

how to use a condom

Talk to your partner about safer sex. Then, follow these steps for correct condom use.

1. Check the expiration date on the individual condom packet.
2. Once the penis is erect, open condom package with your fingers. Don't use your teeth, or any sharp object, because you might accidentally tear the condom!
3. Squeeze the tip of condom with your fingers and place the rolled condom on the head of the penis.
4. Leave a half-inch space at the tip of the condom to collect semen.
5. Hold the tip of condom and unroll until the penis is completely covered.
6. After ejaculation, while the penis is still erect, hold the condom at base of penis and carefully remove the condom without spilling any semen.
7. Wrap the condom in tissue, or tie it in a knot and throw it away. (Don't flush the condom down the toilet.)
8. Use a NEW condom for every act of vaginal, oral, and anal intercourse. Never use a condom more than once. Never use two condoms at the same time!
9. If using lubricant, use a water-based one like KY Jelly or Astroglide, NOT Vaseline or baby oil.

It is also helpful to practice — You can always use a banana!

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

Teens' Rights to Reproductive and Sexual Health Services

What are my rights to birth control, HIV and STD testing, and privacy?

Young people's access to birth control, confidential visits with a healthcare provider, and HIV and STD testing vary from state to state. Visit www.plannedparenthood.org to find your nearest Planned Parenthood clinic. Or Google your state, county, and/or community name and "Health Department" to find a local health department clinic.

In some states a doctor may have the right to inform your parents of the services they have provided you. Find the law in your state by visiting www.sexetc.org/state.

Clinics that receive a certain type of government funding are required by law to offer confidential services, including HIV and STD testing and prescriptions for birth control, to all young people. Over 4,600 clinics nationwide receive this type of funding. Planned Parenthood clinics, and many state and local health departments, hospitals, community health centers, and independent clinics offer confidential services. Some services offered by these clinics include:

- Pelvic exams and pap tests
- Safer sex counseling
- Prescriptions for birth control
- Administering Depo-Provera (the shot) or inserting an IUD
- Counseling about abortion and abortion services

Many clinics offer free or reduced services, and you can pay in cash. If you pay for your bill by using your family's health insurance, the bill may be sent to your parents. Some steps to make sure your visit is private are:

- Call the clinic or healthcare provider before you go to ask about its policies.
- Tell the clinic staff how to contact you personally.
- Ask about reduced pricing, and pay in cash.

Where Can I Get Help?

Talk to your doctor or visit a clinic where they do STD screening. Or get info online:

- Use the testing site locator at www.hivtest.org (locates sites which test for HIV, STDs, or both)
- Search for your city or county health department
- Find your local Planned Parenthood (www.plannedparenthood.org)

Visit www.amplifyyourvoice.org for more information about STDs and to get involved in youth activism around sexual and reproductive health and rights.

Where can I get condoms

You can get condoms for free at most clinics but you can also purchase them at any drug store regardless of how old you are. Condoms cost between \$5-\$20 per box. Make sure you check the expiration date on the box! The most common kind of condom is made out of latex. But if you or your partner is allergic to latex, you can also get condoms made out of polyurethane. Lambskin condoms do not protect against STDs.

How can I talk about condoms with my partner?

It can be hard to talk to a partner about condoms. But unprotected sex puts you both at risk. Here are a few tips to make the conversation a success:

Know what you want and don't want. Don't engage in any sexual behavior that makes you uncomfortable, but always protect yourself. Remember, consistent and correct condom use reduces your risk of STDs and pregnancy.

Discuss abstinence, sex, and safer sex. Be honest about your sexual history and your sexual health. Discuss and make mutual decisions on your safer sex options. Go together to get tested for STDs. Educate yourself about safer sex options and make sure you are prepared to discuss them.

State what you want, and don't want, clearly. Don't be afraid! You have the right to protect yourself and to state your needs. If your partner doesn't respond in a supportive way, then think about the relationship as a whole and if your partner respects and cares about you. No one should ever ask you to compromise your health and well-being!

Vaccine

There is a vaccine for HPV which can protect from genital warts and from the types of HPV that cause cancer. It is approved for both males and females ages 9-26 and must be given by a doctor.

Advocates for Youth

Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.

Check out Advocates for Youth's websites:

Advocates for Youth
www.advocatesforyouth.org

Amplify

An online youth activism hub with information, resources, and advocacy opportunities www.amplifyyourvoice.org

MySistahs

Information and support by and for young women of color www.mysistahs.org

YouthResource

Information by and for gay, lesbian, bisexual, transgender, and questioning youth www.youthresource.org

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2000 M STREET, N.W., SUITE 750
WASHINGTON, D.C. 20036 USA
T:202.419.3420 F:202.419.1448
www.advocatesforyouth.org



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STDs & HIV

get the facts
learn the risks
protect yourself!



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HOW TO BE SAFE

methods you can use that reduce the risk of STDs, including HIV

abstinence

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



latex or polyurethane male condom

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



condoms can also reduce the risk of pregnancy

female condom

may reduce the risk of STDs, including HIV, when used consistently and correctly every time



monogamy

having a long-term mutually monogamous relationship with one partner who has been tested and is known to be uninfected can lower your risk of getting STDs including HIV



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.



You have the right to decide if and when you want to have sex and to take steps to protect yourself from STDs and HIV.

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

STDs

STD stands for Sexually Transmitted Disease. They are sometimes called STIs (sexually transmitted infections).

