

Did You Know

- ▶ Women purchase 40-70% of condoms.
- ▶ A condom can hold about 4 quarts of milk.
- ▶ Around 5,000,000,000 condoms are used every year.
- ▶ Vaginal intercourse without birth control, even once, can cause pregnancy.
- ▶ Over the course of a year, 85% of women who don't use birth control for vaginal sex will become pregnant.
- ▶ 1 in 10 sexually active adolescents has chlamydia.
- ▶ Chlamydia and gonorrhea rates are highest among 15 to 24 year olds.
- ▶ 2 U.S. teens are infected with HIV every hour of every day.
- ▶ Half of all new HIV infections in the U.S. occur in young people under the age of 25.
- ▶ 1 of every 5 sexually active teen females will get pregnant this year.
- ▶ All plants and animals that reproduce sexually can get sexually transmitted infections! Morality and shame have nothing to do with it.



stopthesilence TeenZine

Grades 9-12: Issue 3.

Contraceptives

Sexually Transmitted Diseases

Myths About Sex & HIV



stopthesilence.org

For more information about STDs/HIV, call 1-800-CDC-INFO (1-800-232-4636)
Project Red Talon, Northwest Portland Area Indian Health Board
Text selections from SIECUS

Talk About Sex, available in full at: <http://www.siecus.org/pubs/TalkAboutSex.pdf>

Risk Reduction

The surest way to avoid pregnancy and sexually transmitted diseases is to abstain from sexual activities. Couples can also decide to reduce their risk through safer-sex practices. "Safer sex" is anything done to lower your risk for pregnancy or STDs.

Risk Reduction Strategies

Condoms - Condoms block the exchange of body fluids and protect you and your partner during vaginal, anal, and oral sex. In order for condoms to be effective, they must be used with every partner, every time you have sex.

Latex - Latex condoms are the most effective way for people who have vaginal and anal intercourse to reduce the risk of HIV and other STDs. Latex condoms are up to 98% effective against pregnancy when used correctly.

Polyurethane - Compared to latex condoms, polyurethane condoms are less elastic and looser-fitting, making them slightly more likely to break or slip off.

Animal Skin Condoms - Animal skin condoms are not as effective as latex or polyurethane condoms in preventing viral infections like HIV.

Female condoms - Female condoms reduce the risk of both unwanted pregnancy (95% effective) and STDs, when used consistently and correctly. In fact, female condoms may provide increased protection against infections that can be spread through skin-to-skin contact.

Lubricated - Some condoms come with a thin layer of lubrication already on them. Lubricated condoms are best for vaginal and anal intercourse — they feel better and are less likely to break from friction.

Nonoxynol-9 - Some lubricated condoms contain Nonoxynol-9. This spermicide can reduce the risk of pregnancy, but may cause irritation that can increase the risk of getting an STD.

Unlubricated - If you use unlubricated latex condoms, it's a good idea to add a water-based lubricant, like K-Y jelly or Astroglide, to reduce the risk of breakage. Oil-based lubricants, like body lotion or Vaseline, can damage latex.

Oral Dams - Dental dams are sheets of latex used for oral-anal or oral-vaginal sex. They protect against STDs and HIV that may be transmitted by vaginal fluids or anal contact and are an option for cleaner sex. Non-microwavable saran wrap, cut condoms, and cut latex gloves can be used too!

Pregnancy Prevention

People who decide to have vaginal intercourse but don't want to cause pregnancy use birth control. There are many kinds of birth control, including:

Hormonal methods. These protect from unintended pregnancy, but do not protect against STDs! They work by preventing the egg from being fertilized.

Pills- contain hormones and are taken daily on a monthly schedule. Like other medicines, prescription birth control may have side effects and health risks for some women.

Rings- sit in the vagina and can be worn for three weeks at a time and then take it out for a week. You put a new one in every month.

Patches- worn on the skin for a week at a time on the buttocks, stomach, outer arm, or upper torso. You wear it for three weeks and then leave it off for a week.

Injections, like "Depo"- are a hormonal shot you get every three months (usually in your arm).

IUD- an Intrauterine Device (IUD) is a small object that is inserted through the cervix and placed in the uterus. IUDs can last 1-10 years. They affect the movements of eggs and sperm to prevent fertilization and change the lining of the uterus to prevent implantation. IUDs are 99.2-99.9% effective as birth control.

Emergency Contraception (EC) is designed to prevent pregnancy after unprotected vaginal intercourse. It is also called the "morning-after" pill. EC pills can reduce the risks of pregnancy up to five days after unprotected intercourse. The sooner they're taken, the better.

