

A close-up photograph of a person's hand holding a white rectangular card. The hand is positioned at the bottom and sides of the card, with the thumb on the left and the index, middle, ring, and pinky fingers visible at the top. The card is held against a plain white background. The text on the card is centered and written in a bold, black, sans-serif font.

**Early Intimacy
& STI'S**

A grayscale photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains text about a myth and fact regarding teenage sex. The background is black.

Myth #1: Everyone's doing it!

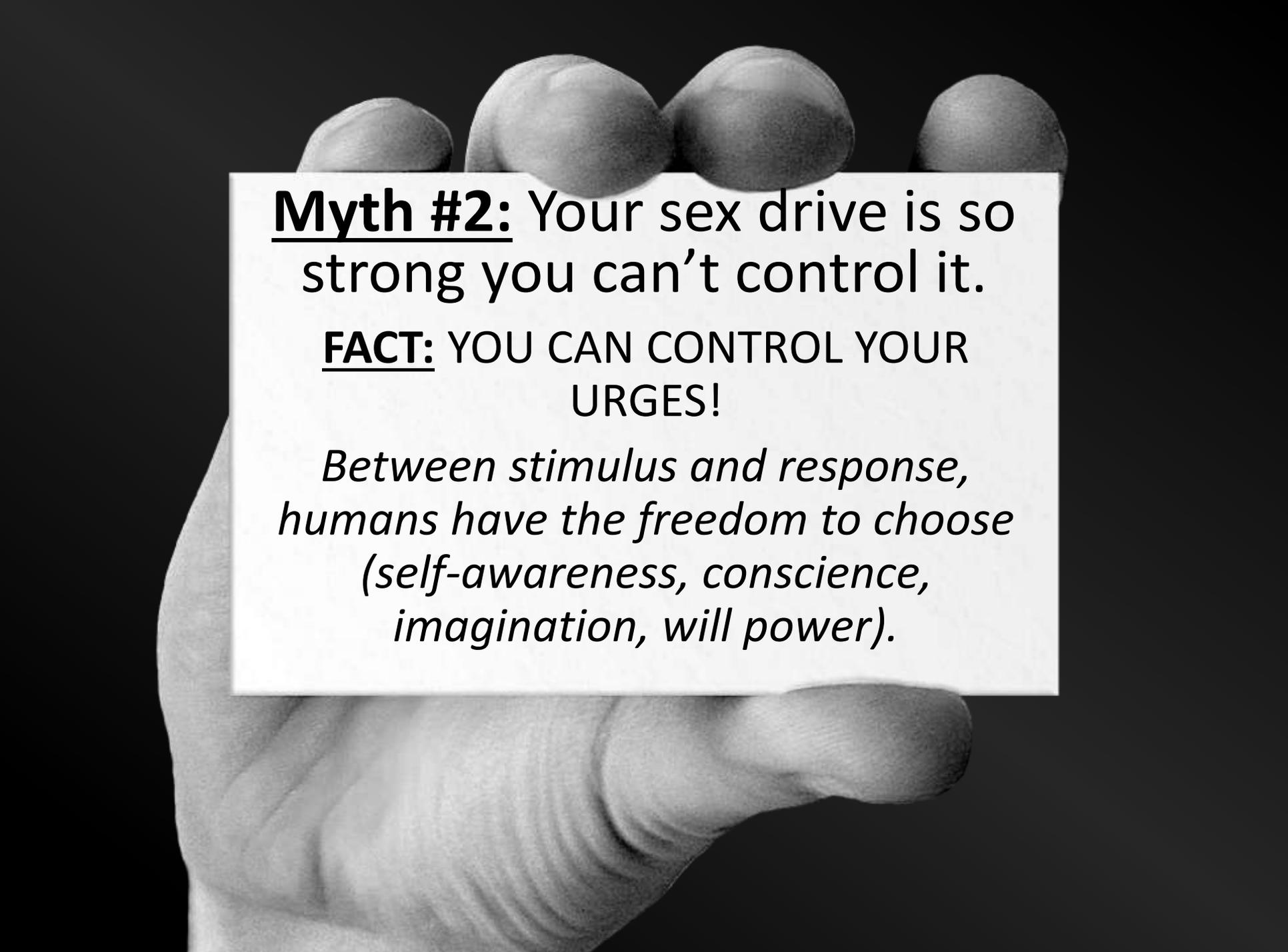
FACT: EVERYONE IS NOT DOING IT!

1. T or F: The vast majority of high school students are having sex.

Answer: FALSE

2. T or F: Having sex as a teen is becoming more and more common.

Answer: FALSE

A grayscale photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains text about a myth and fact regarding sex drive control. The background is black.

Myth #2: Your sex drive is so strong you can't control it.

FACT: YOU CAN CONTROL YOUR URGES!

Between stimulus and response, humans have the freedom to choose (self-awareness, conscience, imagination, will power).

A black and white photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains text about a common myth regarding sex and STIs. The background is dark.

Myth #3: Sex is safe.

FACT: There is no such thing as safe sex!

3. Question: What does STI stands for?

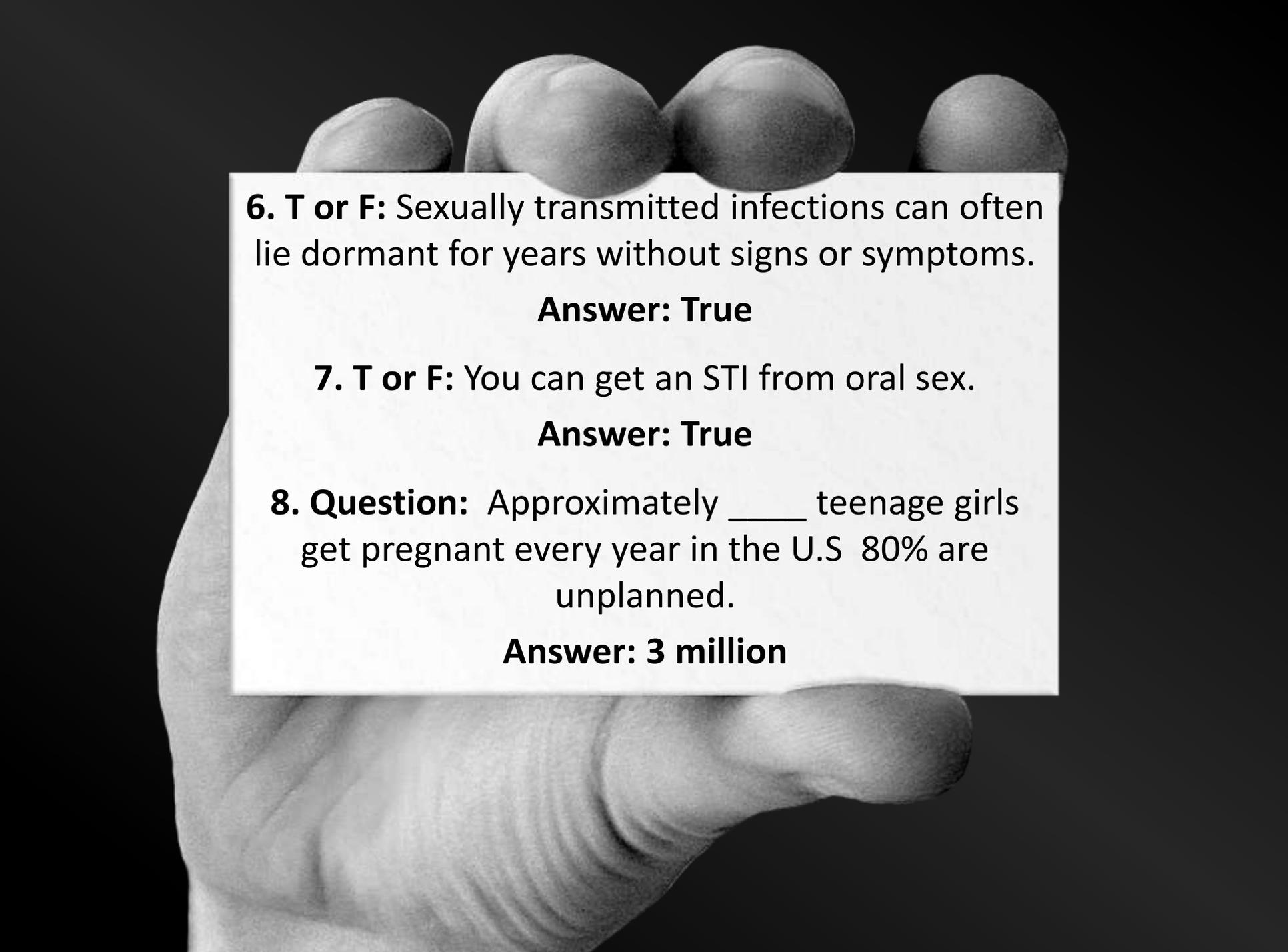
Answer: **sexually transmitted infections**

