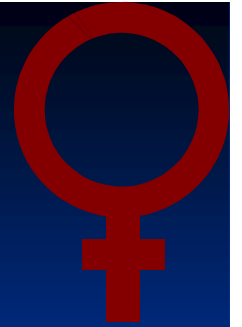




Why do we have this class again?

- Is it important to talk about sex?
 - Is one conversation enough?
- Where do teens get their info about sex?
- At what age should parents have “the talk” with their children?
- Why is it embarrassing to talk to your parents?
- When do kids first get curious about sex?
- Do males and females see sex the same way?
Why or Why not?



Review

- *Anytime another person's genitals becomes involved, some form of sex has occurred.*
- Each type of sexual behavior puts you at risk for STDs. Sex is sex.
- **Pregnancy is another risk of sex**
 - Iredell County continues to have over 200 pregnancies each year to teen girls
 - As soon as females start menstruating, if they begin having sexual intercourse with males they can become pregnant

What is abstinence?

Why is being abstinent from sex
a good idea?

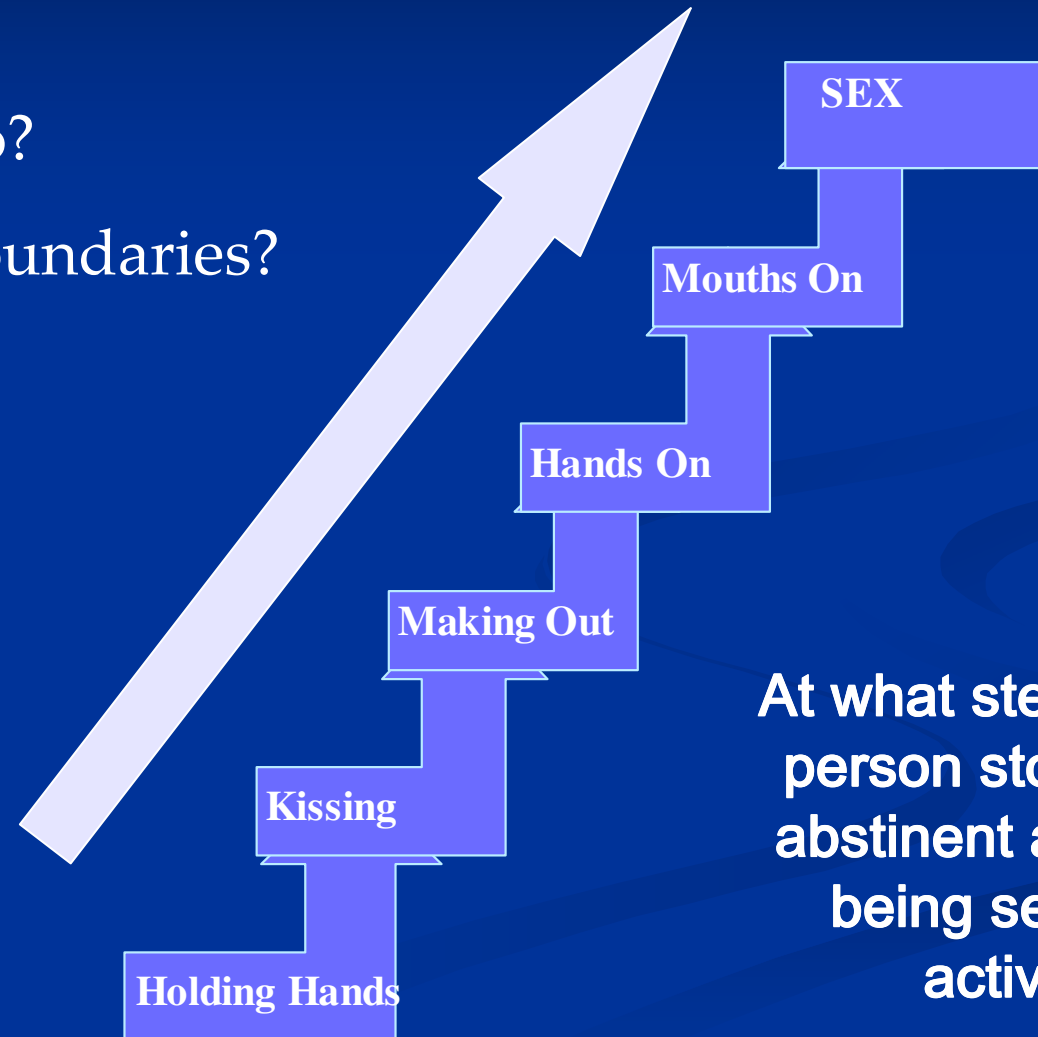
Decisions

- Deciding whether to be abstinent or sexually active is a decision that should not be made quickly or in the heat of the moment
- What would help you make decisions about sex?
 - Information
 - Education
 - Parents/adults talking to you about it

The more you do physically or sexually with another person the higher your risk gets...

Does anything go?

What are your boundaries?



At what step does a person stop being abstinent and start being sexually active?

Are we doing better?

- Do you think teens are getting more or less STDs today than in previous years?
