

Sexual Health Education- High School

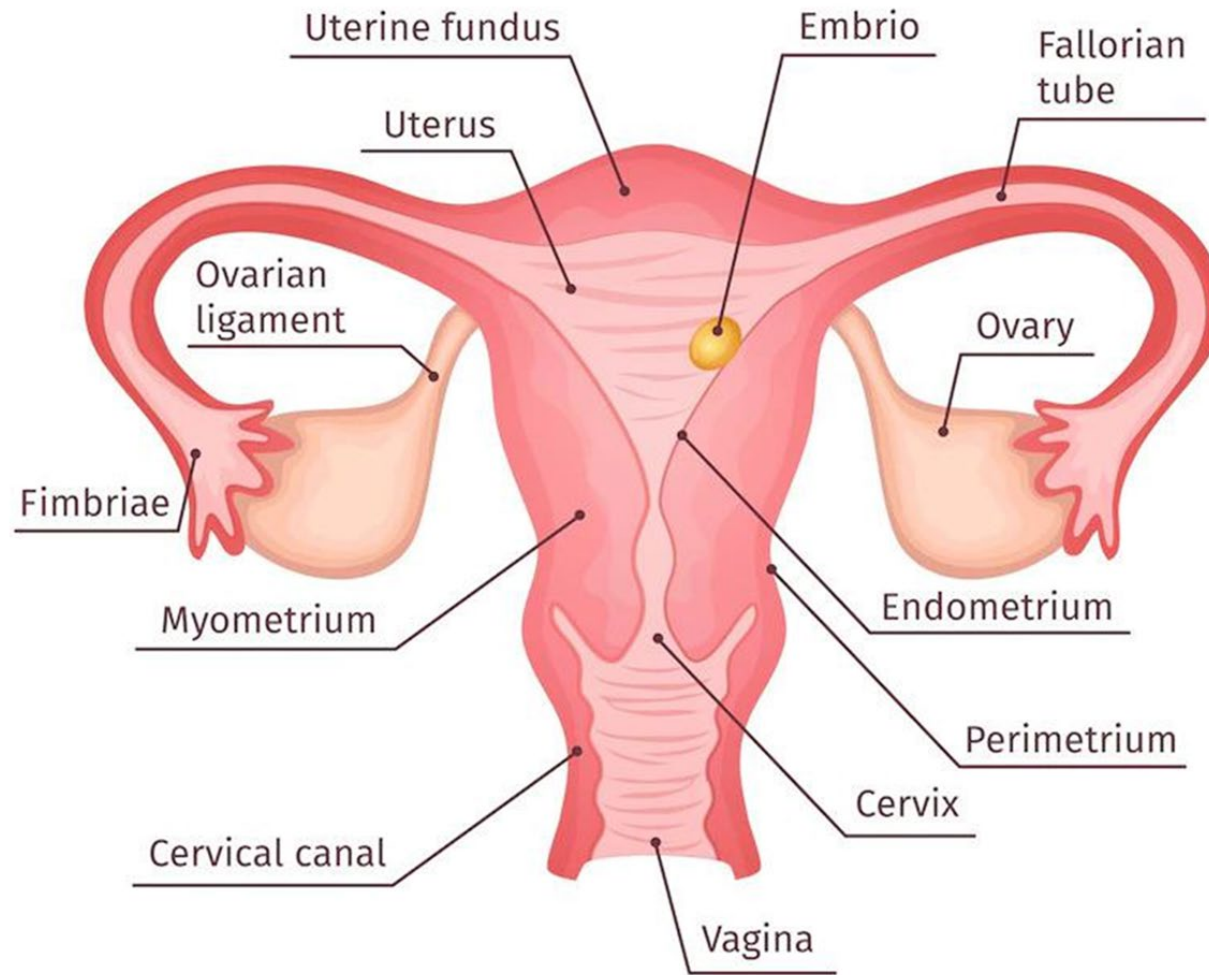




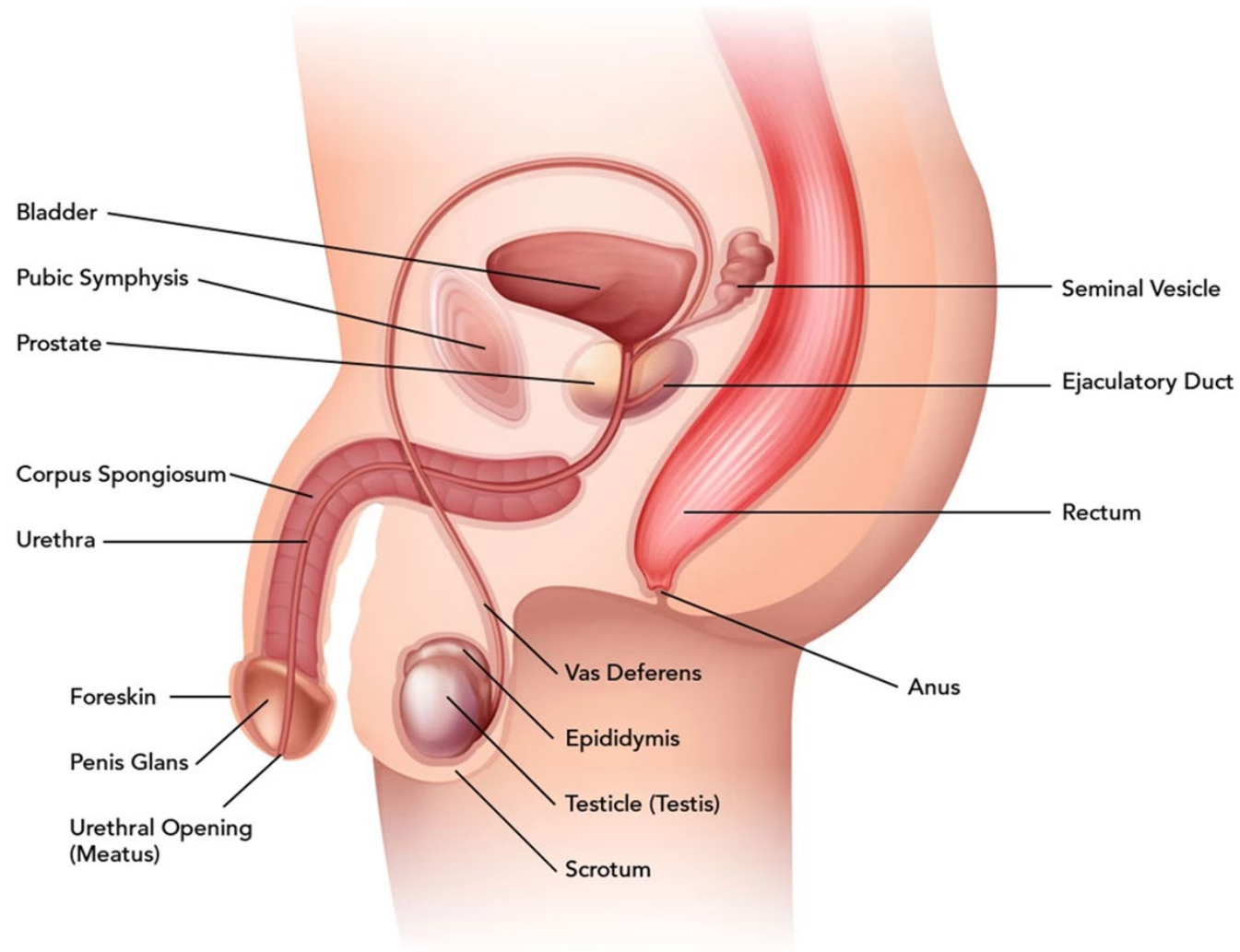
We will be talking about:

- Female and Male Reproductive Systems
- Contraceptives
- Sexually Transmitted Infections
- Sexual Consent