4. Question: Each year, what % of sexually active teens get an STI?

Answer: **25%**

5. T or F: The younger you are, the more susceptible you are to sexually transmitted infections.

Answer: **True**



6. T or F: Sexually transmitted infections can often lie dormant for years without signs or symptoms.

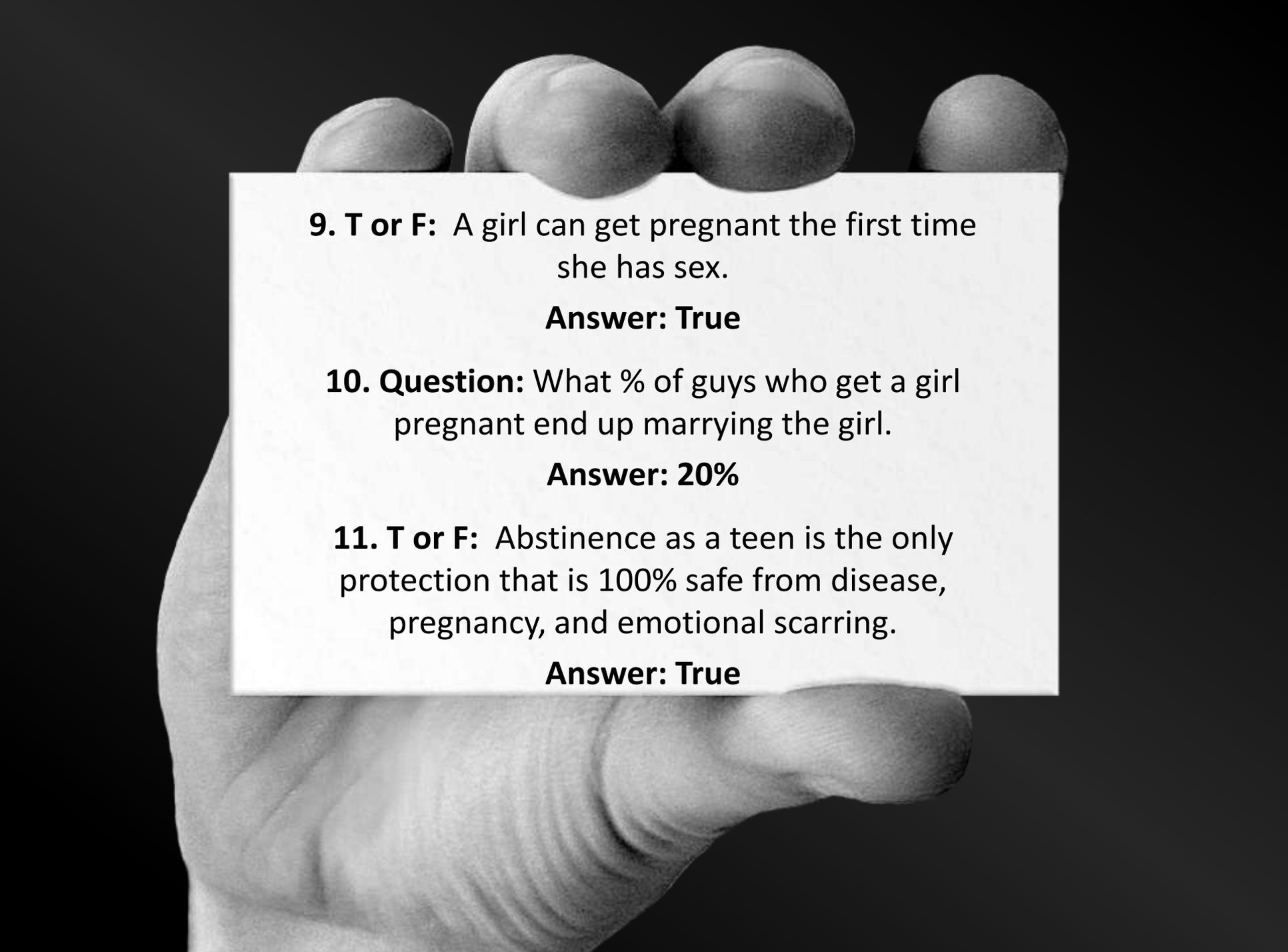
Answer: True

7. T or F: You can get an STI from oral sex.

Answer: True

8. Question: Approximately ____ teenage girls get pregnant every year in the U.S. 80% are unplanned.

Answer: 3 million

A grayscale image of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains three numbered questions and their answers. The background is black.

9. T or F: A girl can get pregnant the first time she has sex.

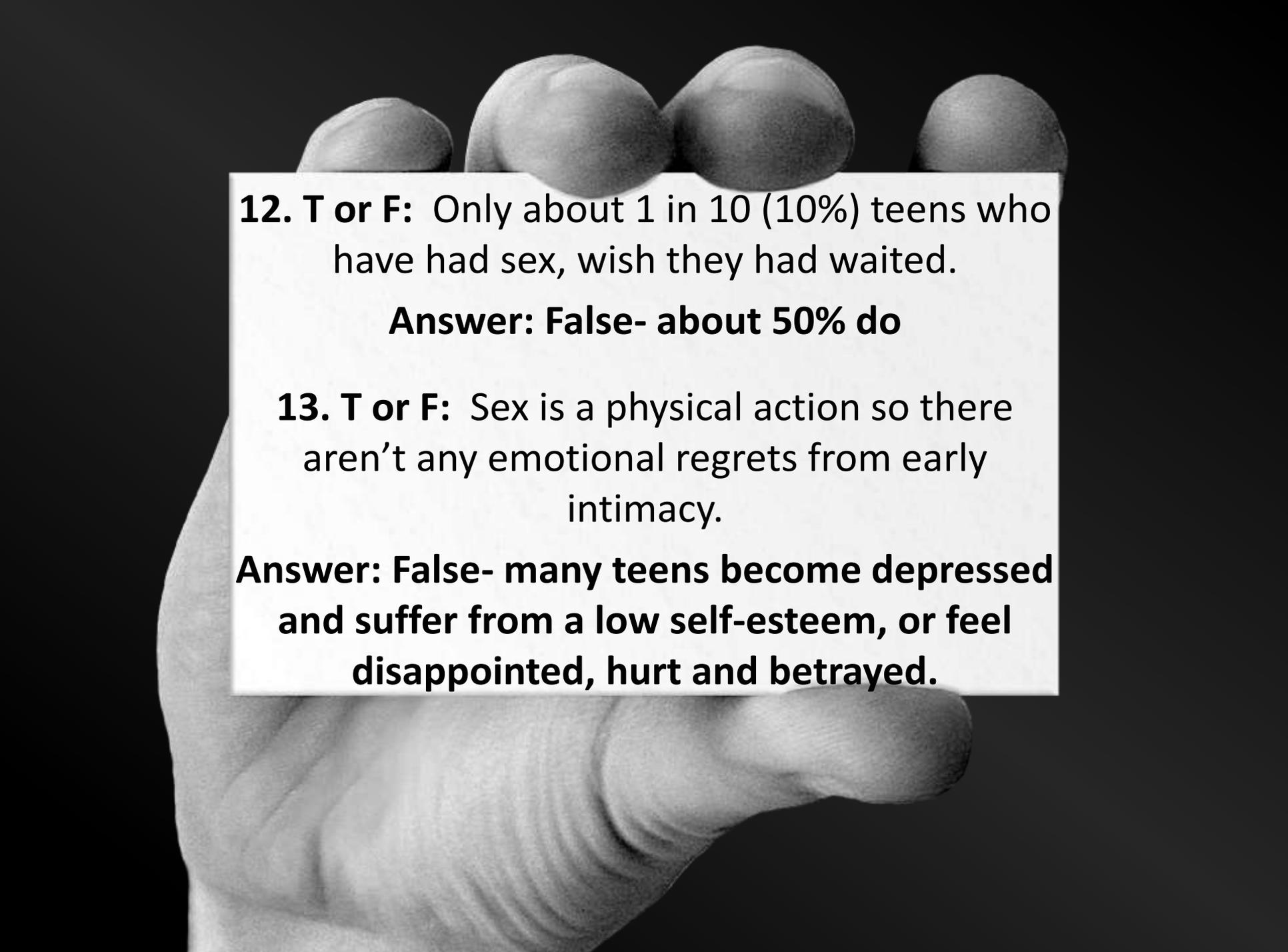
Answer: True

10. Question: What % of guys who get a girl pregnant end up marrying the girl.

Answer: 20%

11. T or F: Abstinence as a teen is the only protection that is 100% safe from disease, pregnancy, and emotional scarring.