Non-hormonal methods. In addition to male and female condoms, diaphragms, caps, and shields can be worn in the vagina during vaginal intercourse to protect against unintended pregnancy. Vaginal barriers do not protect against STDs!

"Safer sex" is anything done to lower your risk for pregnancy or STDs.



Sexually Transmitted Diseases (STDs)

Many teens don't think they're at risk for sexually transmitted infections, but the truth is, 1 out of every 4 sexually active teens will get an STD this year!

No form of intimate contact is entirely risk-free. Vaginal and anal intercourse are the highest risk activities, but certain infections, such as herpes, genital warts, gonorrhea, and syphilis, can be transmitted through oral sex, skin-to-skin contact, or kissing.

Abstinence is the most effective way to avoid infection, but people who are sexually active can greatly reduce their risk of infection by practicing safer sex, seeing a health care provider regularly, and understanding how infections are transmitted.

There are more than 30 kinds of sexually transmitted infections. They are transmitted in different ways. Some STDs include:

- * chlamydia * gonorrhea * syphilis * HIV/AIDS * herpes
- * Human Papillomavirus (HPV or genital warts) * pubic lice (crabs)

Signs – Most people with an STD don't have any signs or symptoms. Those who do have symptoms may notice:

- * sores or blisters on their genitals or mouth
- * unusual discharges from the penis or vagina
- * a strange new smell from the genitals
- * itches, rashes, and bumps on the sex organs and other parts of the body
- * burning pain during urination.

Impact

STDs can cause serious damage without showing any symptoms. Without treatment, some people may never be able to have children; others may experience a lifetime of health problems or even death.

Bacterial STDs can easily be treated and cured with antibiotics.

Viral STDs have no cure. These infections can be treated, but they cannot be cured. (Hint: The viral STDs all start with an H!) People with these viruses can still be sexually active if they use protection and are open with their partner.

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome).

HIV Can Be Passed From One Person To Another:

- Through vaginal, anal, or oral sex with an infected person.
- Through sharing needles with an infected person, including needles used to inject drugs, steroids or vitamins, and needles used for tattooing and body piercing.
- Through childbirth or breastfeeding.

HIV is not spread by casual, social, or family contact, by insects, or by donating blood.

HIV is not limited to only gay people; anyone can become infected through unprotected sex or by using an infected needle.

You can't tell by looking at someone if they have HIV.

Take Action. Get Tested.

Talking about sex may be uncomfortable, but last year half of all new HIV infections occurred in young people under the age of 25.

And most STDs can be treated or cured! It's important to know your STD and HIV status to protect yourself and others. Blood, urine, and saliva tests are available for different STDs. All teens who have had sex with more than one partner — or whose partner has had sex with another partner — should get tested for STDs once a year.

Some doctors may not ask — so take charge and speak up. Testing, examination, and treatment for STDs are confidential. If you are 14 and older in Oregon, Washington, and Idaho, you don't need a parent's permission to get tested, and any age person can talk to their doctor about sex.

Could you have an STD? Visit www.stdwizard.com to find out.

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The Risk

Where's the Risk?

Think about a *Continuum of Sexual Risk*... Which of the following activities are high risk for acquiring an STD? Which activities are lower risk? Which activities are higher risk for getting someone pregnant? Which are lower risk? Put the following activities in order on the *continuum of risk*...

Activities:

- Sex with a latex condom
- Kissing
- Abstinence
- Sex with birth control pills
- Anal sex
- Masturbation
- Oral sex
- Sex when your partner's STD has an open sore
- Fondling
- Oral sex with a dental dam
- Multiple sex partners
- Hugging
- Dry humping

Higher Risk	Lower Risk

STOP THE SILENCE!

Ask Bear

Dear Bear, how long does it take after u have unprotected sex for u to get tested for hiv? can u get tested right away and know the results? or do u have to wait a certain amount of time.

- pimpcss

Dear pimpcss, HIV tests detect antibodies - the immune system's response to infection. For the majority of people, HIV testing will be accurate at four to six weeks after possible infection. However, for some people it may take longer up to three months for detectable antibodies to develop. This is called the "window period." During the window period, HIV tests can come back negative even though the person has the virus. HIV can be passed to other people during the window period.

To make an appointment for HIV testing, call your tribal clinic or visit www.stopthesilence.org to locate other testing sites in your area. Hope this information helps!

AIDS KILLS GET TESTED!