



Prevention of Sexually Transmitted Infections

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What is an STI?

- Infection passed through blood or bodily fluids
- Sexually Transmitted Infections, STIs, Sexually Transmitted Disease, STDs



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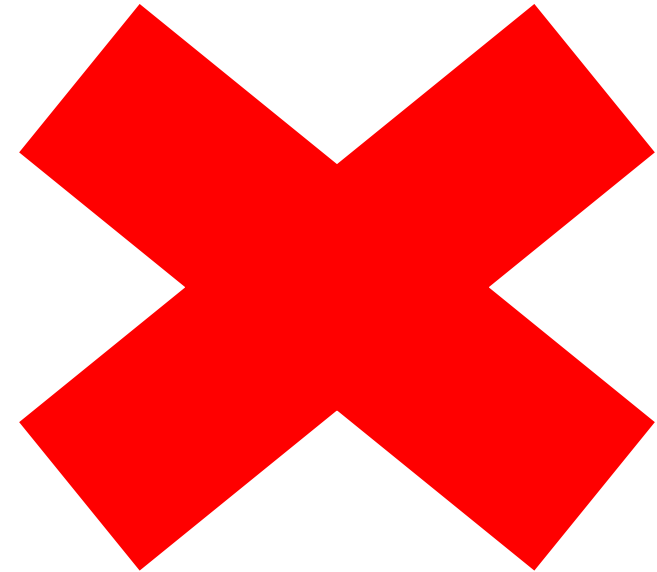
Can you get an STI from these bodily fluids?

Bodily fluids that can spread an STI

- Blood
- Semen
- Vaginal fluids/secretions
- Breastmilk

Bodily fluids that cannot spread an STI

- Urine
- Saliva
- Sweat
- Tears



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Viral vs. Bacterial STIs

Bacterial

- Can be cured with antibiotics
 - Chlamydia
 - Gonorrhea
 - Syphilis

Viral

- Cannot be cured
 - Human Papillomavirus (HPV)
 - Human Immunodeficiency Virus (HIV)
 - Herpes



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How does someone get an STI?

Sexual (intimate) contact with an infected partner.

penis, sex toy, or object inserted into the vagina

penis, sex toy, or object inserted into the anus

Anal

Vaginal

Skin to Skin contact

naked genitals of one partner touch or rub the naked genitals of another (naked rubbing)

mouth to genital contact

Oral

STI

Digital

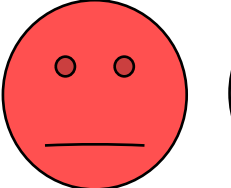
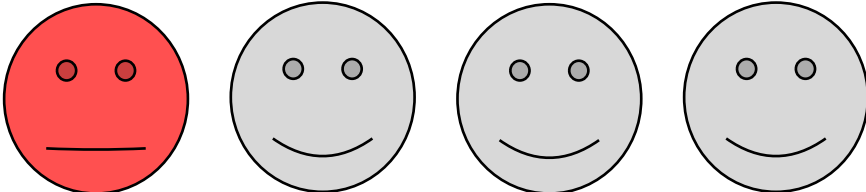
fingers inserted in, on, or around the genitals



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STI Statistics

- **1 in 2** sexually active young people will get an STI **by the age of 25** 
- **1 in 4** STI cases occur in **teenagers** 
- In Winnebago County, the highest rates of STIs occur in people **ages 15-24**
- In the US, almost **20 million** new STIs occur each year



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High Risk Behaviors

- Intimate, sexual contact (vaginal, oral, anal, digital, skin to skin)
- Unprotected sex (vaginal, oral, anal)
- Anonymous partners
- Sex while 'high' or 'drunk'

Low Risk Behaviors

- Abstinence- 100%
- Correctly using barrier methods
- Fewer partners
- Knowledge & communication
- Avoiding drugs & alcohol



