
- **Accessibility** No medical exam, fitting or prescription required
- **Low cost** (Free at Health Department)
- **Minimal side effects**

Disadvantages

- Have to check expiration dates and store them correctly
- Have to know how to use them
- May reduce sensitivity
- Latex allergy
 - Plastic or Polyurethane condoms are an alternative
- The Female Condom is not as effective as the male condom
- 2 condoms should never be used at the same time



Vaginal Barriers



Lea's Shield

Advantages

- Protects against Pregnancy!
 - When used correctly
- Minimal side effects
- They do not alter a female's hormone pattern
- Can be inserted 30 minutes before sex.
- Use only when need.



FemCap

Disadvantages

- Vaginal discomfort
- Latex allergy
- Vaginal and Urinary tract infections
- Toxic Shock Syndrome
- Cervical cap and Diaphragm have to be fitted.
- Does not protect against HIV or STDs!

Diaphragm



Spermicides

- Creams, jellies, contraceptive foams, and contraceptive films
- No Prescription need
- Relatively cheap.
- By itself it is not as effective against pregnancy
- Does not protect against HIV and STDs!
- The chemical may actually cause a female to be more susceptible to infection, so this should not be used unless both partners have been tested and treated for STDs

Birth Control Pill

Advantages

- Protects against pregnancy
 - When taken at the same time everyday!!
- Regulates period
- No interruptions



Disadvantages

- Has to be taken **SAME TIME EVERY DAY**
 - Pharmacists have suggested within the same hour every day...
- Can cause vomiting and nausea
- Can cause weight gain (<10 lbs)
- Prescription needed
- **DOES NOT PROTECT AGAINST HIV AND STDS!**

Depo-Provera aka “The Shot”

Advantages

- Protects against Pregnancy!
- Good for 3 months
- No need to remember daily
- No interruptions

Disadvantages

- Have to have a prescription
- Physicians visit to get the shot
- May cause weight change
- May cause irregular periods
- Does not protect against HIV and STDs!



Nuva Ring

Advantages

- Protects against Pregnancy!
- Lower blood levels of estrogen
- Steady release of hormones
- Mild side effects
- Once a month self-administration
- No interruptions

Disadvantages

- Need prescription
- Physician's visit to learn how to insert the ring
- Does not protect against HIV and STDs!



Ortho-Evra “The Patch”

Advantages

- Protects against pregnancy!
- No interruptions
- Easy to use
- Once weekly application
- Can use the patch while doing normal activities (bathing, exercising, etc)



Disadvantages

- Prescription required
- Physician’s visit required
- Side effects include irritation at application site, headache, nausea, upper respiratory infection and menstrual cramps
- Does not protect against HIV and STDs!



IUDs *“Intrauterine Device”*

- IUDs work by preventing sperm from joining with an egg by affecting the way they move. The hormones in Mirena and Skyla increase their effectiveness. IUDs also alter the lining of the uterus.
- IUDs can be left in the body from 3 to 10 years depending on the type of device.
- It is very important to remember that the IUD does not protect against sexually transmitted infections.

Implanon/Nexplanon



Advantages

- Lasts for up to 3 years
- Covered by most insurance companies
- In-office procedure
- Can be removed at any time

Disadvantages

- Prescription and doctor's visit needed
- Can be painful
- Requires a doctor to remove the device
- Is affected by other medications

Emergency Contraception

- EC is to be used when another method of birth control has failed
 - Broken condom
 - Missed pill
- Or when no method of Birth Control was used
- EC is 89% effective, effectiveness decreases the longer after sex it is taken
- Plan B may be available for students of all ages directly from their pharmacy
 - It can cost between \$30 and \$60



- EC is a high dose of hormones and must be taken within 3 days after intercourse
- EC prevents 7 out of 8 pregnancies that would have occurred without EC
- EC is not the same as the abortion pill
 - If you are pregnant EC will not abort the pregnancy



Resources

- To be tested for STDs
- Your doctor can test you for STDs
 - Your doctor will charge you for the visit
- Local health clinics such as the Health Department can test you for STDs
 - There is no charge at most health clinics or Health Departments
 - Fee is based on income
- To receive Birth Control
- Your doctor can prescribe birth control for you following an exam
 - There would be a fee for the medicine and for the office visit
- Local health clinics or the Health Department offers free Birth Control to teenagers following an free exam
 - Fee is based on income