An STD is passed by body fluids or genital contact during anal, oral, and vaginal sex.

Human Immunodeficiency Virus (HIV)

is a virus that can be transmitted by anal, oral, or vaginal sex with an infected person, as well as through breast milk, during childbirth, and by coming into contact with the blood of an HIV positive person. Untreated, HIV can lead to AIDS, which compromises the immune system and puts the person at risk of illness and death. HIV cannot be transmitted by casual contact like hugging or sharing utensils.

SIGNS/SYMPTOMS

In its early stages HIV has no symptoms.

Once the illness has progressed, the first symptoms may include fever, rashes, and sores.

In its final stage a person with AIDS may suffer from a variety of illnesses, including pneumonia and cancer.

TESTING

Get tested:

- if you have had unprotected sex
- if you have injected drugs with needles or shared drug equipment (needles, works) with others
- if you have a new sexual partner you should both get tested. A blood or urine test allows the doctor to determine if you have HIV.

A positive test result means you are infected with HIV. It doesn't mean you have AIDS or will get sick soon.

A negative test result means no HIV antibodies were found in your body. But, you could still be infected if you have been exposed to HIV in the last three months. Your body may not have made enough HIV antibodies to show up yet. Get tested again in three months.

TREATMENT

Medications, called anti-retrovirals, can prevent the virus from worsening and extend the lives of HIV positive people for decades.

Start treatment as early as possible in order to stay healthy for as long as possible.

There is **NO** cure for HIV.

viral STDs can be treated but CANNOT be cured

Left untreated, STDs can damage your reproductive system and create other serious health risks.

Pelvic Inflammatory Disease (PID)

is an infection in the womb, ovaries, and fallopian tubes. PID affects WOMEN ONLY. Chlamydia, gonorrhea, and other STDs left untreated can cause PID.

SIGNS/SYMPTOMS

- Pain during intercourse
- Pain in lower abdomen
- Fever
- Smelly vaginal discharge
- Irregular bleeding
- Some women have **NO** symptoms

TREATMENT

PID can be treated and cured with antibiotics.

Human Papillomavirus (HPV)

is a common viral STD that can be transmitted by anal, oral, or vaginal sex with an infected person. The body can fight off some HPV types, but others cause illness.

SIGNS/SYMPTOMS

- Genital Warts are small bump or groups of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower
- Some HPV types can cause normal cells in the body to turn abnormal, and might lead to cancer over time
- Some people have **NO** symptoms

TESTING

- A pap smear allows the doctor to determine if you have abnormal cervical cells which might indicate HPV; an HPV test can determine if you have HPV.
- Genital Warts can be removed or treated with medicine.
- Abnormal Cervical Cells (found on a Pap test) can usually be treated to prevent cervical cancer from developing.
- There is **NO** cure for HPV.

Syphilis

is a bacterial STD passed on by a syphilis sore through anal, oral, or vaginal sex with an infected person. Syphilis has three stages: the primary, secondary, and the late and latent stage.

SIGNS/SYMPTOMS

- The primary stage begins with a single sore (called a chancre), but there can also be multiple sores. If not treated at this stage it will progress to the secondary stage.
- The secondary stage consists of skin rash and lesions that usually appear on the palm of the hands or bottom of feet. If not treated at this stage it will progress to the late or latent stage.
- The late or latent stage, also called the hidden stage, begins when primary and secondary symptoms disappear, but the disease is still present. Without treatment, syphilis can lead to blindness and death.

TESTING

A microscopic exam of a chancre sore or a blood test will be used.

TREATMENT

Treatment can include a single antibiotic injection for someone infected less than a year. Additional doses are needed to treat someone infected longer than a year.

Chlamydia

is a bacterial STD. Chlamydia can be transmitted by having anal, oral, or vaginal sex with an infected person.

SIGNS/SYMPTOMS

- Pain during intercourse (females)
- Abnormal and lower back pain

TESTING

urine or a specimen from the penis or cervix may be collected

TREATMENT

Chlamydia can be treated and cured with antibiotics.

People who are infected may have **NO** symptoms

Gonorrhea

is a bacterial STD that can infect the genital tract, mouth or anus. Gonorrhea can be transmitted by having anal, oral, or vaginal sex with an infected person.

SIGNS/SYMPTOMS

- Pain when urinating (males/females)
- Pus-like discharge from penis or vagina
- Anal irritation and painful bowel movements

TESTING

Urine sample, or sample from infected body parts (cervix, urethra, rectum, or throat) may be collected

TREATMENT

Gonorrhea can be treated and cured with antibiotics.

Herpes

is a viral infection caused by Herpes Simplex Virus (HSV1 or HSV2). Herpes can be transmitted through anal, oral, or vaginal sex with an infected person. Herpes can be transmitted between outbreaks and when there are no symptoms.

SIGNS/SYMPTOMS

- Cold sores around the mouth
- Sores or blisters around the genitals, buttocks, or anal area
- Flu-like symptoms, including fever and swollen glands
- Some people have **NO** symptoms

TESTING

A blood test helps to determine if someone is infected with Herpes

TREATMENT

- Antiviral medications can shorten and prevent outbreaks during the period of time the person takes the medication.
- Treatment can lessen symptoms and decrease outbreaks but you can still spread herpes under treatment.
- There is **NO** cure for Herpes.

see your doctor or visit another health care facility to get tested