



This class again? Really?

- Why do you think we keep having this class?
- Have you noticed more relationships happening in the past year among your peers?
- Are teens your age under pressure to get involved with relationships or even with sex?
- Do you think someone your age is responsible enough to deal with the possible consequences of a pregnancy or an STD?
- What advice would you give to younger students about relationships and sex?



Review



- *Anytime another person's genitals becomes involved, some form of sex has occurred.*
- Each type of sexual activity 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 girls start menstruating, if they begin having sexual intercourse with boys they can become pregnant

What is abstinence?



What are some positive side effects of being abstinent from sex?



Decisions

- What kinds of things can get in the way of making good decisions about sex and relationships?



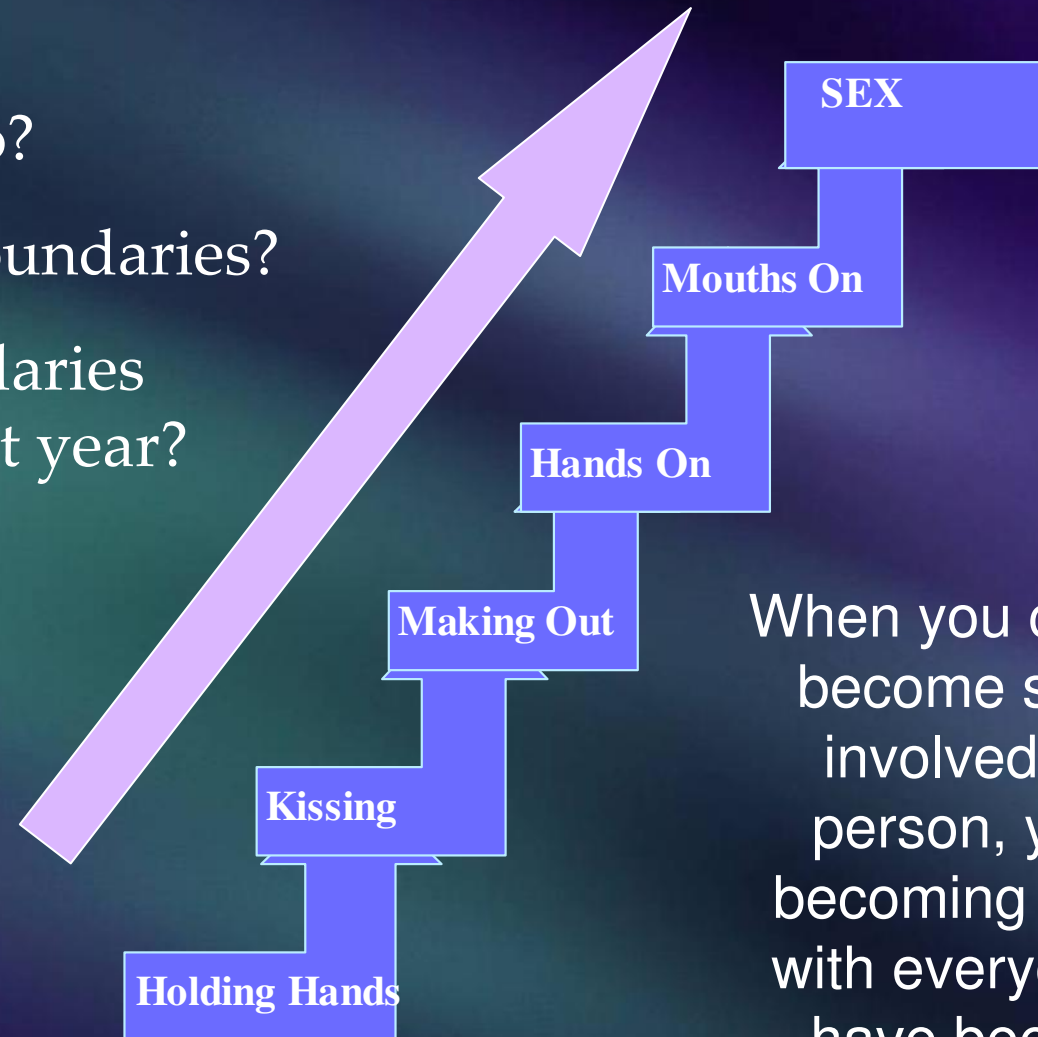
- What are some ways we can make healthier decisions?
 - Avoid tempting situations
 - Avoid anything that could cloud our judgment
 - Think through each decision before acting

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

Does anything go?