- Are more teens pregnant now than there have been before?
- What makes teens different today than when your parents/guardians were teens?

Risk of STDs

Sexually Transmitted Diseases

- There are 2 kinds of STDs
- Bacterial/Parasitical: we can **CURE**
 - Gonorrhea
 - 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 **body 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

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 be infected with STDs because of oral sex or sexual skin to skin contact

What our teens are facing?

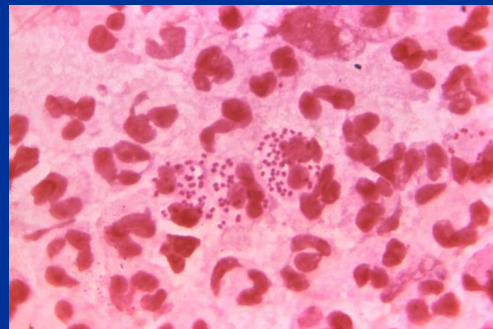
- The CDC states that an estimated 1 in 4 teens has at least one STD
- In one recent study, 80% of sexually active female teens had at least one STD
- More than half of all STD's occur in people 25 years of age or younger.
- Abstinence is the only 100% guarantee to avoid contracting an STD!

Testing & Treatment for Gonorrhea



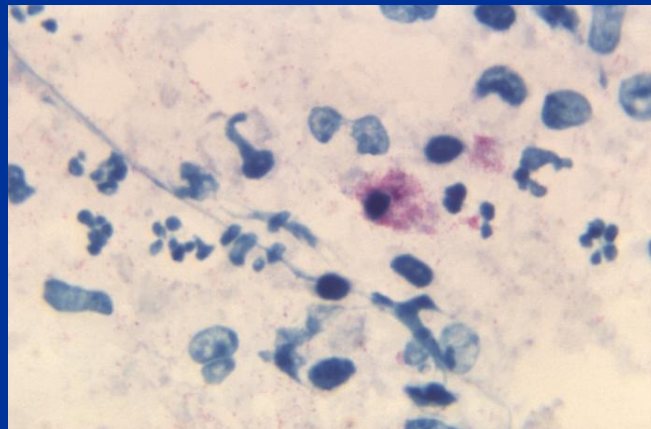
- **Caused by a bacteria, also known as the “clap”**
- **How it's transmitted:** Direct contact with infected sexual fluids during genital, oral or anal sex.
- **Symptoms:** May have no symptoms - especially females. May have burning while urinating, and thick yellowish discharge.
- **Diagnostic tests:**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

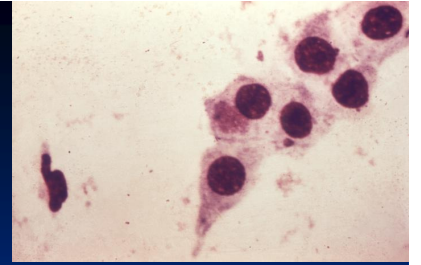


Chlamydia Facts

- **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.



