

Sexual Health Education!

Created for freshman seminar by Melissa Soltman,
Certified Sexual Health Educator

What is Sex?

- People have different definitions of “sex.”
- Vaginal sex: penis-in-vagina intercourse
- Oral sex: mouth-to-genital contact
- Anal sex: penis-in-butt intercourse

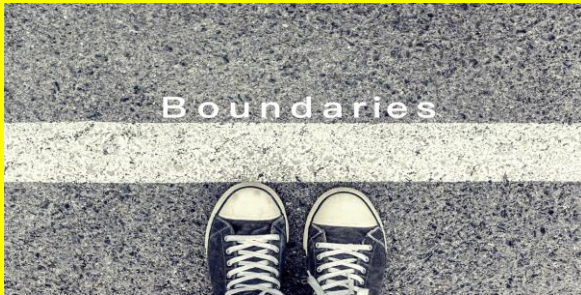
- Fingering or hand jobs: hand-to-genital contact
- Dry humping or genital rubbing
- Masturbation: touching oneself

*This list is limiting. There are endless ways to explore pleasure, some that pose risk of STI transmission and unintended pregnancy and some that don't. There's a spectrum beyond this list of ways to feel intimacy or closeness with someone.

Consent & Boundaries

- An agreement between participants to engage in sexual activity.
- Giving consent for one activity, one time, does NOT mean giving consent for increased or recurring sexual contact
 - Agreeing to make out with someone doesn't give the person permission to remove your clothes.
 - Having sex with someone in the past doesn't give the person permission to have sex with you in the future.

**YOU CAN CHANGE YOUR MIND AT ANY TIME.
REALLY.**



Consent & Boundaries

Positive consent can look like this:

- Communicating when you change the type or degree of sexual activity with phrases like “Is this OK?”
- Explicitly agreeing to certain activities, either by saying “yes” or another affirmative statement, like “I’m open to trying.”
- Using physical cues to let the other person know you’re comfortable taking things to the next level

It does NOT look like this:

- Refusing to acknowledge “no”
- Assuming that wearing certain clothes, flirting, or kissing is an invitation for anything more
- Someone being under the legal age of consent, as defined by the state
- Someone being incapacitated because of drugs or alcohol
- Pressuring someone into sexual activity by using fear or intimidation or power
- Assuming you have permission to engage in a sexual act because you’ve done it in the past

Consent & Boundaries

How do you think people can communicate clear, healthy boundaries?

Consent & Boundaries

- Knowing your boundaries before being in the situation. Ask yourself what you're comfortable with, what you'd like to do and not do beforehand. Reflect on what's right for you. Communicate that beforehand if you can or closer to the situation. Knowing ahead of time will help ensure you keep your boundary. Don't leave the decision to the heat of the moment.
- Clear, assertive communication throughout
 - Eye contact
 - Clear words like "I don't want to ___" or "I am open to trying ____" or "yes" or "no" (you don't need a reason) or "I'm down for this but not that."
 - No mixed messages (engaging in a behavior while saying you don't want to)
 - Don't leave the person guessing. People are not mind readers.
- What helps clear, assertive communication?
 - Good listeners
 - Asking

Consent & Boundaries

- Why might it be difficult for people to communicate consent?
- What factors complicate this idea?
- Why does consent not seem black and white when we have an explicit definition of it?
- Why do people feel pressure to do things beyond their boundaries? What's at stake?