Answer: True

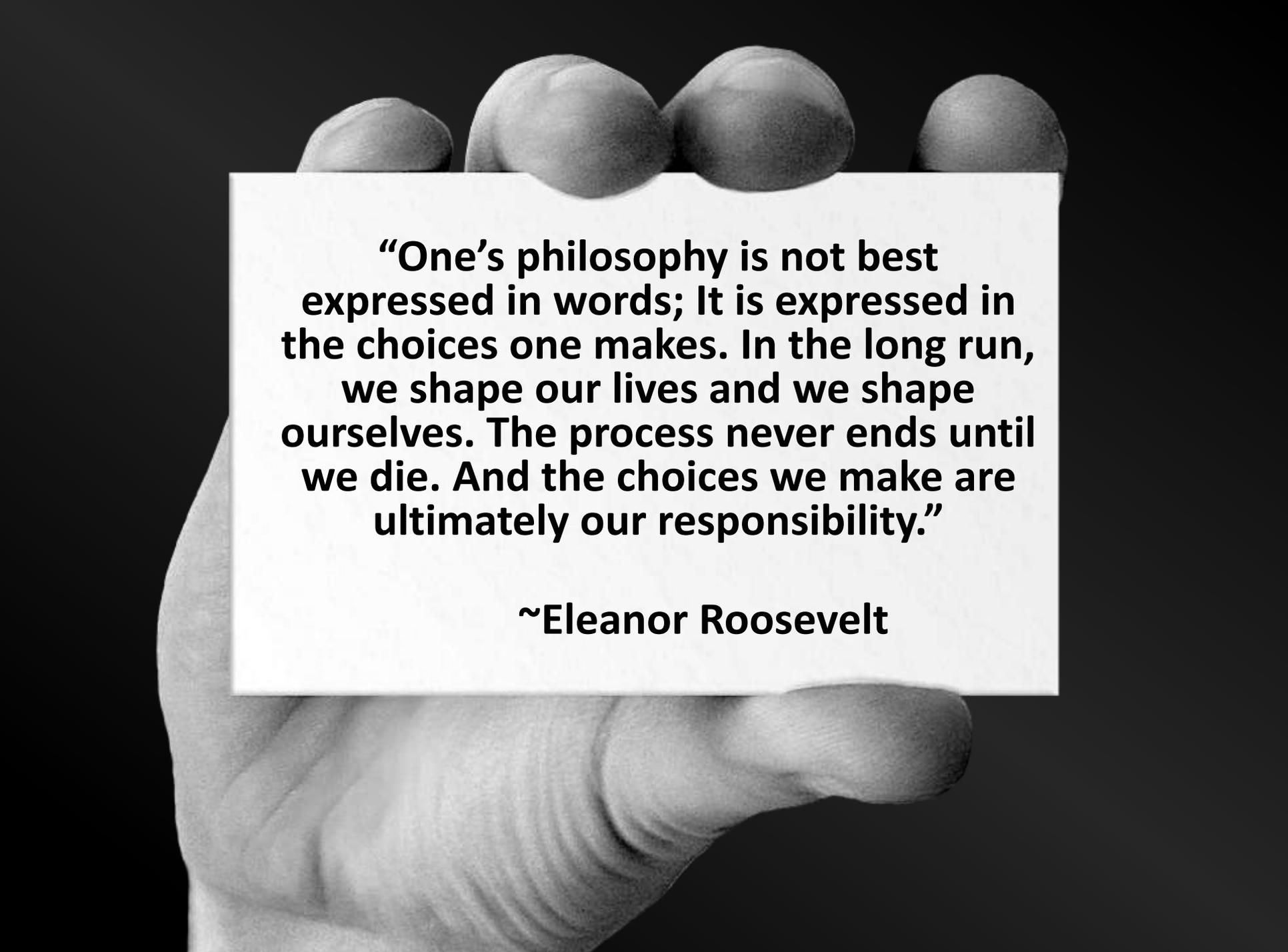
A grayscale photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains two true/false questions and their answers. The background is black.

12. T or F: Only about 1 in 10 (10%) teens who have had sex, wish they had waited.

Answer: False- about 50% do

13. T or F: Sex is a physical action so there aren't any emotional regrets from early intimacy.

Answer: False- many teens become depressed and suffer from a low self-esteem, or feel disappointed, hurt and betrayed.

A black and white photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card, with the thumb and index finger visible. The card is held up against a dark background. The quote on the card is centered and reads: "One's philosophy is not best expressed in words; It is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility."

“One’s philosophy is not best expressed in words; It is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility.”

~Eleanor Roosevelt

Why do Teens Become Sexually Active?

- 1. To be more sophisticated or to appear more grown up and cool**
- 2. To prove their love for another person**
- 3. To become more popular**
- 4. Peer pressure and acceptance**
- 5. To find love, attention, warmth and affection**
- 6. Believing “Everyone else is doing it”**
- 7. Being pregnant is exciting, attention getting, and I will have a sweet baby to love and who will love me**
- 8. To rebel against parents**
- 9. Curiosity**

Which of the reasons listed above are good enough for you to put your future physical and emotional health at risk?