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.

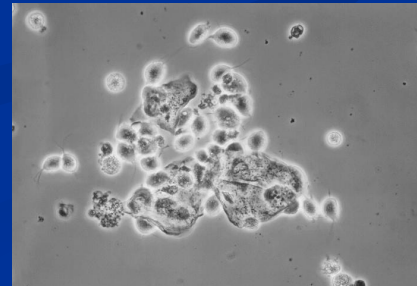
Syphilis Facts



- **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.

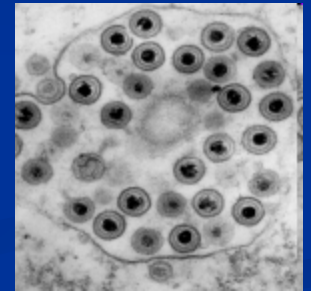
Trichomoniasis

- 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.



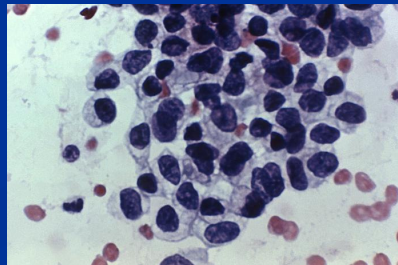
Herpes Testing & Treatment

- 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. A 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.



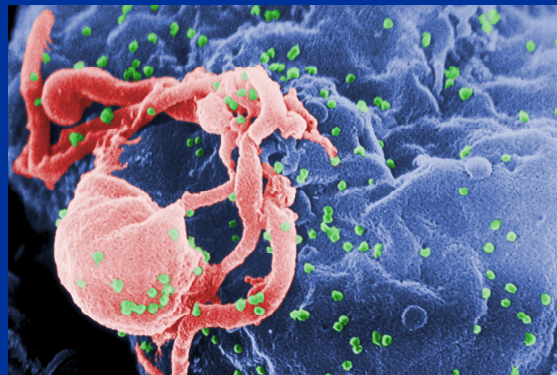
HPV Testing & Treatment

- **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

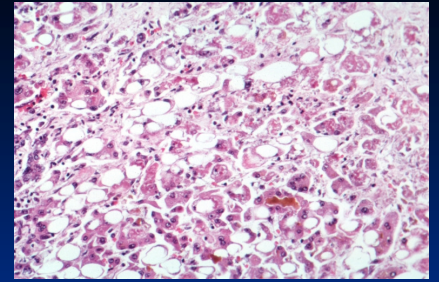


HIV Testing & Treatment

- 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.

Is the RISK worth it?