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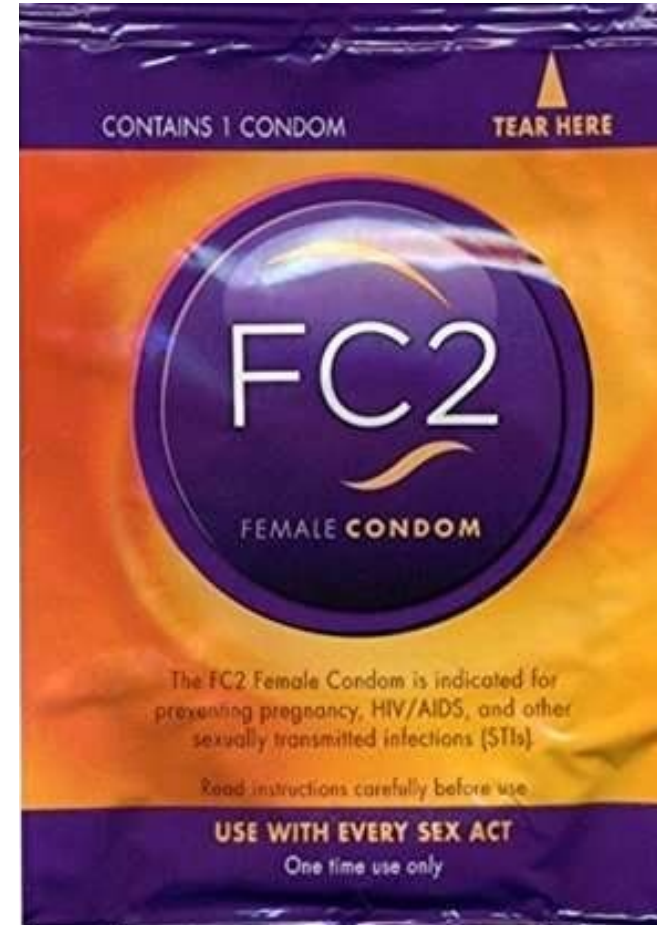
Male Condom (External Condom)



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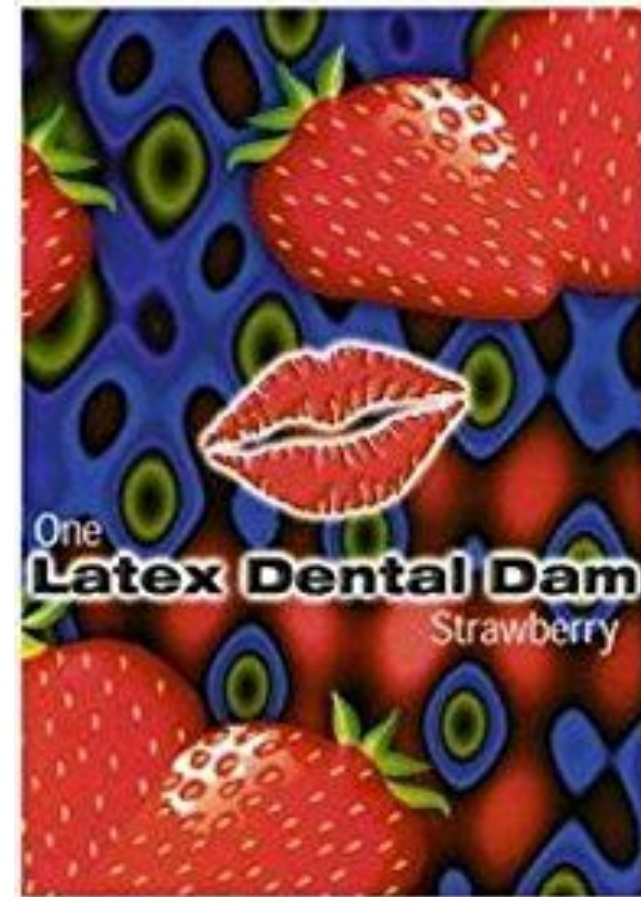
Female Condom (Internal or Vaginal Condom)



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Dental Dam (Sex Dam)



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how well do they work?

