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Health Contraceptives and STIs Notes

Planned Parenthood:

- infections spread from one person to another through sex (vaginal, anal, oral)
- lead to serious health problems if untreated
- common and many people don't even know they have them because they don't have any symptoms
- testing is the only way to find out if you have them

examples: Chlamydia - caused by bacterial infection, easily treatable
HPV - Herpes and goes away by itself (some forms lead to cancer)

Herpes - infects mouth/genitals and causes blistery sores.
No cure, but symptoms are treatable

Gonorrhoea - bacterial infection, easy to treat, but doesn't have symptoms.

- you can get pregnant through vaginal sex with a penis and a vagina

Scarleteen ways to protect yourself:

- Barriers put something inbetween people's genitals during sexual activity

ex: Condoms - commonly used, go over penis and protects from spread of STD's and getting pregnant. Many different kinds

Dental Dams - goes over genitals during oral sex. Helps with spread of STD's

Note: Mostly fluid born STD's

inside condoms - go inside vagina, can go on hours before sex, protect from STD's that are fluid born and getting pregnant, not as commonly used as outside condoms.

Other Contraceptives:

- Birth Control (used as ongoing medicine or protector instead of barriers)

None of these are 100%. Fall proof from spreading STD's and getting pregnant, but they reduce risk