■ Risk Avoidance

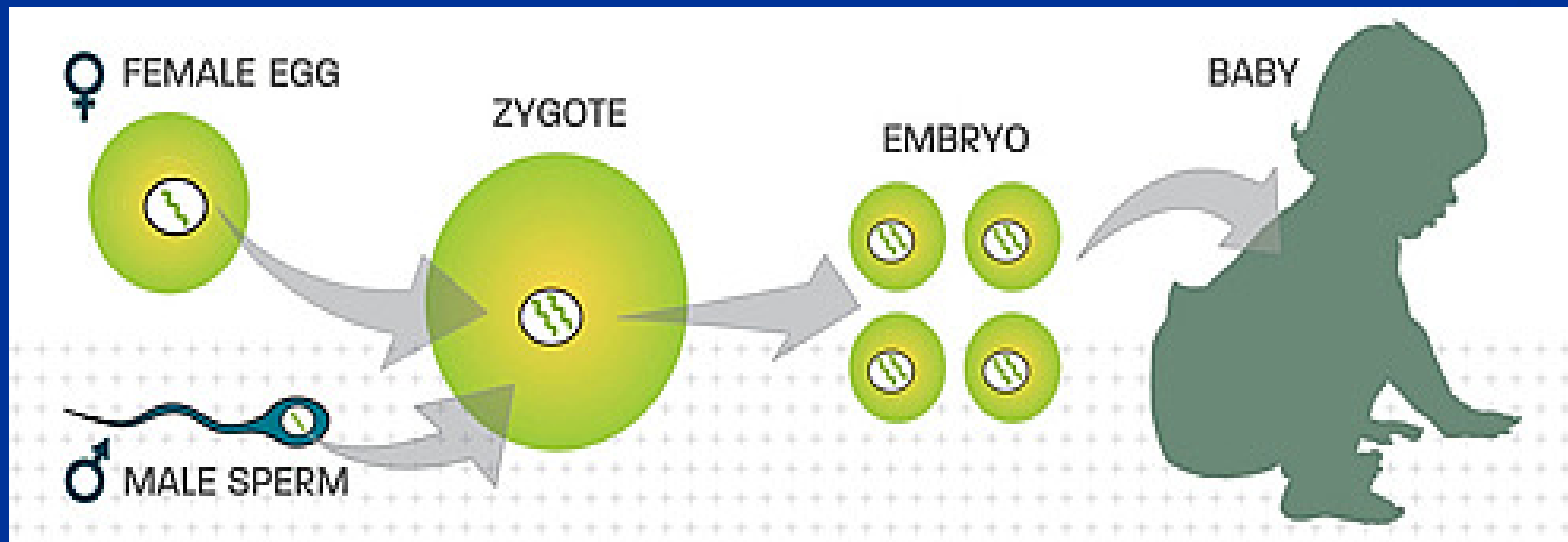
- This means that there is no chance you would be impacted because you are not having sex
- Abstinence is the best way to avoid the physical health risks of sex

■ Risk Reduction

- This means that the chance sex would impact you negatively are lessened or reduced
- Condoms reduce the risk of STDs and pregnancy
- Birth Control reduces the risk of pregnancy

Pregnancy Happens When...

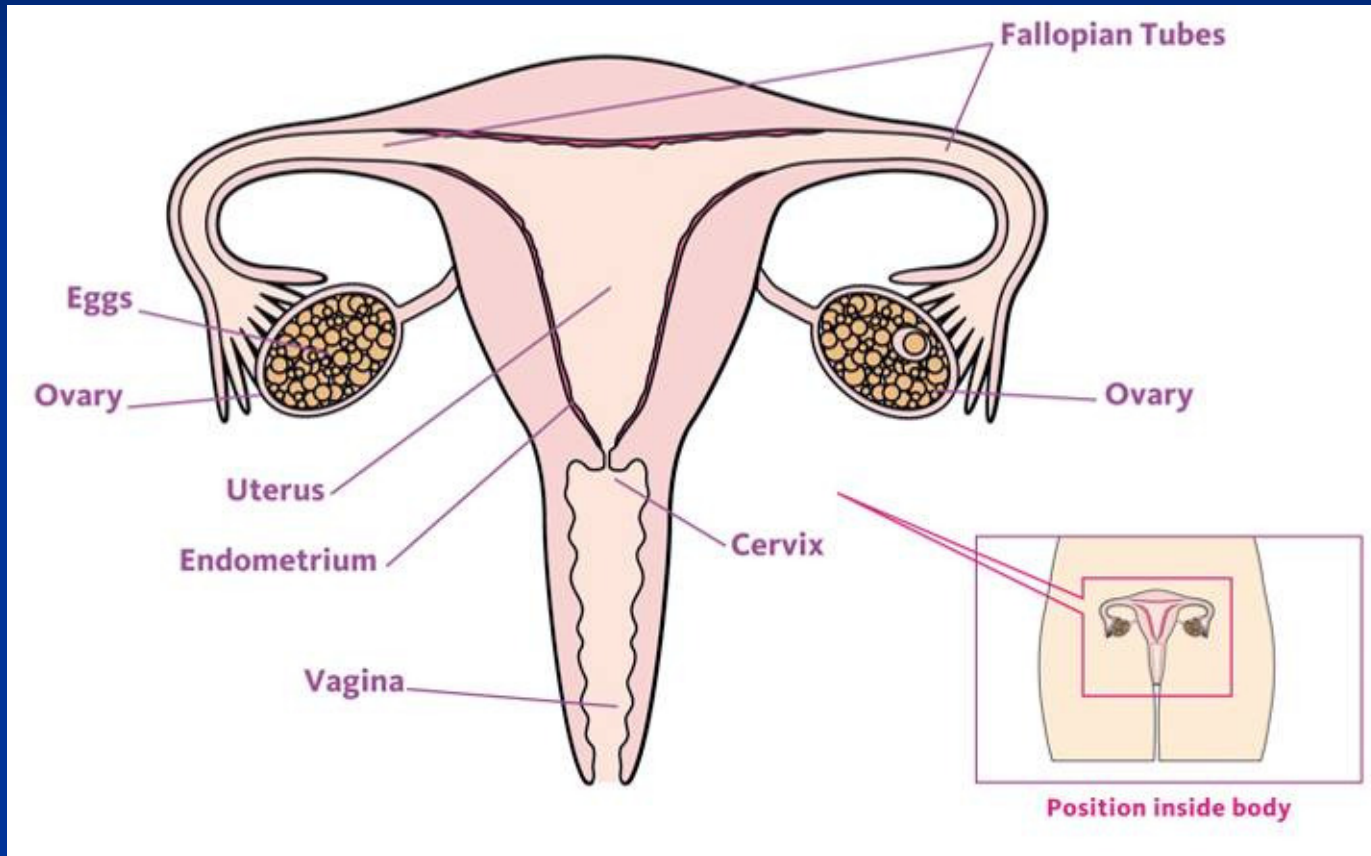
- If sperm has a way of getting inside the vagina, pregnancy can occur