What are your boundaries?

Have your boundaries changed since last year?

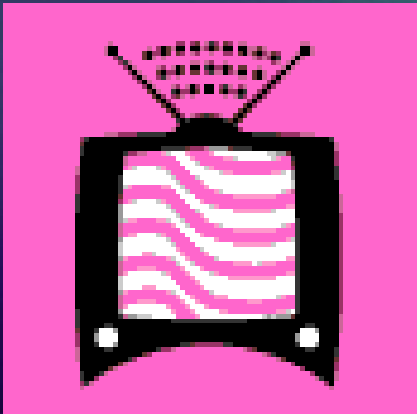


When you choose to become sexually involved with a person, you are becoming involved with everyone they have been with.

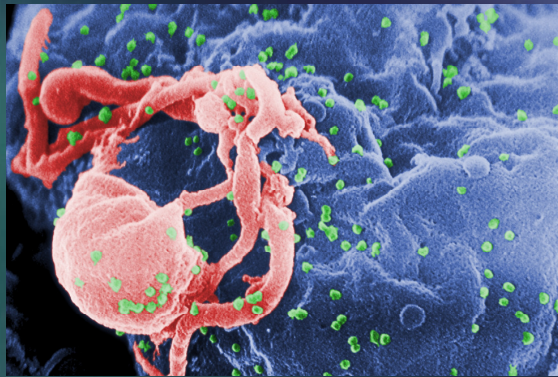
Looking around



- Where do we see messages about sex and relationships?
- Do they usually show the healthy choice when it comes to sexual decision-making?
 - Why or why not?
- Is the risk of sex shown accurately?



Risk of STDs



HIV Virus

STD - True or False

- All STDs are curable
- Some people with STDs will not show any symptoms
- STDs that are viruses all start with the letter "H"
- STDs are not a problem for young people
- There are more than 25 diseases that can be passed through sexual behaviors
- STDs only infect the private parts
- Sterility is one possible long-term side effect of untreated Chlamydia and Gonorrhea

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
- Up to 80% of sexually active female teens could have a STD today
- More than half of all STD's occur in people 25 years of age or younger.
- Abstinence is the best way to avoid a STD!

What parts of the body can be infected?

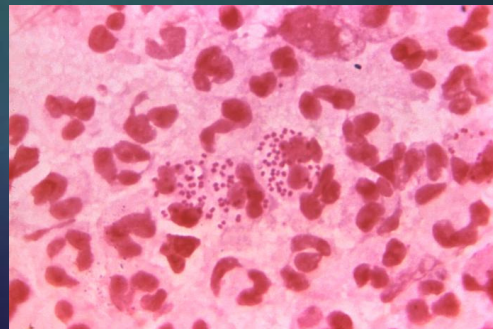
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Testing & Treatment for Gonorrhea



- **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.

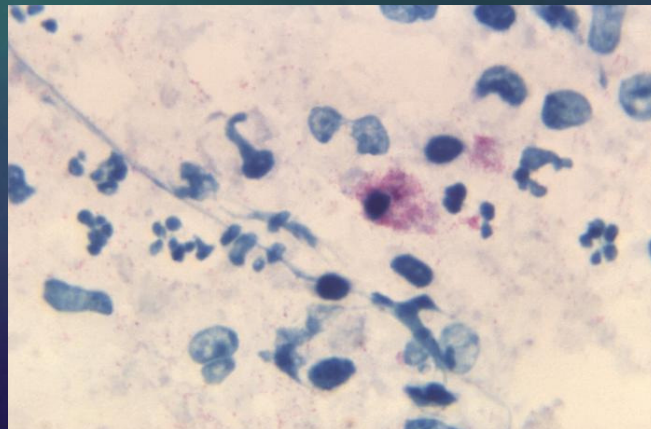


Gonorrhea in NC

- In recent years, Iredell county has had around 200 new cases of Gonorrhea each year
- Based on NC statistics, youth ages 15-24 made up 65% of these new cases
- That means approximately 130 young people in Iredell County become infected each year
- Females are at a higher risk of contracting gonorrhea with almost twice as many young women becoming infected than young men
- Getting tested and treated before long-term damage is done is very important