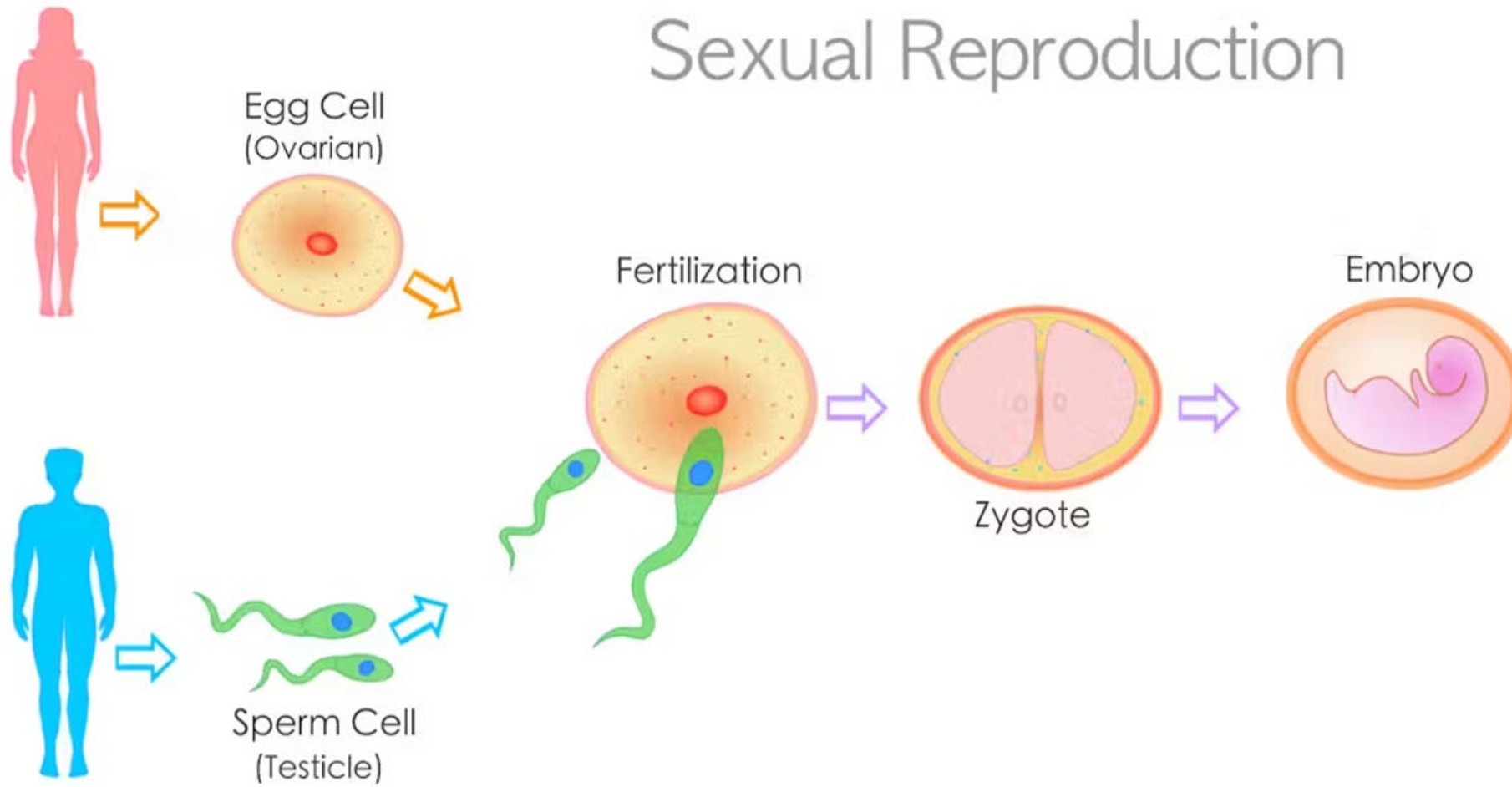
FEMALE REPRODUCTIVE SYSTEM



Male Reproductive System



Sexual Reproduction



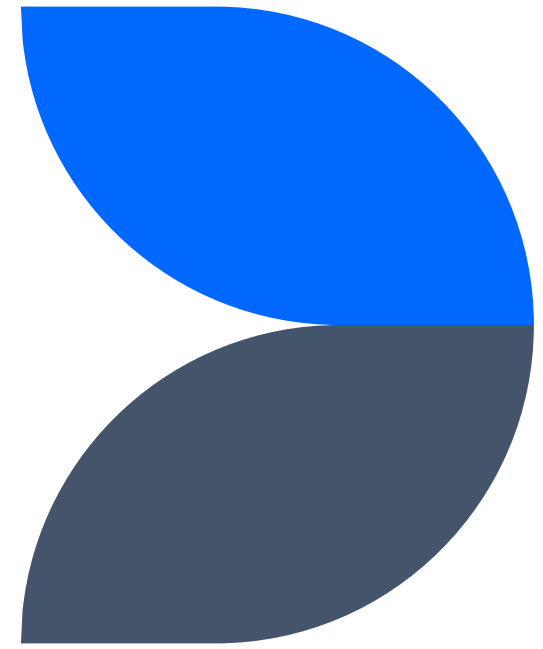
**What is the only way to
prevent a pregnancy or an STI?**

Abstinence



Abstinence

The voluntary choice to refrain from engaging in any sexual activity.