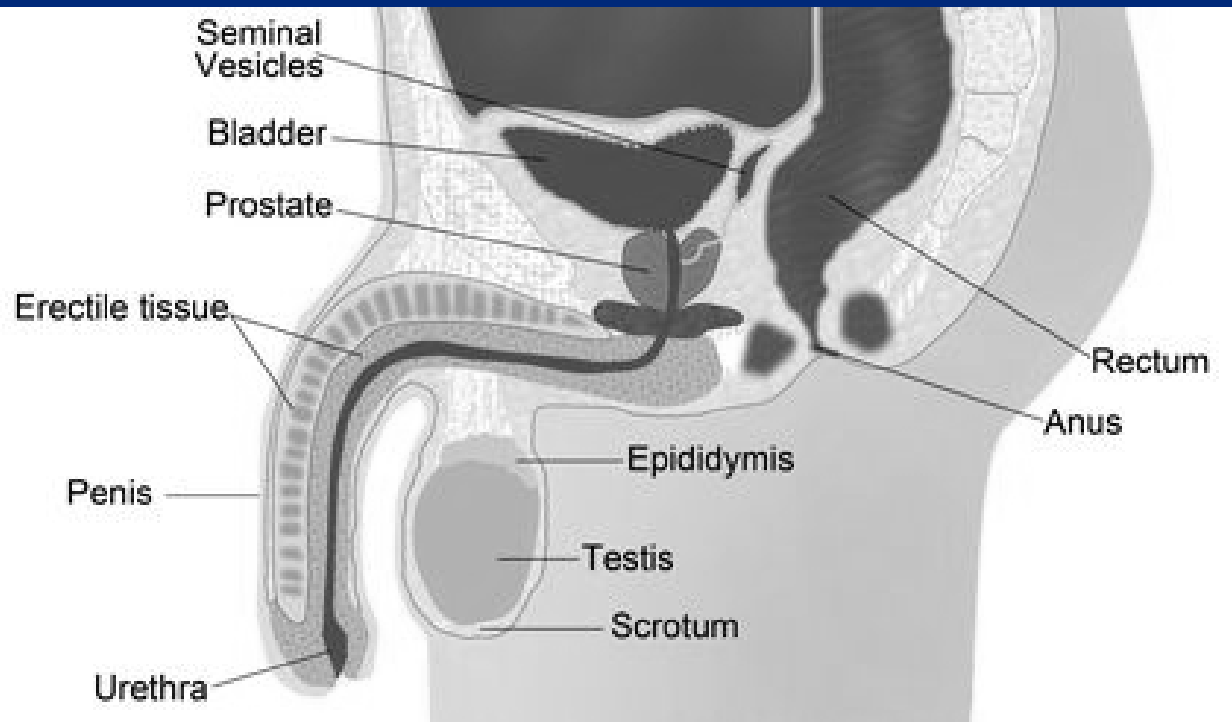
Sperm are so small that enough to populate the entire world would fit inside a marker cap.