Holding Hands *Kissing* *Making Out* *Petting* *SEX*

1...2...3...4...5...6...7...8...9...10

Intimacy Funnel

Commitment Funnel

Holding Hands

Level 1

Dating

Kissing

Level 2

Going Steady

Making Out

Level 3

Courtship

Petting

Level 4

Engagement

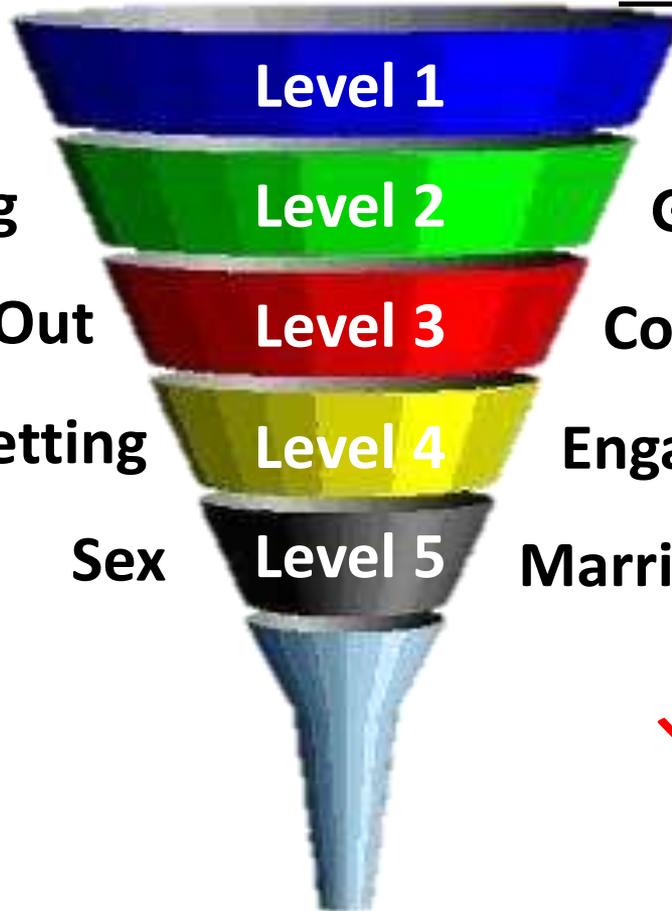
Sex

Level 5

Marriage

Progression
To
Physical Intimacy

*Where does the
"Danger Zone"
start?*



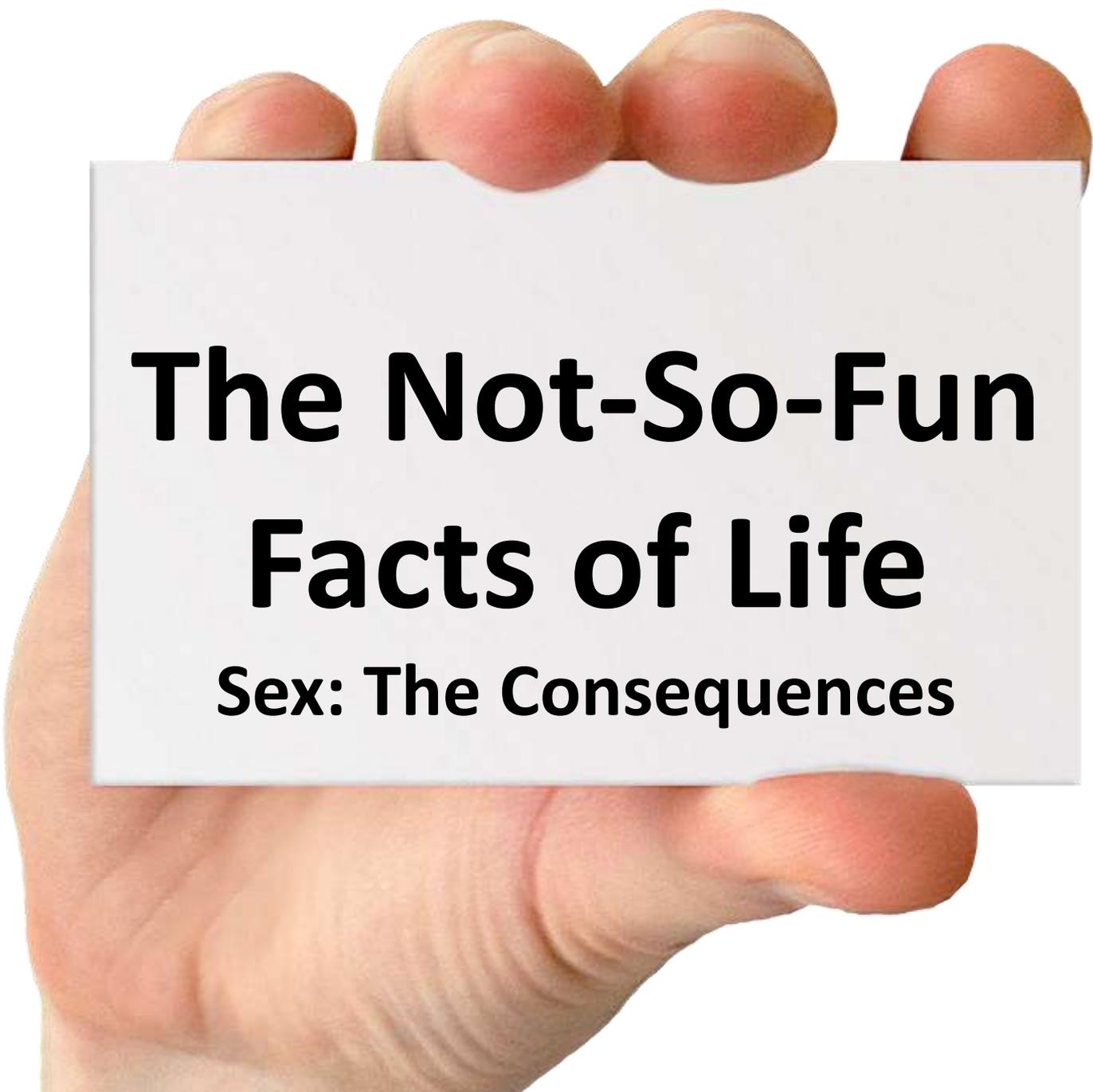
The Black Hole Funnel

When we look at our view of the universe from the Earth, we see the stars and planets in the sky. But if we could travel to the center of the galaxy, we would see a black hole. A black hole is a region of space where gravity is so strong that nothing can escape from it, not even light. This is why a black hole is called a "black hole" - because it is a hole in the fabric of space-time that traps everything that falls into it.



Progression to Physical Intimacy

- The further individuals move toward physical intimacy, the harder it is to stop and there is a **lessened** desire to maintain control of their feelings.
- It is easy to move up the scale, but it is very difficult to move **backwards** after being at a higher level.
- Couples who move slowly toward physical intimacy give the relationship time to grow into a **stronger friendship**.

A close-up photograph of a person's hand holding a white rectangular card. The fingers are visible at the top and bottom edges of the card. The card contains text in a bold, black, sans-serif font. The background is plain white.

The Not-So-Fun Facts of Life

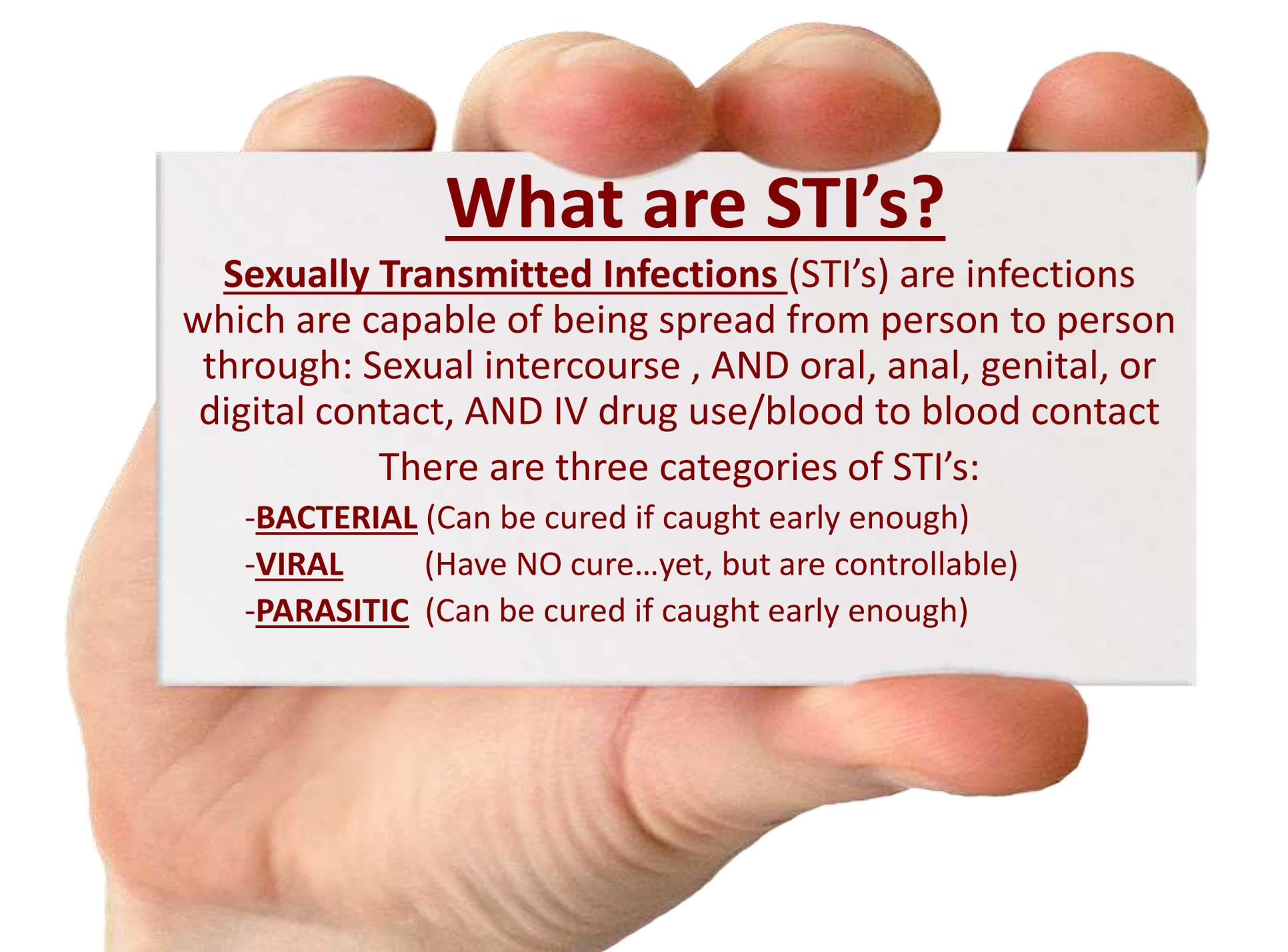
Sex: The Consequences

A close-up photograph of a person's hand holding a white rectangular sign. The sign is held between the thumb and the index, middle, and ring fingers. The text on the sign is centered and reads: "Teen Pregnancy is NOT the worst thing that could happen to you if you become sexually active...". The background is plain white.

Teen Pregnancy is NOT
the worst thing that
could happen to you if
you become sexually
active...



- Sexually Transmitted Infections
- Not spread by toilet seats, towels, doorknobs, hot tubs or swimming pools.