METHODS YOU CAN USE TO PREVENT PREGNANCY

PREVENTING PREGNANCY AND STDs, INCLUDING HIV

the only methods you can use that prevent pregnancy AND reduce the risk of STDs, including HIV:

abstinence

100% EFFECTIVE in preventing pregnancy and STDs, including HIV when used consistently and correctly every time



male condom

98% EFFECTIVE against pregnancy, **99% EFFECTIVE** against HIV, and also reduces the risk of many other STDs when used consistently and correctly every time



female condom

95% EFFECTIVE against pregnancy and may reduce the risk of STDs, including HIV, when used consistently and correctly every time



did you know?

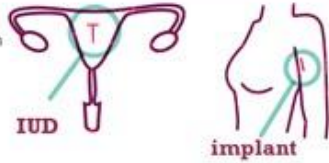
Dental dams as a barrier between the mouth and genitals may reduce the risk of getting an STD, including HIV, through oral sex.

Remember to use your protection method each and every time you have sex.

PREVENTING PREGNANCY

MORE EFFECTIVE

Less than 1/100 women will get pregnant in one year using these methods



Be prepared! Use protection the first time you have sex.

Find a method you like and stick with it.

Did you know? A sexually active teen who does not use birth control has a 90% chance of becoming pregnant in the first year.

With typical use, less than 8/100 women will get pregnant in one year using these methods

GET REPEAT INJECTIONS ON TIME.



Depo; the Shot

TAKE A PILL EACH DAY.



pills

KEEP IN PLACE, CHANGE ON TIME.



ring



patch

WHEN USED CORRECTLY AND EVERY TIME LESS THAN 1/100 WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

With typical use, between 15/100 and 21/100 women will get pregnant in one year using these methods

USE CORRECTLY EVERY TIME YOU HAVE SEX.



male condom



diaphragm



female condom

CERVICAL CAP AND SPONGE ARE LESS EFFECTIVE FOR WOMEN WHO HAVE GIVEN BIRTH.



sponge



cervical cap

WHEN USED CORRECTLY AND EVERY TIME

2/100

6/100

5/100

9/100

WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

LESS EFFECTIVE

With typical use about 29/100 women will get pregnant in one year using these methods



spermicide

USE CORRECTLY EVERY TIME YOU HAVE SEX.



withdrawal

WHEN USED CORRECTLY AND EVERY TIME

18/100

4/100

WOMEN WILL GET PREGNANT USING THESE METHODS IN ONE YEAR

LEAST EFFECTIVE

85/100 women will get pregnant in one year using no method



vaginal-penile sex without protection

One method is better than none!

Both you and your partner are responsible for protection.

two methods are better than one

(for example a condom and the patch or a condom and the pill).



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Steps to putting on a condom: STI Scramble



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GYT

GET YOURSELF TESTED



YOU CAN'T TELL IF SOMEONE HAS AN STD BY THE WAY HE OR SHE "LOOKS."

STIs often have
NO symptoms!



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But if symptoms occur they might include

- Sores, bumps, blisters on or near genitals, anus or mouth.
- Burning or pain when urinating.
- Discharge, drips or foul odor from vagina or penis.
- Pain or itching of anus.
- Bleeding and/or abdominal pain and cramping between periods.



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If STIs often have no symptoms, why should I care about getting tested?