Chlamydia Facts

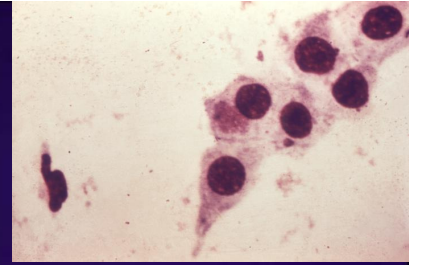
- **Bacterial Infection**
- **How it's transmitted:** Direct contact with infected sexual fluids during genital, oral or anal sex.
- Symptoms begin 1-3 weeks or longer after contact
- **Diagnostic tests:** Swab of urethra in males or cervix in females (urine test can also be used).
- **Treatment:** Antibiotics
- **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 in NC

- In recent years, Iredell county has had around 500 new cases of Chlamydia each year
- Based on NC statistics, youth ages 15-24 made up 74% of these new cases
- That means approximately 370 young people in Iredell County become infected each year
- Females are at a higher risk of contracting Chlamydia with almost 5 times as many young women becoming infected than young men
- Getting tested and treated before long-term damage occurs is very important

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.

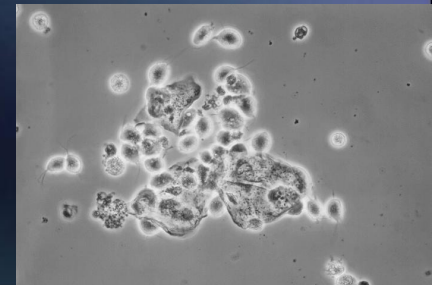
Syphilis Facts



- **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.

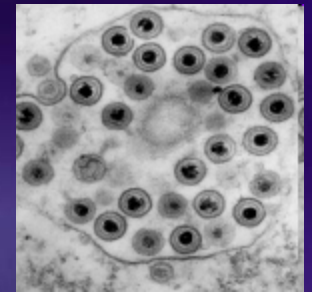
Trichomoniasis

- 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.
- In Iredell County, the total number of cases is unknown
 - Could the risk be higher than with other STDs?

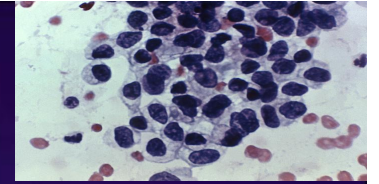


Herpes Testing & Treatment

- 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. Re-occurrences 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.
- North Carolina does not keep track of the number of new cases, so it is impossible to know exactly how many people have this virus in their bodies



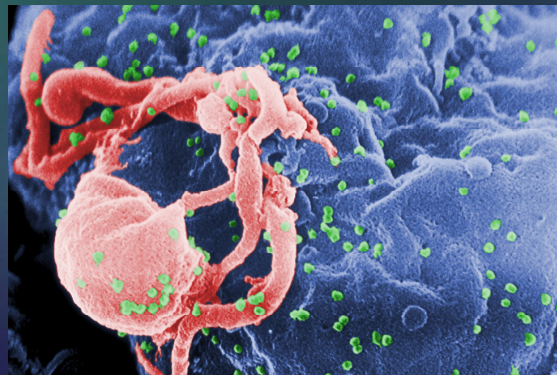
HPV Testing & Treatment



- **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
- The Gardasil vaccine is available for males and females ages 9 to 26, please discuss this with your doctor at your next visit

HIV Testing & Treatment

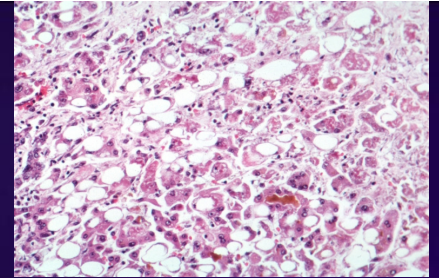
- How it's transmitted: Contact with infected blood, breast milk or sexual fluids.
- Symptoms: May cause no symptoms for many years. Symptoms such as swollen glands, night sweats, weight loss may occur.
- Diagnostic tests: Blood test, Orasure (cheek swab), at home tests
- Treatment: Medications to help 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.