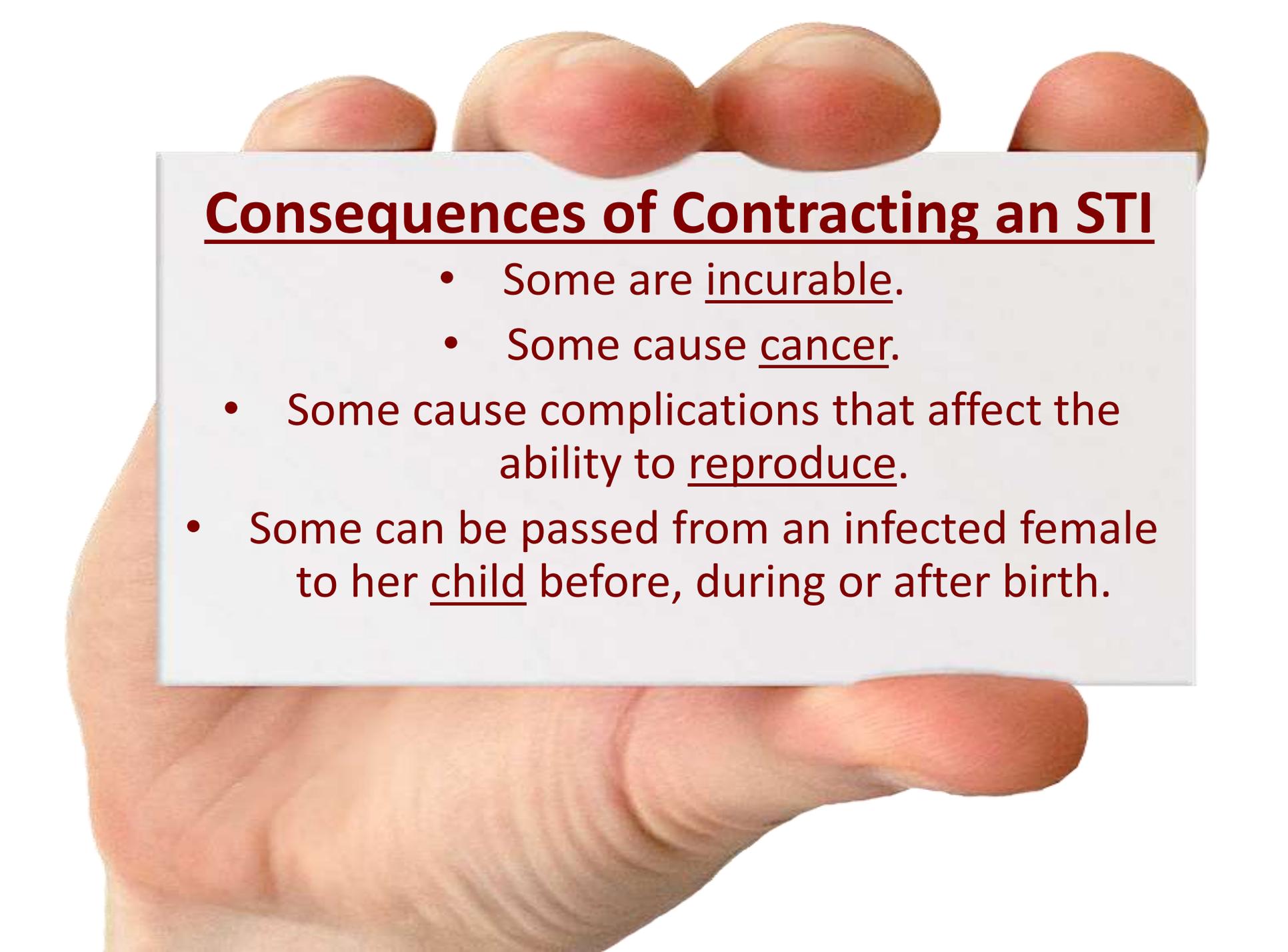
A hand is shown holding a white rectangular card. The card contains text about Sexually Transmitted Infections (STIs). The background is white.

What are STI's?

Sexually Transmitted Infections (STI's) are infections which are capable of being spread from person to person through: Sexual intercourse , AND oral, anal, genital, or digital contact, AND IV drug use/blood to blood contact

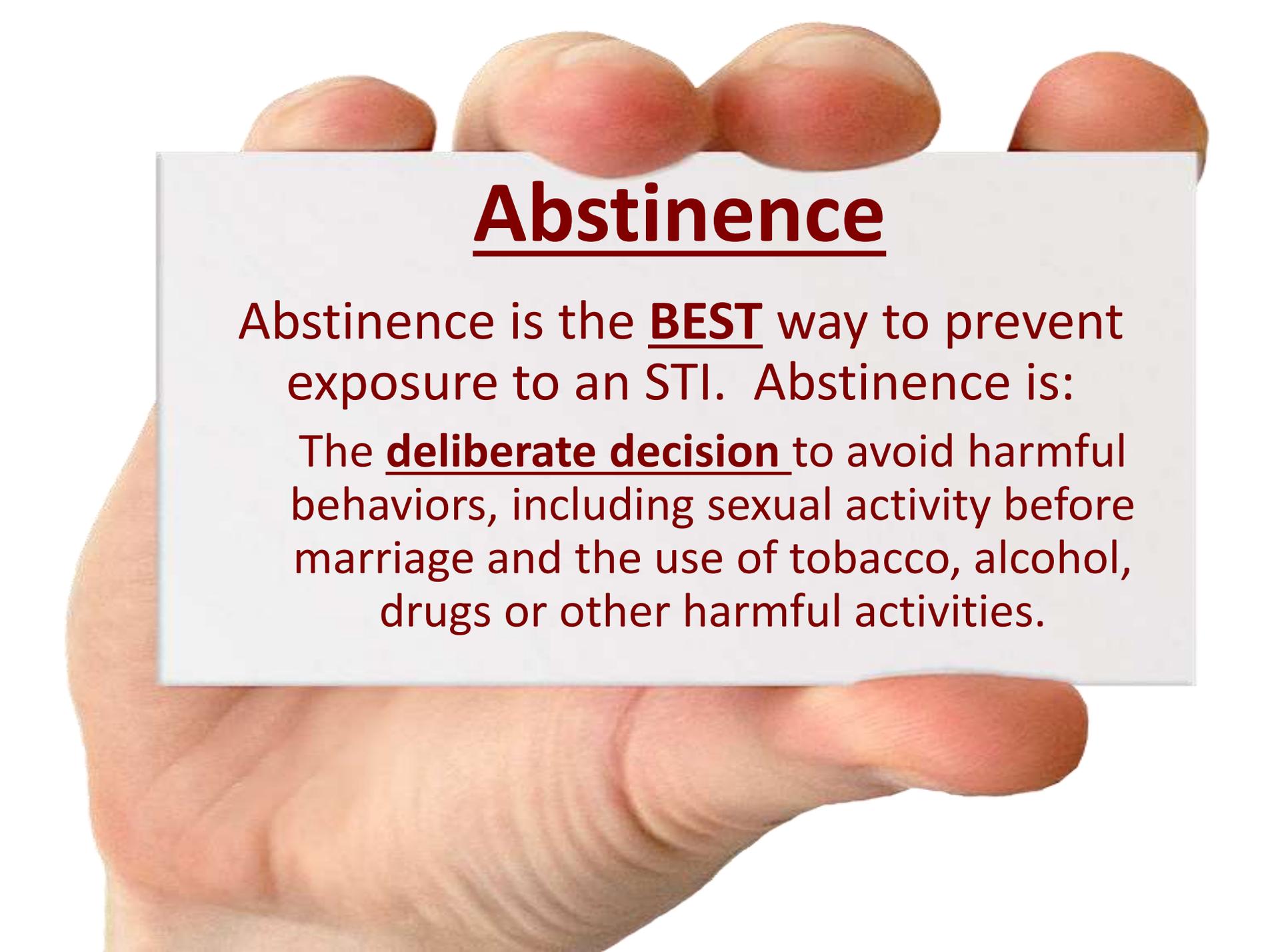
There are three categories of STI's:

- BACTERIAL (Can be cured if caught early enough)
- VIRAL (Have NO cure...yet, but are controllable)
- PARASITIC (Can be cured if caught early enough)

A close-up photograph of a hand holding a white rectangular card. The hand is positioned at the bottom and left sides of the card. The card contains text about the consequences of contracting an STI. The text is in a dark red color. The background is plain white.

Consequences of Contracting an STI

- Some are incurable.
- Some cause cancer.
- Some cause complications that affect the ability to reproduce.
- Some can be passed from an infected female to her child before, during or after birth.

A close-up photograph of a hand holding a white rectangular card. The card is held between the thumb and the index, middle, and ring fingers. The text on the card is in a dark red color. The word 'Abstinence' is written in a large, bold, sans-serif font and is underlined. Below it, there are two paragraphs of text in a smaller, bold, sans-serif font. The first paragraph defines abstinence as the 'BEST' way to prevent STI exposure. The second paragraph defines it as a 'deliberate decision' to avoid harmful behaviors like premarital sex, tobacco, alcohol, and drugs.

Abstinence

Abstinence is the **BEST** way to prevent exposure to an STI. Abstinence is:

The **deliberate decision** to avoid harmful behaviors, including sexual activity before marriage and the use of tobacco, alcohol, drugs or other harmful activities.



SEXUAL EXPOSURE CHART



Number of Sexual Partners

(if every person has only the same number of partners as you)

Number of People Exposed to

Number of Sexual Partners	Visual Representation	Number of People Exposed to
1	1 person icon	1
2	2 person icons	3
3	3 person icons	7
4	4 person icons	15
5	5 person icons	31
6	6 person icons	63
7	7 person icons	127
8	8 person icons	255
9	9 person icons	511
10	10 person icons	1023
11	11 person icons	2047
12	12 person icons	4095

"When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."