Consent & Boundaries

If you have been sexual assaulted:

- DO NOT TAKE A SHOWER OR WASH ANYTHING.
- Get out of the situation safely.
- Talk to someone you trust and if possible, go with them to a hospital or clinic immediately.
- This is not your fault. This is not because of something you did. It is NEVER okay to do something without someone's permission. TRUST HOW YOU FEEL.
- Contact a 24-hour, confidential hotline with questions and for support:

RAINN - Rape, Assault, Incest National Network

(800) 656-HOPE (4673)

Sexually Transmitted Infections (STIs)

- An STD/STI is an infection or disease that is spread through sexual contact or bodily fluids.
- STIs exist in all animals that reproduce.
- How are they transmitted from one person to another?
 - Exchange of bodily fluids that may contain viruses/bacteria
 - Blood
 - Semen (including pre-cum)
 - Vaginal Fluids
 - Breast Milk
 - Some can be transmitted through oral sex - herpes

STIs: Types

- VIRUSES: can be TREATED
 - HPV / Herpes / HIV
 - various treatment methods
- BACTERIA: can be CURED
 - Chlamydia / Gonorrhoea / Syphilis
 - oral antibiotics for all people involved
- PARASITES: can be CURED
 - Trichomoniasis (“trich”)
 - oral antibiotics for all people involved

HIV / AIDS

- HIV - Human Immunodeficiency Virus
 - Transmitted through the four bodily fluids
 - Testing “window period”
- AIDS - Acquired Immunodeficiency Syndrome
 - A classification meaning that someone is HIV positive plus another opportunistic infection / or has a T-cell count less than 200/ml
- AIDS is not spread/caught. HIV (the virus that can cause AIDS) is.

STIs: Symptoms

- The number one symptom of an STI is NOTHING.
- Abnormal discharge from the vagina or penis (may be green, yellow, grey, or white)
- Abnormal genital bleeding
- Sores or abnormal bumps on the genital area
- Burning with urination or having to urinate a lot
- Itching, pain, irritation, swelling around the vagina, vulva, penis, anus
- Flu-like symptoms that don't go away
 - Fever, nausea, diarrhea, chills, etc.

Based on common symptoms of STIs,
why do you think it's important to know what your body is like
normally?

Getting Tested

- Important to get tested regardless of symptoms depending on how many encounters (every 3-6 months)
- Communication with partners (everyone needs to be treated). Just because you talked about it once doesn't mean you don't have to keep talking about it.
- Don't assume you've been tested. STI tests aren't standard with other blood tests
- Blood or urine test for most STI tests

Getting Tested: Resources

Planned Parenthood Thousand Oaks:

(888) 898-3806

www.plannedparenthood.org

- Open every day except Sunday
- Drop-in hours for: STI testing, pregnancy testing, emergency contraception, urinary tract infection testing and treatment, birth control pick-up (for patients with active prescriptions at this center)
- All services provided at this center, including abortion, in English and Spanish
- Appointments can be scheduled online or on the phone
- Confidential

Consequences of Untreated STIs

- Infertility
- Reproductive cancers
- Ectopic pregnancy / Miscarriage
- Persistent Pain
- Other chronic conditions
- Increased susceptibility to HIV

Risk Factors for Young People

- Alcohol use
- Lack of access to reproductive healthcare
- Inability to negotiate safer sex practices

STI Prevention



**SEX?
I'LL WAIT**



STI Prevention

- **Abstinence**

- No oral, vaginal, or anal intercourse
- No exchange of bodily fluids (pre-ejaculatory fluid, semen, vaginal fluids, blood)
- **The only 100% safe way to prevent pregnancy**
- **The best way to prevent STIs**

Male Condoms / Condoms for Those with a Penis

- Barrier Method
- Latex, polyurethane
- No animal skin condoms
- Lubrication
- Reduces risk of STIs & unintended pregnancy
- 85-98% effective
- Over the counter - no age minimum
- Natural lubrication brands: Glyde and L.