- Infertility
- Can lead to cancer
- Death
- Pelvic inflammatory disease
- Increased risk of getting other STIs
- Pelvic pain
- Heart Disease
- Eye inflammation
- Arthritis
- Pregnancy complications



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Prevention

- Abstinence -100% safe
- Use protection (condom, dental dam)
- Mutually monogamous relationship
- HPV vaccination



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Communication

- Partner



- Health care provider



- Parent/trusted adult



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STI Confidentiality

- Results are confidential. Results will never appear on an insurance bill
- Health department is notified of positive results for chlamydia, gonorrhea, HIV, and syphilis.
- Health department follow-up
 - Make sure you have information about the infection
 - Make sure you have received appropriate treatment
 - Encourage partner to get tested and treated
 - Encourage retesting 3 months after treatment

As a **MINOR** in Wisconsin, you have the right to **CONFIDENTIAL** sexual health care.

A **MINOR** is any person under age 18.

When something is **CONFIDENTIAL**, it must be kept private.



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I want confidential health care. Where do I start?

It is always best to involve a **parent or guardian** in your sexual health care. But we know that this is not always possible. If you can't talk to your parent or guardian, know that you **CAN** talk to a trusted **health care provider**. Health care providers offer medically accurate sexual health information, services such as pregnancy testing and screening for sexually transmitted infections (STIs), birth control, and counseling.

Checklist for getting good care:

- Know your rights!** Make sure your provider explains their confidentiality policy. If they don't, ask!
- Get some private time!** If you came with a parent, guardian, or friend, the provider should ask them to leave the exam room for a period of time. If this doesn't happen, try calling the clinic before your visit, or ask a nurse or staff member for help.
- Talk!** Talking about sexual health with a provider may feel awkward at first, but remember that keeping you healthy is their only goal. Be open and honest and make sure all your questions are answered. If you don't feel comfortable with your health care provider, find a new one!
- Create a connection!** Make sure your health care provider knows the best and most confidential way to get in touch with you, whether it be your home phone, cell phone, or even email.

What sexual health services can I get confidentially?

Contraception

- » At any age, you can get contraception including condoms, birth control pills, IUDs and much more, confidentially.
- » If you're age 17 or older, you can also get emergency contraception (Plan B, morning-after pill) at any pharmacy, without a prescription. If you're under 17, you must ask your health care provider for a prescription.

Pregnancy-Related Care

- » At any age, you can get a pregnancy test confidentially.
- » You can also get prenatal and pregnancy-related care, including childbirth services, at any age, confidentially.

Sexually Transmitted Infection (STI) Testing and Treatment

- » At any age, you can get confidential testing and treatment for STIs such as syphilis, gonorrhea, chlamydia, genital herpes, or pelvic inflammatory disease.

HIV Testing and Treatment






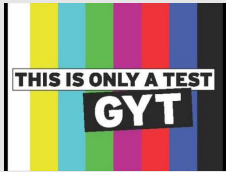

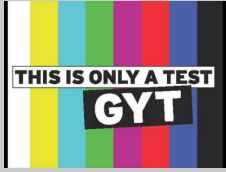

- » If you're age 14 or older, you can get *tested* for HIV confidentially.
- » While Wisconsin law does not address the *treatment* of HIV, most health care providers will treat patients age 14 and older confidentially.
- » In some cases, you can get HIV testing and treatment confidentially if you're under 14.



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Local Resources

	Condoms	HPV Vaccine	STI Testing
Planned Parenthood			
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Doctor's Office			
Urgent Care Clinic			



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Questions?



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Pregnancy Options

- Figure out what is best for you and best for the baby
 - Parenting
 - Adoption
 - Judge needs to approve adoptions
 - In most states, a minor does not need parent's consent to place a child up for adoption
 - May not need the birth father's consent for adoption
 - Abortion
 - If under 18, you need written permission from a relative older than 25
 - In certain circumstances, judge or medical provider may be able to waive the written permission



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Safe Haven Policies

- Can leave an unharmed newborn child (under 72 hours old) with a police officer, 911 emergency medical staff person, or hospital staff member
- Do not have to provide name/address unless baby is older than 3 days, has been harmed, or you are being forced by someone to give up the baby



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Prenatal Care

- Important part of pregnancy and care of unborn child
- Parent of minor is responsible for making sure the minor receives adequate prenatal care



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