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
Implant	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**



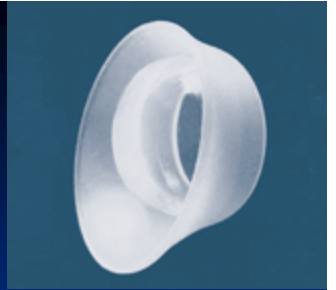
Disadvantages

- 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.

Disadvantages

FemCap

- 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.
 - There are 3 types, ParaGuard, Mirena & Skyla
- The hormones in Mirena & 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



Contraception Recap

- Nothing but abstinence is 100% effective against pregnancy or STDs
- Using both condoms and birth control can reduce the risks associated with sex
- Contraception only works when a person uses it correctly, and even then sometimes it can fail

Sexual Rights

~Everyone deserves to have a
choice when it comes to sexual
intercourse~

Sexual Coercion, Rape, Statutory Rape

Sexual Coercion

- When a young person is tricked or manipulated into having sex when they really didn't want to
 - Through force or threats
 - Through use of drugs or alcohol
 - Through emotional manipulation
- This can be in the form of gifts, compliments, guilt trips, put downs, threats
 - It can make the person feel like they “owe” sex
- For example,
 - “If you don't have sex with me, I'll tell everyone that you did”
 - “If you loved me you would do it”

Know the law

Rape is:

- If a person is **forced** to have sexual intercourse or if the person is **unable to consent**
- Forced, unwanted sexual intercourse with a person you know, or “**acquaintance rape**”, is still rape
- A social or dating relationship which began prior to the rape is **not a defense** against charges of rape
- Consent to sexual activity must be explicit either verbally or by overt action. If a person **says "no,"** subsequent sexual contact with that person may constitute crime
- Is **incapable of giving consent** or is prevented from resisting due to physical or mental incapacity, which includes, but is not limited to, the influence of drugs or alcohol



Legal Age of Consent

- The legal age of consent in NC is 16, so once a person is 16 they can engage in sexual activity with as old of a person as they want to, however when someone chooses to have sex with a person younger than them the following law applies
- Statutory rape or sexual offense of person age 13, 14, or 15 is intercourse with someone age 13, 14, or 15 when the actor is **(1) at least six years older and (2) between four and six years older.**
 - So if you are 15 and having sex with a 19 year old, the 19 year old is considered a rapist in the eyes of the law depending on the exact birthdates of the people involved
 - They would have to register as a sex offender

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

- Your teachers, your school nurse, your principal, your parents, your friends, your siblings, can all be a support for you in your time of need. Please follow the steps below if you have been sexually assaulted.
- **1) Do not shower/clean yourself.**
 - Your first reaction will be to clean yourself off but in doing so, will remove evidence that can help convict your attacker.
- **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**
 - 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.
 - **NOTE:** Many rapists will threaten your life if you report them. They are trying to command power over you. After all, that is why they forced themselves on you to begin with, to command power. They are cowards. If they were not, you would not be alive reading this now.
- **5) Retain counsel to represent you.**
- **6) Seek professional counseling.**

It can happen to children/teens too

- Children and teens can be sexually abused or assaulted just like adults can
- **It is never the victim's fault**
- The child/teen may feel guilty or afraid so they may not tell anyone about it
- If this has happened to you or someone you know and you have never told an adult before please speak with your school counselor or another adult who you trust
- This happens to young people all over the world every day, let's do our best to protect ourselves and the people we care about

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

Iredell County Health Department (704) 878-5300, (704) 664-5281