Female Condoms / Condoms for Those with a Vagina

- Barrier Method
- Polyurethane
- Highly lubricated
- One-time use for one act of vaginal intercourse
- Reduces risk of STIs & unintended pregnancy
- Male and female condom should not be used at the same time.
- Other uses



Latex Barriers

- Barrier method
- Also called “dental dams” or “latex squares”
- Oral intercourse: placed over vulva or anus
- Can reduce risk of exposure to bodily fluids / transmission of STIs
- Can make by cutting a male or female condom



A Note on Lubrication

- Not having enough natural lube or lube from a bottle can cause raw skin to tear (even micro-tears) from friction. This is uncomfortable *and* can make it easier for infection to occur.
- Some lubricants have chemicals in them that people are sensitive to. More natural, water-based lubricants are ideal, such as the brand YES, and are chemical free.
- Water-based: safe to use with latex (condoms, latex squares)
- Oil-based lube (or household products): will break down condoms and not help prevent STIs and unintended pregnancy

CA Law, Teens, & Confidentiality

California minors have a constitutionally protected right to consent to reproductive health services, including abortion, and to keep their reproductive health information confidential.

The California legislature first authorized minors to consent to pregnancy-related health care, including abortion, in 1953.

www.teenhealthrights.org

Why Does This Matter?

- You are your own advocate. (*What does this mean to you?*)
- You have the right to ask as many questions as you want. If the person can't answer them, ask to speak to someone else.
- You have the right to refuse medical attention at any time.
 - If you are in the doctor's office or clinic and you don't like the practitioner you're with, don't like how you're being treated, or don't feel safe/comfortable, you can politely say you'd like to reschedule or make up any excuse and LEAVE.
- This is YOUR body. You make the decisions based on reliable information, knowledge of facts and consequences, and how YOU feel.

No one knows your body better than you do. **PERIOD.**

Birth Control Methods

- Male and female condoms - only ones that help prevent unintended pregnancy AND STIs (besides abstinence). Latex squares do not.
- Abstinence and “outercourse”
- Have to be easy to use to be effective. Have to work with lifestyle.
- Mostly “effectiveness rates” = USER ERROR
- Talk to a professional about all options.
- Talk to your partner(s).

ASK QUESTIONS. ADVOCATE FOR YOURSELF.
WHAT IS RIGHT FOR YOU?

Birth Control Methods

- All methods we're discussing are written about at length on Planned Parenthood's website - with videos and other interactive goodies.
- Click on "birth control" on the home page:

www.plannedparenthood.org

Birth Control: At a Glance

- Abstinence
 - No contact - semen and vaginal area
- Barrier Methods / Over-the-Counter
 - Condoms (male and female) - also help to prevent STIs
- Hormonal Methods / Prescription
 - Pills
 - Patch
 - Ring
 - Implant
 - IUD (also a non-hormonal IUD available)

Hormonal Method: Vaginal Ring

- AKA NuvaRing
- Worn inside the vagina and taken out once per month
- Combination hormones (Estrogen and Progestin) like most birth control pills
- Work same way as birth control pills



Hormonal Method: Patch

- Transdermal (goes through the skin)
- Worn on skin of belly, upper arm, back, or butt
- New patch each week for 3 weeks, then no patch
- Similar hormones to most b.c. pills, works the same way
- Some health problems don't vibe with the patch. Talk to a professional.
- Comes in one color - :(