Pregnancy Prevention Methods

Barrier Methods:

- Condoms: Male or female condoms prevent sperm from entering the vagina. ***Condoms are the only method that also helps prevent against Sexually Transmitted Infection (STI) .***
- Diaphragm: A flexible, dome-shaped device placed over the cervix to block sperm.
- Cervical cap: Similar to a diaphragm, but smaller and made of rubber or silicone.
- Spermicide: A chemical substance that kills sperm.

Hormonal Methods:

- Birth control pills: Contain hormones (estrogen and/or progestin) that prevent ovulation and thicken cervical mucus.
- Hormonal patch: Similar to birth control pills but released hormones through the skin.
- Hormonal injection: Injected every 1-3 months, it releases hormones that suppress ovulation.
- Hormonal IUD: A small, T-shaped device inserted into the uterus that releases hormones to prevent pregnancy.

Sexually Transmitted Infections-STI

A Sexually Transmitted Infection (STI) is an infection passed from person to person through vaginal, anal, or oral sexual contact, caused by bacteria, viruses, or parasites.

Prevention is key! Aside from abstinence, condoms are the only contraceptive that helps protect against sexually transmitted infections.



Bacterial Infections-

Can be treated with Antibiotics

Chlamydia

Gonorrhea

Syphilis

Viral Infections-

Medication can treat symptoms but cannot cure the infection

HIV/AIDS

Human
Papilloma
Virus (HPV)

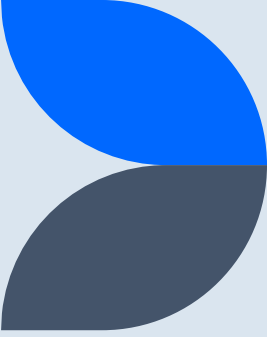
Herpes

Parasitic Infections-

Can be cured with treatment

Public Lice
(aka Crabs)

Trichomoniasis
(aka Trick)



Why is it important to protect yourself from an STI

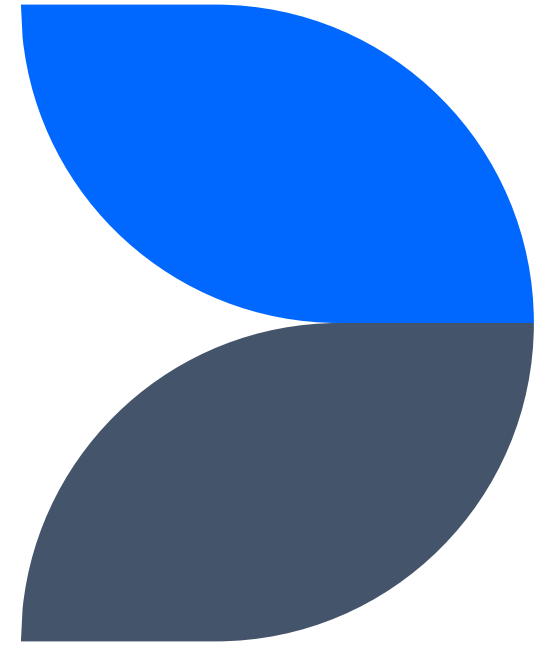
- Causes damage to your reproductive organs
- Causes infertility
- Creates health risks for a baby

How to get tested for an STI

- It is quick and easy. A medical provider would take a blood sample (most often a finger prick), urine sample (peeing in a cup), or a swab from your throat or genitals.
- Remember it is important to have yourself and your partner tested BEFORE engaging in a sexual relationship.

Sexual Consent

The voluntary, informed, and freely given permission to engage in sexual activity with another person.



Questions?

Thank You!

Laini McNaney, RN
Custer School Nurse

