

♂ **BEEN LAID? GET TESTED!** ♀

Teens who start having sex at a young age or who don't use condoms every time they have sex are at higher risk for getting a sexually transmitted infection (STD).

Without testing and treatment, these infections can cause pain, infertility, cancer, and even death.

Been Laid? Get Tested!

Protect yourself and your partners - Get tested and treated!

You have an important role to play in preventing STDs, and **Project Red Talon** is dedicated to helping you do your part.

StoptheSilence.org

**Talk to your tribe,
your friends, & your
sexual partners.**

RU in the know?

- **STDs are very common.** 1 out of 4 sexually active teens will get an STD this year!
- **Chlamydia and gonorrhea** rates are highest among **young people** 15-24.
- **1 in 10** sexually active teens has **chlamydia**.
- **Some STDs are very serious.** Untreated chlamydia can cause permanent damage to the reproductive organs. If it isn't properly treated, chlamydia can make some women unable to have children.
- **1 out of 5** sexually active teen women will get **pregnant** this year.
- **Half of new HIV infections occur among teens and young adults.**
- Having any **STD** can make it **2 to 5 times more likely to get HIV** from an HIV-positive sexual partner.

What R they?

Sexually transmitted infections (STDs) are spread through sexual contact. You can get STDs during vaginal, anal, or oral sex, or even just from skin-to-skin contact with the genital area.

Common STDs include:

Chlamydia,
Genital Herpes,
Genital Warts (HPV),
Gonorrhea,
Hepatitis C, & HIV.

All of these STDs can be treated, and many STDs can be easily cured with antibiotics.

Most people don't know they have an STD, because many infections **don't** cause any noticeable signs or symptoms. **The only way to know for sure is to get tested!**

It can be as simple as peeing in a cup!

Will my parents know?

In most states teens can be tested for STDs without their parents' permission, and in the Pacific Northwest testing is completely confidential. No one can notify your parents.

How 2B STD Free:

Don't have sex. Not having sex (abstinence) is the best protection against STDs. You can choose not to have sex even if you've had sex in the past.

Learn how to **use latex condoms** the right way, and use them every time.

Plan ahead. Before you have sex:

Talk to your partner about STDs.

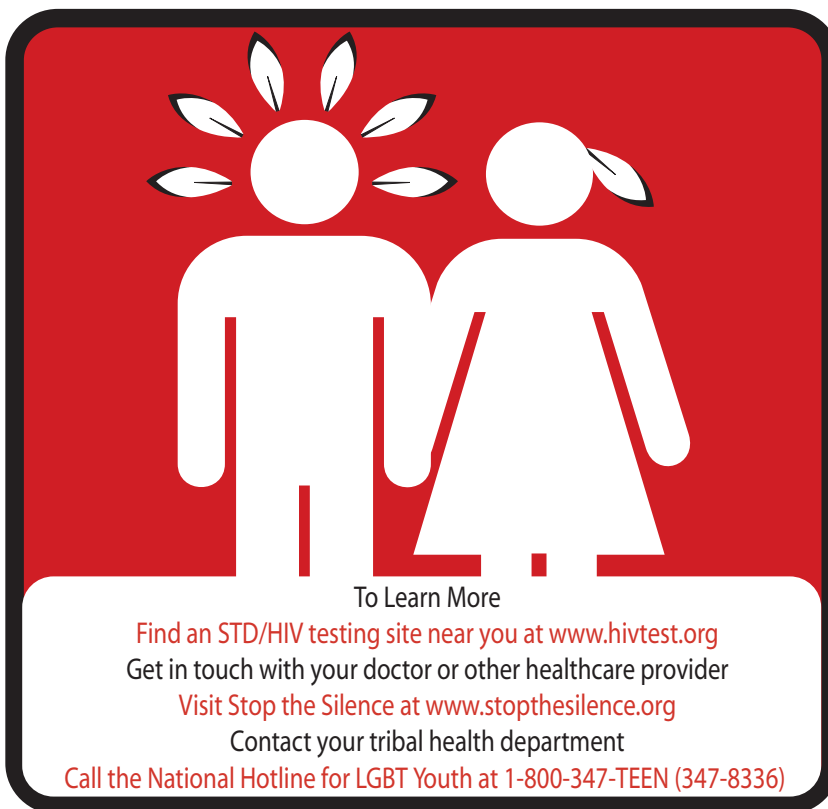
Get an STD checkup and make sure your partner does too.

Talk to your partner about protection.

Don't use drugs or alcohol. They affect your ability to make smart and safe decisions about sex.

What now?

Sexually active teens and young adults should get screened at least once a year for sexually transmitted infections. It's easy. Just ask your doctor.



To Learn More

Find an STD/HIV testing site near you at www.hivtest.org

Get in touch with your doctor or other healthcare provider

Visit Stop the Silence at www.stopthesilence.org

Contact your tribal health department

Call the National Hotline for LGBT Youth at 1-800-347-TEEN (347-8336)

Provided by Project Red Talon, part of the Northwest Portland Area Indian Health Board

For more information about Project Red Talon, call 503-228-4185 or visit us on the web: www.npaihb.org