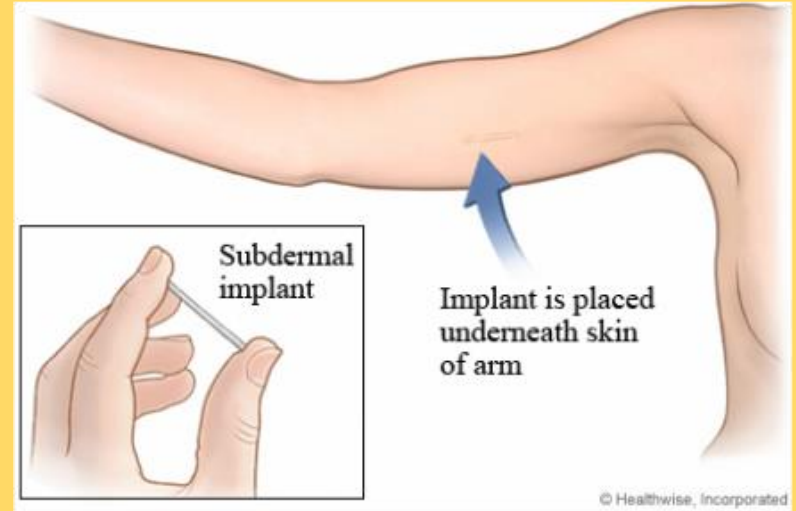
Hormonal Method: Shot

- AKA “Depo-Provera”
- Injection every 3 months by practitioner
- One hormone - Progestin
- Bone density concerns with long-term use. More side effect possibility with Progestin-only method. Talk to a professional.



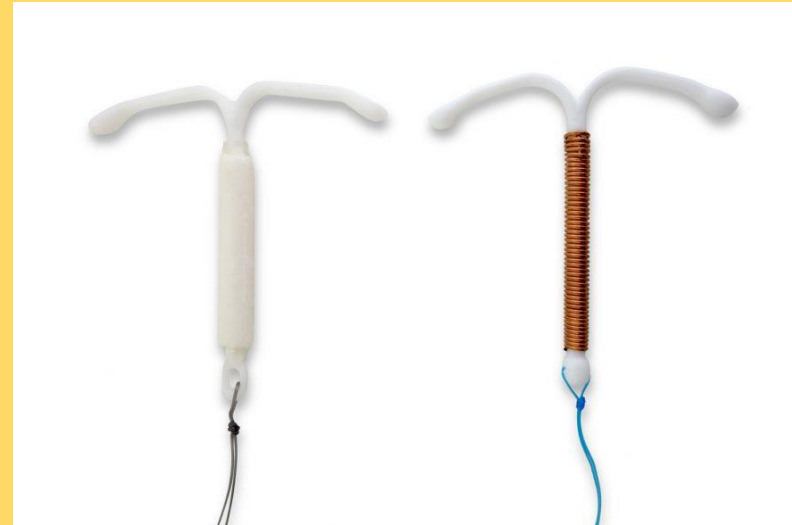
Hormonal Method: Implant

- AKA “Nexplanon”
- Thin rod about the size of a matchstick
- Implanted in the arm for up to 4 years
- Progestin-only method (one hormone)
- Like all hormonal methods - NO STI PROTECTION



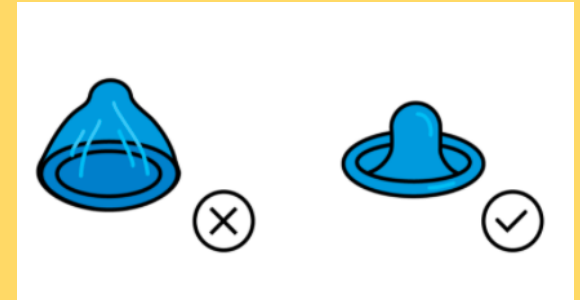
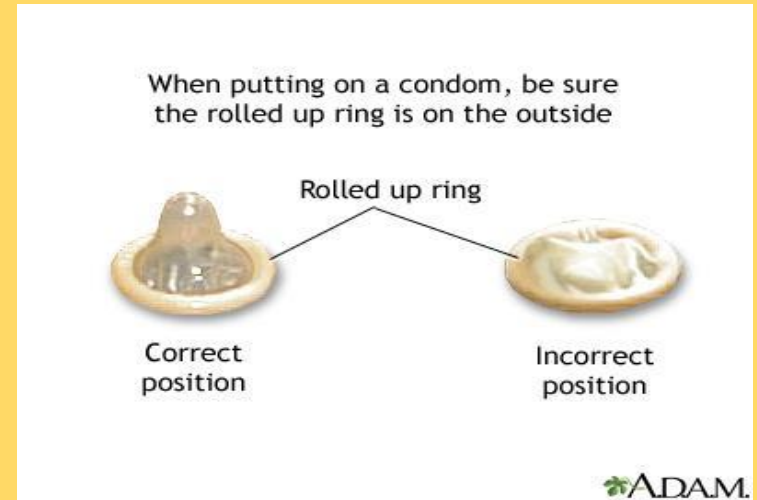
Hormonal / Non-Hormonal Method: IUD