HIV/AIDS #s

- In recent years, the number of people living with HIV or AIDS in Iredell county has increased by 10 people a year
- There are currently over 120 people living with HIV or AIDS in Iredell County
- Across NC there are more than 26,000 people living with HIV or AIDS
 - It is unknown how many people have actually been tested for HIV in Iredell or NC
 - It is supposed to be included in routine blood draws, but no data is available for how many medical offices follow through
- In NC, Adult and Adolescent African-American males have the highest rates of new HIV infections
- Each year, sexual intercourse causes approximately 95% of HIV transmission in NC
- The CDC estimates that 20% of the people with HIV do not know they have it
 - Could you have met one of those 20% recently?
- Worldwide someone dies from AIDS every 17.5 seconds, and every 12 seconds someone is newly infected with HIV

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

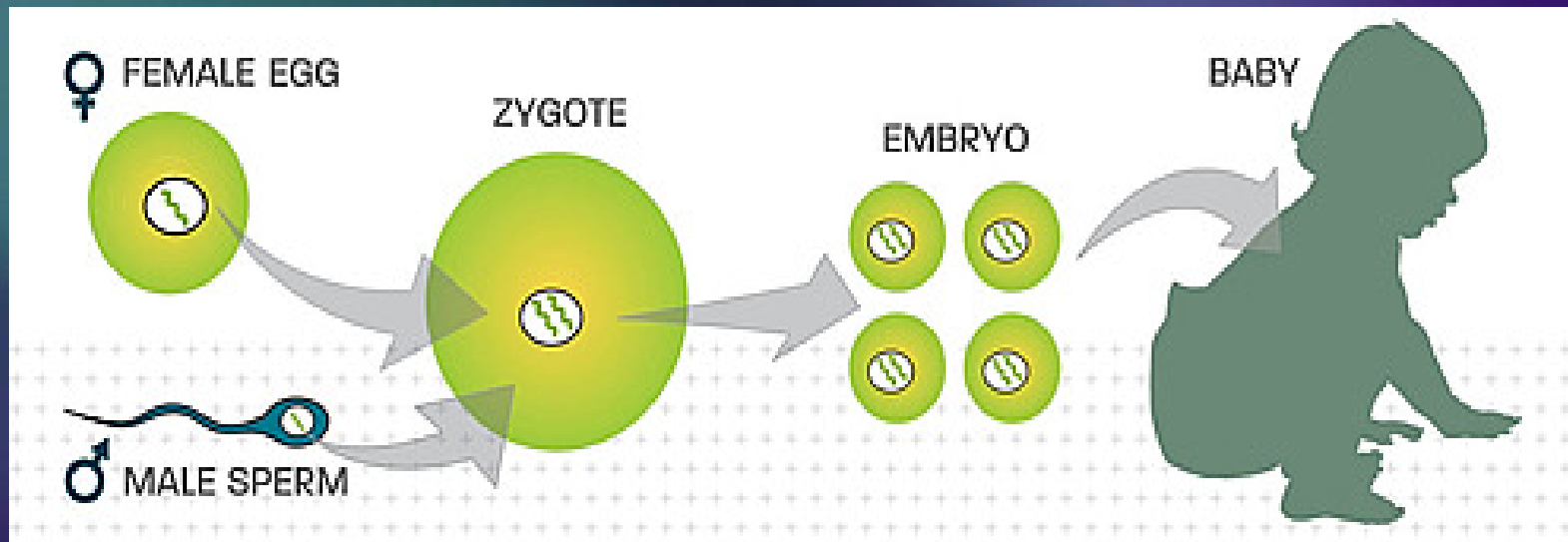
Risk of Pregnancy

Pregnancy True/False

- A pregnancy can happen any time sperm has a chance to unite with an egg
- Females are born with all the eggs they will ever have
- Sperm are so small that enough to populate the entire world would fit into a marker cap
- The egg decides whether the baby will be male or female
- Both parents are equally responsible for the child
- Identical twins have the same DNA

Pregnancy Happens When...