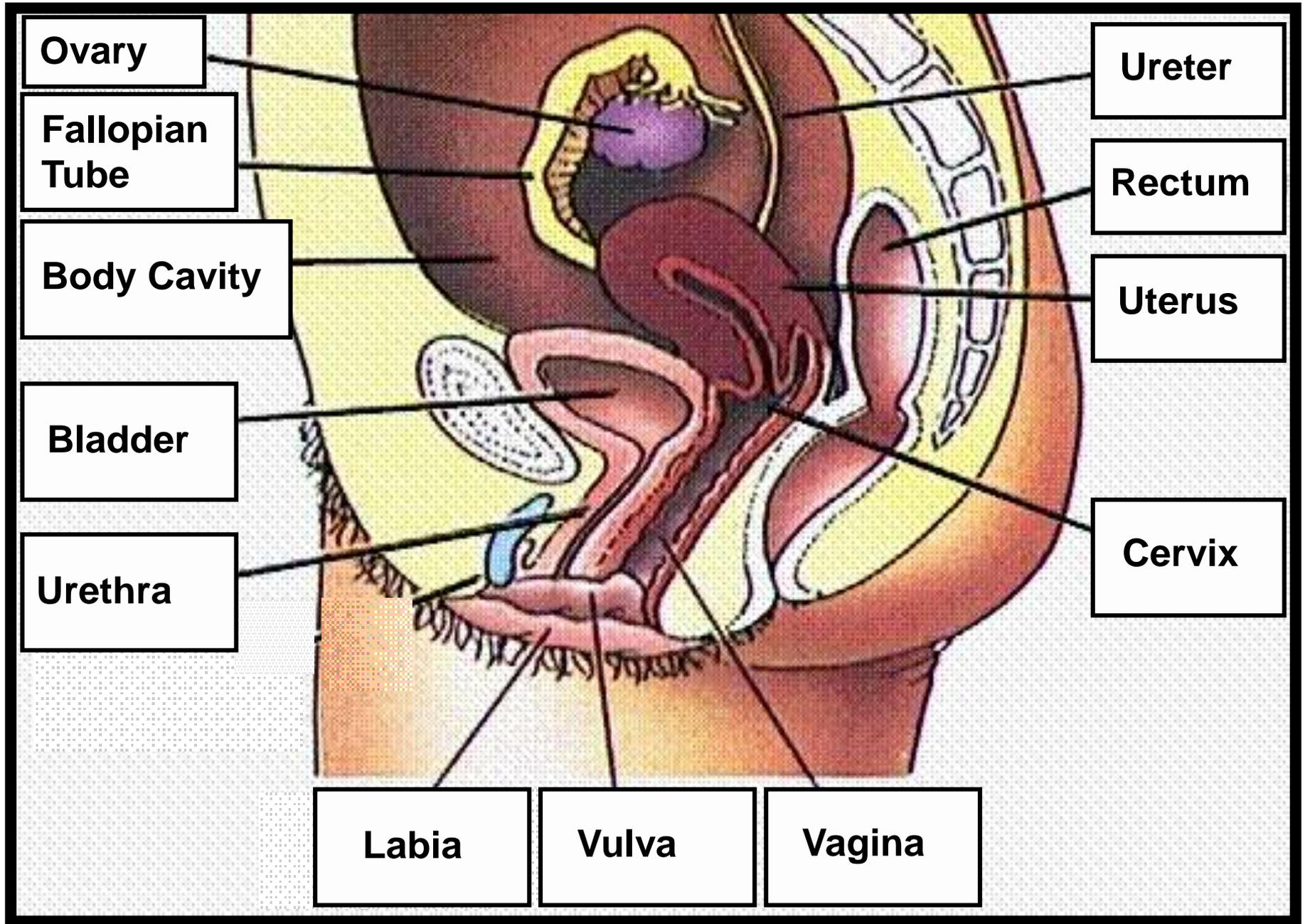
C. Everett Koop, M.D., Former U.S. Surgeon General

"Many teenagers, as well as adults, are indirectly exposed to more than one sexual partner each year because their partner has had sex with someone else."

Alan Guttmacher Institute, 1994

Review of Human Anatomy

Female Anatomy



Ovary

Fallopian Tube

Body Cavity

Bladder

Urethra

Labia

Vulva

Vagina

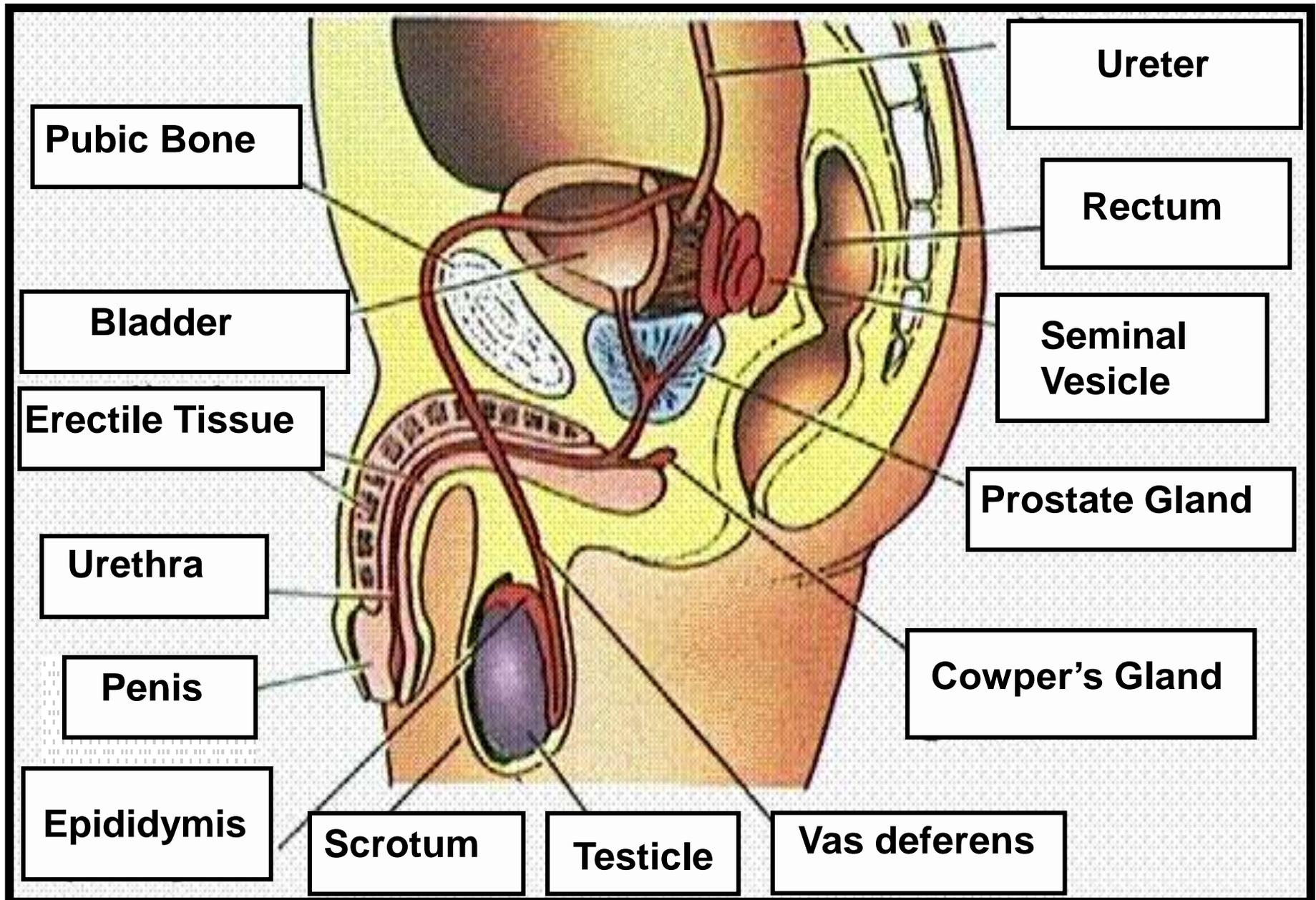
Ureter

Rectum

Uterus

Cervix

Male Anatomy



HAZARD

HIV/AIDS

Definition:	A severe virus that destroys your immune system (Acquired Immuno Deficiency Syndrome)
Type:	<u>Viral</u>
Cause:	through direct contact of infected by anal, vaginal or oral sex, blood transfusion, contaminated hypodermic needles, exchange between mother and baby during pregnancy, childbirth, or breastfeeding, or other exposure to one of the above bodily fluids.
First Symptoms:	NONE! HIV virus stays hidden on average for 10 years, so even if a teen contracts the virus, it may not show up for YEARS!
Later Symptoms:	Infection: fevers, sweats, swollen glands, chills, weakness, and hair loss
Treatment:	There is NO KNOWN CURE!
If left untreated:	<u>DEATH</u>

Genital Herpes

Definition:	a viral infection characterized by outbreaks of painful sores on the genitals
Type:	<u>Viral</u>
Cause:	Spread during contact with an infected person who is secreting the virus in fluids from lesions or mucous membranes.
First Symptoms:	NONE! Most people with genital herpes have no symptoms.
Later Symptoms:	cluster of blister-like lesions in the genital area (head of penis, labia, anus, cervix) which spread and merge, break and crust over within 4 to 15 days. The fluid from these itching, painful sores is highly infectious.
Treatment:	Treatment is aimed at relieving symptoms. The antiviral drugs acyclovir, valacyclovir, and famciclovir may be prescribed to lessen the duration and severity of outbreaks. Once infected, a person carries the virus permanently in a latent form in the nerve cells; there is no cure.
If left untreated:	<u>Painful</u> and <u>severe</u> outbreaks. If spread to a baby, can result in physical or mental damage.