- Intrauterine device (inside the uterus)
- Hormonal options with Progestin (Mirena, Kyleena, Liletta, Skyla)
- Non-hormonal / copper option (Paragard)
- Leave in for several years but not permanent
- Small, plastic, T-shaped



Barrier Methods: Condoms

- Every time. Every encounter.
- Check expiration date
- Make sure it's not inside-out! No ski caps! Rolled up ring on outside.
- Keep in a cool place (temperature-wise)
 - Not wallets or cars!
- Only method besides abstinence with STI protection.



Barrier Methods: Diaphragm & Cervical Cap

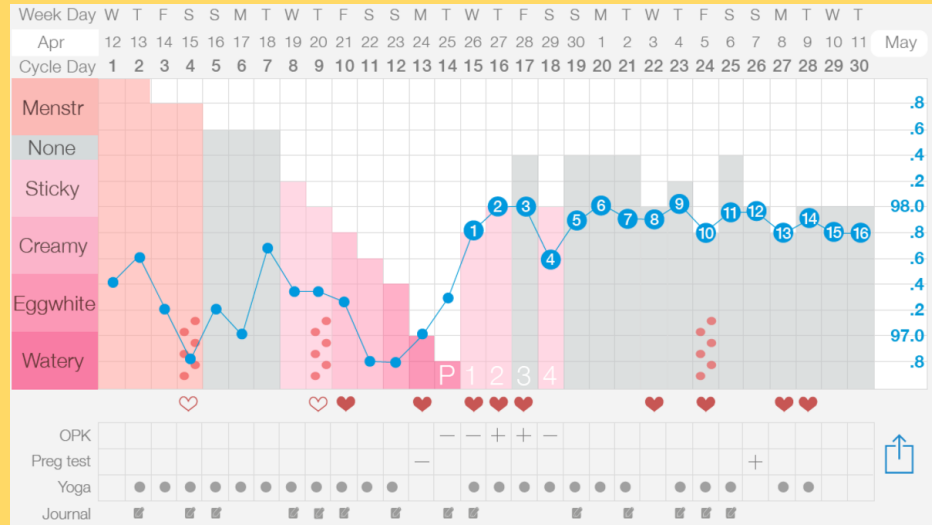
- Both used with spermicide to kill sperm
- Both fit over the cervix in vagina to block access
- Diaphragm: must be fitted by a professional and taken care of, looks like a dish



- Cervical Cap: FemCap, 3 sizes, looks like a sailor hat
- Need to talk to a professional

Fertility Awareness Method (FAM)

- Tracking the hormonal cycle to know when the most fertile
- Abstain from contact when risk of pregnancy
- Must work with a professional at first to track cycle for 3 months
- Must have regular cycle
- Get to know signs of fertility based on:
 - Basal Body Temperature (resting temperature when first wake up)
 - Cervical fluids (different fluids throughout month give you info.)
- Cycle tracking Apps help



Emergency Contraceptive

- Taken in case of rape, condom breaks, birth control method fails or isn't used.
- PlanB / “Morning-After-Pill”
 - Available over-the-counter in CA (ask a pharmacist) or at a clinic like Planned Parenthood (walk-in hours or appointment)
 - Other brands too: “Next Choice,” “Take Action,” “My Way,” “After-pill”
 - Work best when taken up to 72 hours (3 days) after unprotected sex but can be taken up to 5 days after
 - Works similar to birth control pills but a high dose
 - Is NOT an abortion/termination pill
- NOT a regular form of birth control!