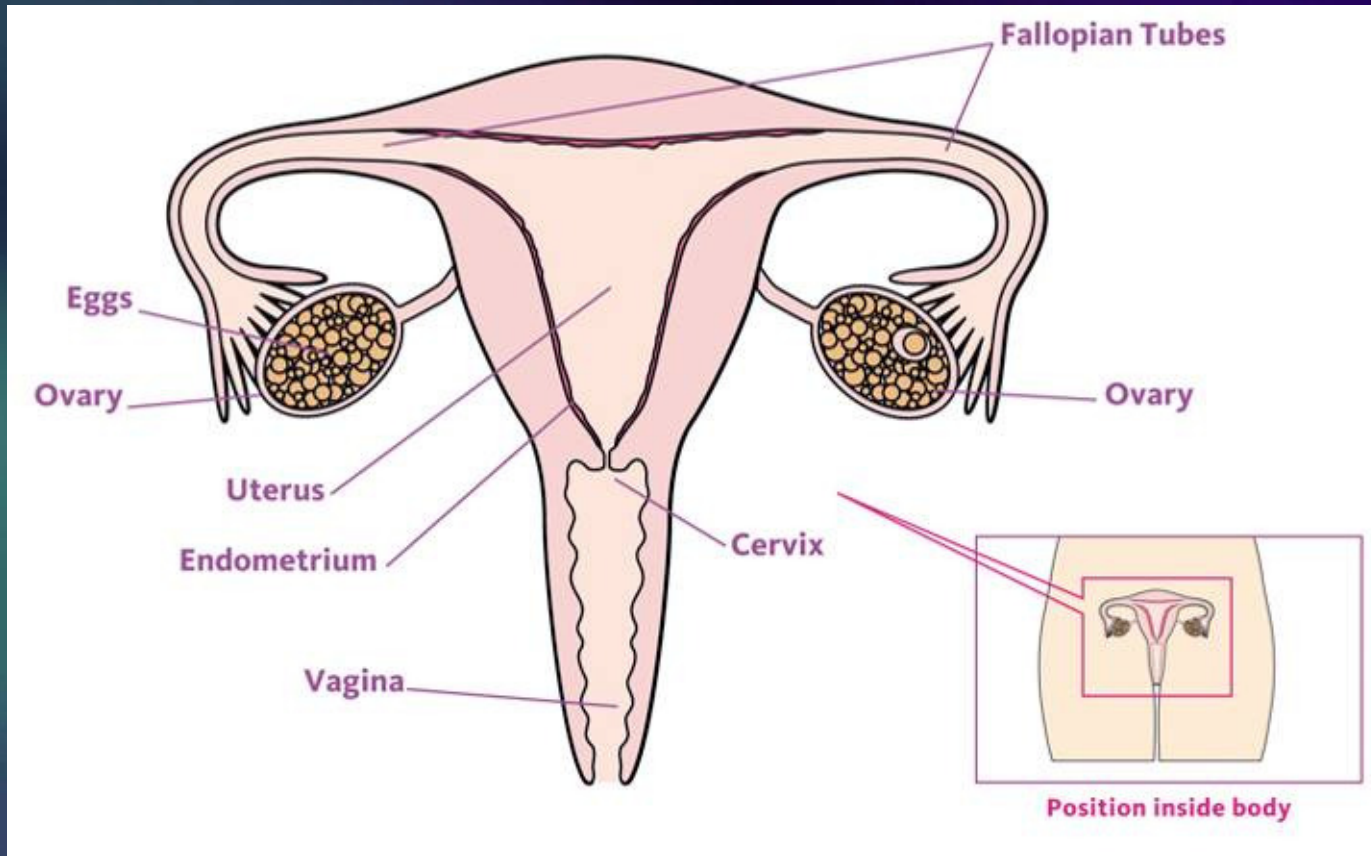
- If sperm has a way of getting inside the vagina, pregnancy can occur



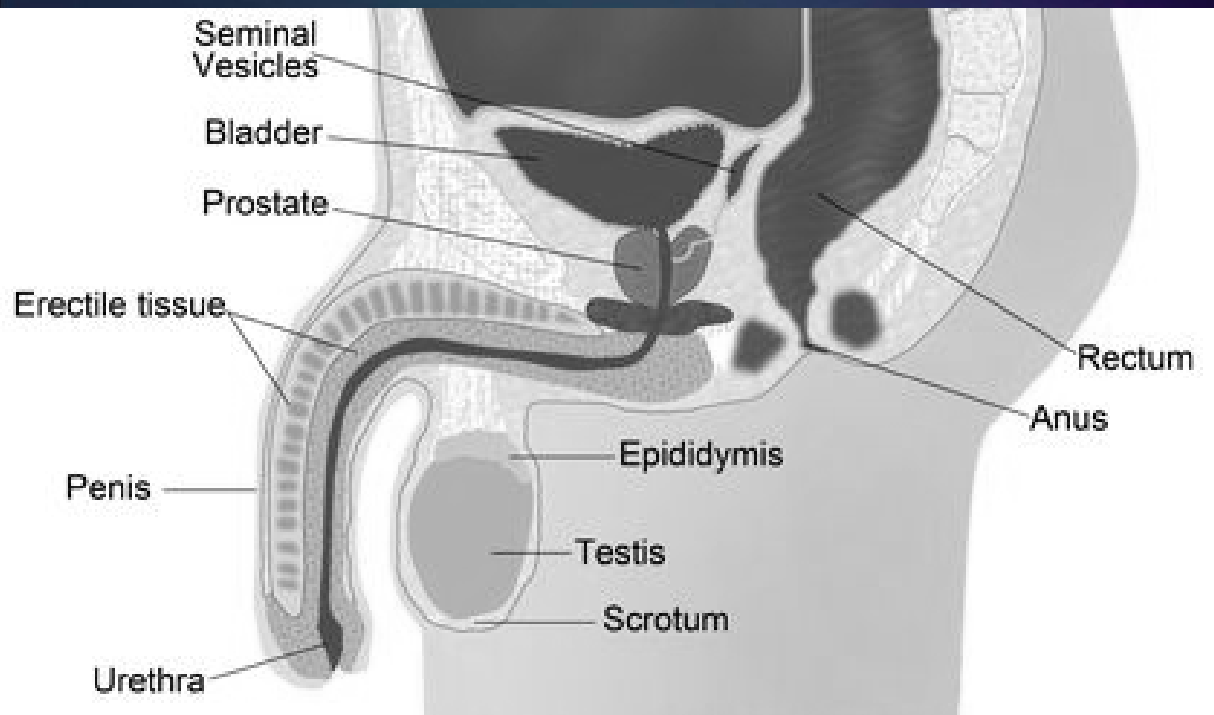
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Female's Reproductive System