DANGER Hepatitis

Definition: Inflammation of the liver

Type: Viral

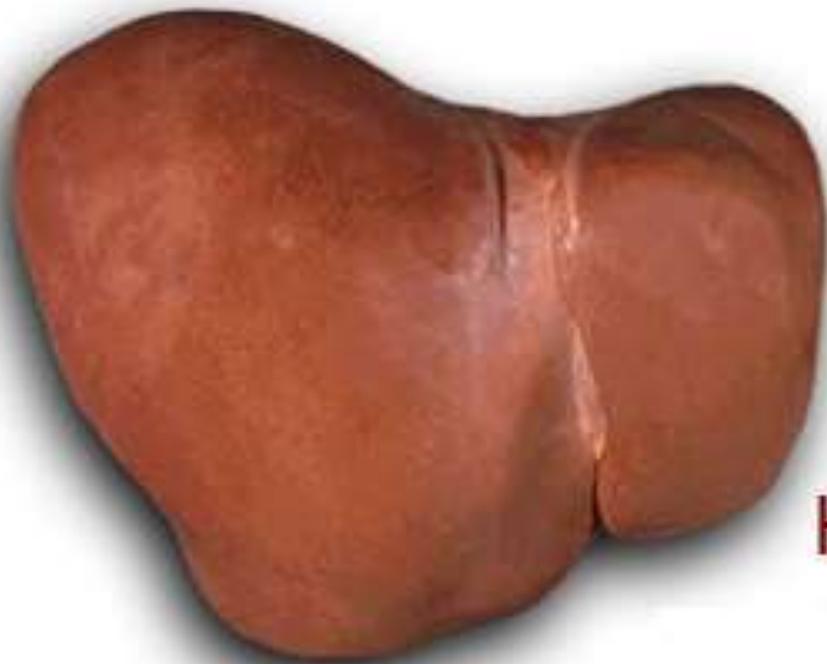
Cause: Spread through bodily fluids exchange during sexual contact, sharing needles/syringes, or from an infected mother to her baby at birth.

First Symptoms: NONE! It produces an initial acute phase with few symptoms. If any symptom is realized, they tend to be similar to flu like symptoms

Later Symptoms: Gradually the conditions worsen and these symptoms are experienced: jaundice (yellowed skin, mucous membranes and eye-whites), light colored stools that may contain pus, dark urine, itching, hives and severe liver damage (cirrhosis)

Treatment: No cure, but a vaccine can slow the damage and inflammation

If left untreated: DEATH



Healthy Liver



Liver with
Cirrhosis

HPV/Genital Warts

DANGER

Definition: a type of wart found on or in the genitals

Type: Viral

Cause: often passed along during sexual intercourse, but not all those who have genital warts are going to know they are infected until the warts are bigger and a little more painful.

First Symptoms: NONE! About two-thirds of people who have sexual contact with a partner with genital warts will develop warts, usually within 3 months of contact

Later Symptoms: painless bumps, itching, and discharge

Treatment: No cure, but antibiotic cream can help relieve symptoms

If left untreated: Can cause cervical cancer, anal cancer and cancer of the penis.



Gonorrhea

Definition: A sexually transmitted disease caused by the bacterium *Neisseria gonorrhoeae*, characterized by inflammation of the mucous membranes of the genital and urinary tracts

Type: Bacterial

Cause: spread through sexual contact and bodily fluid exchange

First Symptoms: NONE! Most people who are infected have no symptoms!

Later Symptoms: Burning sensation when urinating, increased vaginal/penis discharge, thick discharge from penis and vagina

Treatment: Antibiotics can successfully cure this in adolescents and adults; However, drug resistant strains are increasing. It is important to take all of the medication prescribed to cure gonorrhea. **Although medication will stop the infection, it will not repair any permanent damage done by the disease.**

If left untreated: Infertility/damage to reproductive systems, epididymitis (painful infection of testicles), can be life threatening.

DANGER Syphilis

Definition: caused by the bacterium *Treponema pallidum*. a wormlike, spiral-shaped organism. It infects the person by burrowing into the moist, mucous-covered lining of the mouth or genitals. The spirochete produces a classic, painless ulcer known as a chancre.

Type: Bacterial

Cause: passed from person to person through direct contact with a syphilis sore. Sores occur mainly on the external genitals, vagina, anus, or in the rectum. Sores also can occur on the lips and in the mouth.

First Symptoms: NONE! Many people infected with syphilis do not have any symptoms for years. (Time between infection and start of first symptom can range from 10 to 90 days.)

Later Symptoms: Primary, secondary, and latent stages will appear, then heal without treatment, however it is still having a damaging affect internally. Firm, round, small, and painless chancres can turn into large devastating ulcers during the tertiary stage.

Treatment: A single **intramuscular injection of penicillin**, an antibiotic, will cure a person who has had syphilis for less than a year.

If left untreated: Severe damage to internal organs and other body tissues which can result in death.



CANCER

Chlamydia

Definition: Is a bacterium that can cause a sexually transmitted infection common among young adults and teenagers

Type: Bacterial

Cause: Transmitted through sexual contact with an infected person

First Symptoms: NONE! Many people don't know they have Chlamydia, because although they are infected, they many not have any symptoms.

Later Symptoms: In women, symptoms of chlamydia may include:
An unusual vaginal discharge Bleeding between menstrual periods
Burning with urination Abdominal pelvic pain
In men, symptoms of chlamydia may include:
Discharge from the penis Swollen and painful testicles
Burning with urination Itching/burning around urethrea

Treatment: Can be cured and treated with antibiotics

If left untreated: Increased risk for HIV/AIDS, women can get PID, infants of infected mothers can develop dangerous eye infections.



Pelvic Inflammatory Disease (PID)

Definition: a general inflammation of the pelvic cavity that can lead to infertility.