- 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.

Pregnancy Data

- Iredell county has seen a decrease in the number of teen pregnancies over the last few years
- Current data shows that Iredell has around 200 pregnancies a year to females ages 10-19
 - This equals out to around 4 pregnancies each week to teen girls in Iredell County
 - Most of these are to girls ages 16 and older
- Who will it be this week?
- Across the US, 30% of women will have a pregnancy before the age of 20
- Locally, teen pregnancy shows a racial disparity with more African-American and Hispanic teens becoming pregnant than their Caucasian counterparts
 - There is no biological reason for this
 - Why do you think this is?

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
Shot/Injection	6	None
Implant	Less than 1	None
IUD	Less than 1	None
Abstinence	0	100%

Condoms

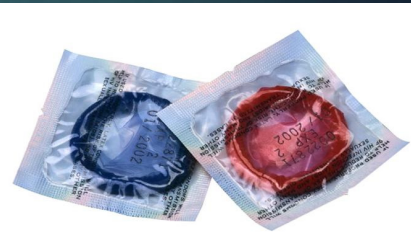


Advantages

- 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

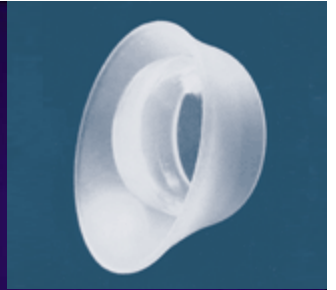
Disadvantages

- 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

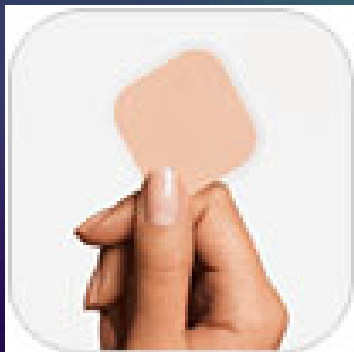
- Need prescription
- Physician's visit to learn how to insert the ring
- Does not protect against HIV and STDs!



Ortho-Evra *"The Patch"*

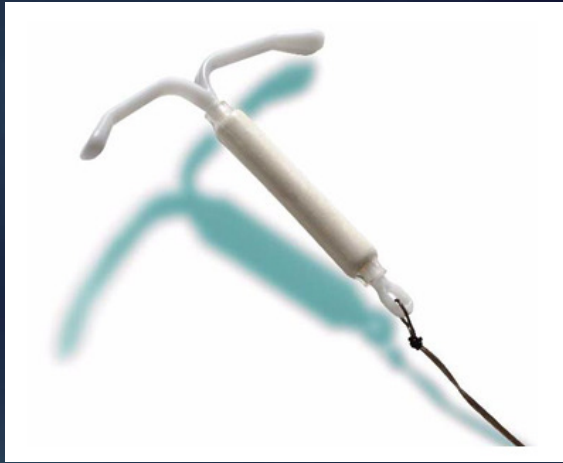
Advantages

- 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. The hormones in Mirena and the smaller version Skyla, increase 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