Type: Bacterial complication from contracting other STI's

Cause: Complications from Chlamydia and Gonorrhea

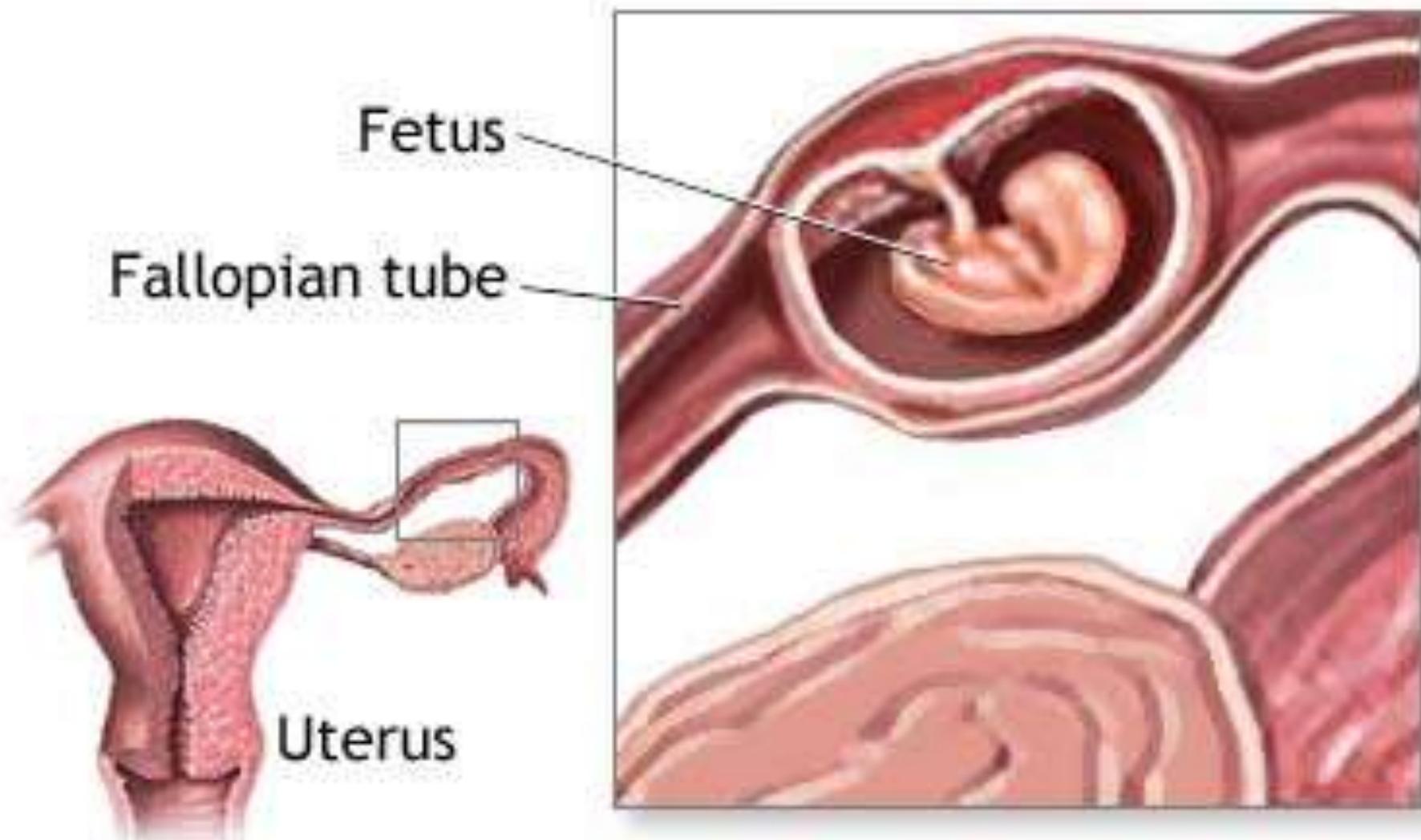
First Symptoms: NONE! May include abdominal pain, lower back pain, bleeding between periods, fever

Later Symptoms: abdominal pain and fever and foul-smelling vaginal discharge, internal abscesses (puss filled pockets that are hard to cure)

Treatment: Antibiotics

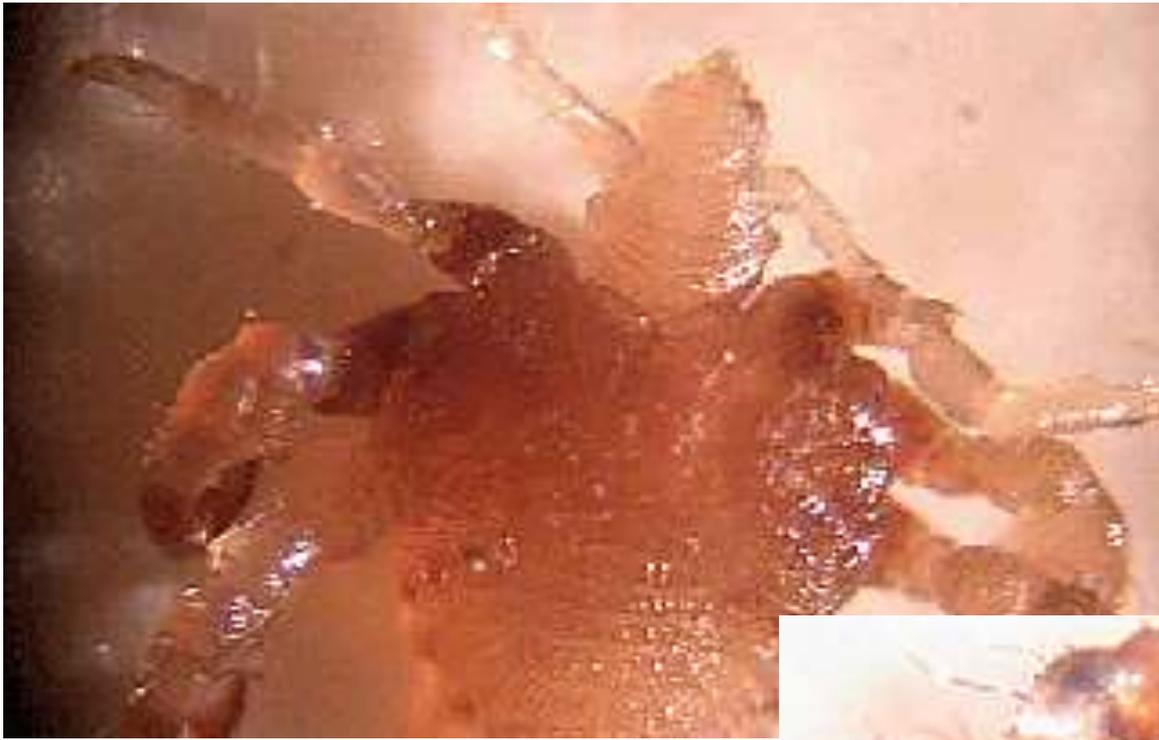
If left untreated: Fallopian tube scarring, infertility, higher risk of miscarriage or ectopic pregnancy, long-lasting chronic pelvic pain.

Ectopic pregnancy



DANGER Pubic Lice

Definition:	Tiny insects that attach themselves to the skin and hair in the pubic area (Also know as Crabs)
Type:	<u>Parasitic</u>
Cause:	Very easily spread during sexual contact , or other kinds of close physical contact including sharing clothing or bed linens
First Symptoms:	None
Later Symptoms:	Intense itching in genital areas, rash, mild fever, feeling run-down, irritability
Treatment:	Prescription strength shampoos and creams, may need to apply medicine from head-to-toe more than once. Stronger medication may also be prescribed.
If left untreated:	Can <u>spread</u> from pubic hair to other hairy areas. Can spread from person to person through close <u>physical contact.</u>



Utah Stats

Table 1. Cases of Sexually Transmitted Diseases and Rates per 100,000 Population, Utah and United States (U.S.), 2004-2013

Year	Chlamydia			Gonorrhea			Primary and Secondary Syphilis		
	Utah		U.S.	Utah		U.S.	Utah		U.S.
	Cases	Rate	Rate	Cases	Rate	Rate	Cases	Rate	Rate
2004	3,858	160.6	316.5	602	25.1	112.4	13	0.5	2.7
2005	4,602	187.2	329.4	727	29.6	114.6	10	0.4	2.9
2006	5,090	201.5	344.3	888	35.2	119.7	21	0.8	3.3
2007	5,720	220.2	367.5	821	31.6	118.0	20	0.8	3.8
2008	6,019	226.0	398.1	477	17.9	110.7	25	0.9	4.4
2009	6,156	226.0	405.3	341	12.5	98.1	33	1.2	4.6
2010	6,689	241.1	423.6	310	11.2	100.2	65	2.3	4.5
2011	7,081	251.6	457.6	277	9.8	104.2	14	0.5	4.5
2012	7,620	266.9	456.7	480	16.8	107.5	42	1.5	5.0
2013*	7,542	260.0	-	951	32.8	-	74	2.6	-

* 2013 U.S. rate not yet available.

Note: Cases were classified by Morbidity and Mortality Weekly Report (MMWR) year.

Sources: Utah Cases - Bureau of Epidemiology, Utah Department of Health; US Rates - Centers for Disease Control and Prevention; Population Estimates - National Center for Health Statistics (NCHS) through a collaborative agreement with the U.S. Bureau of the Census.

A black and white photograph of a hand holding a white rectangular card. The card is held between the thumb and index finger, with the other fingers visible at the top. The card contains text about STD statistics. The background is dark.

STATS

Every year, there are approximately 15 million new cases of STD's (41,000 per day) (8,000 teens per day)

2/3 of all STD's occur in people 25 years of age or younger.

1 in 4 sexually active teens is infected with an STD

Less than ½ of adults ages 18-44 have ever been tested for an STD

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CONCLUSION

(Solution)

**Commit to abstinence before
marriage and fidelity after
marriage.**

Just say NO!

Refusal Skills

• Say “NO”	“No, I don’t want to.”
• Change the Subject	“Let’s go to a movie.”
• Reverse the Pressure	“If you really loved me, you wouldn’t ask.”
• Use Broken Record Technique	Repeat the same answer over and over. “No, No, NO, NO!”
• Avoid the Situation	Make an alternative suggestion first.
• Walk Away	Just walk way and get out of the situation.
• Delay	“Let’s wait.”
• Give Reasons Why You’re Saying “NO”	“I’m not ready yet; I want to wait for marriage.”