

An Introduction to Sexually Transmitted Infections (STIs)



CALIFORNIA

**SCHOOL-BASED
HEALTH ALLIANCE**

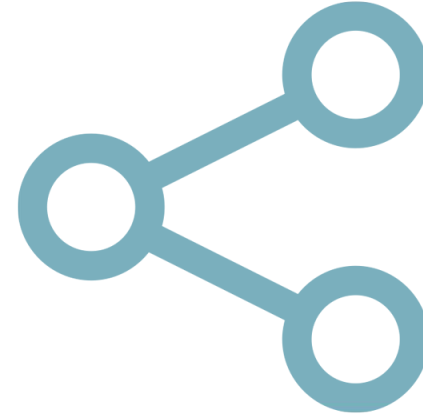
Putting Health Care Where Kids Are



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**The webinar is
being recorded**



**Supporting
materials will be
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Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more:

schoolhealthcenters.org

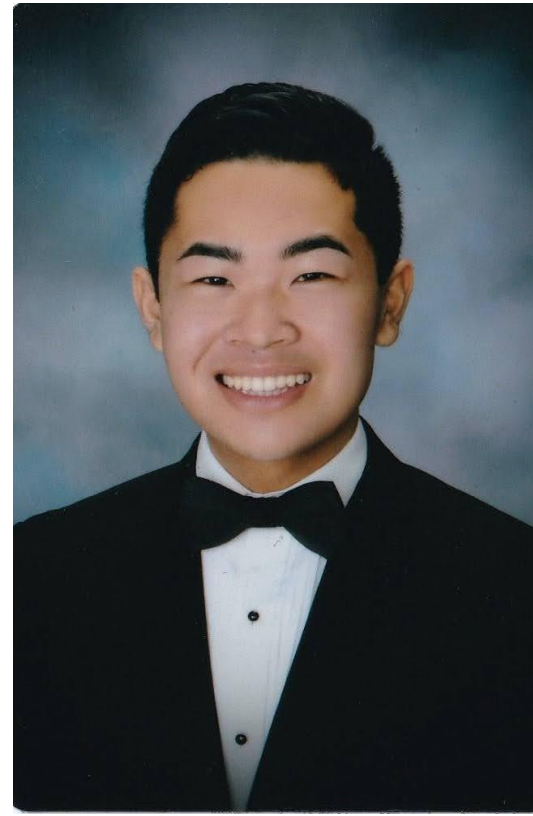




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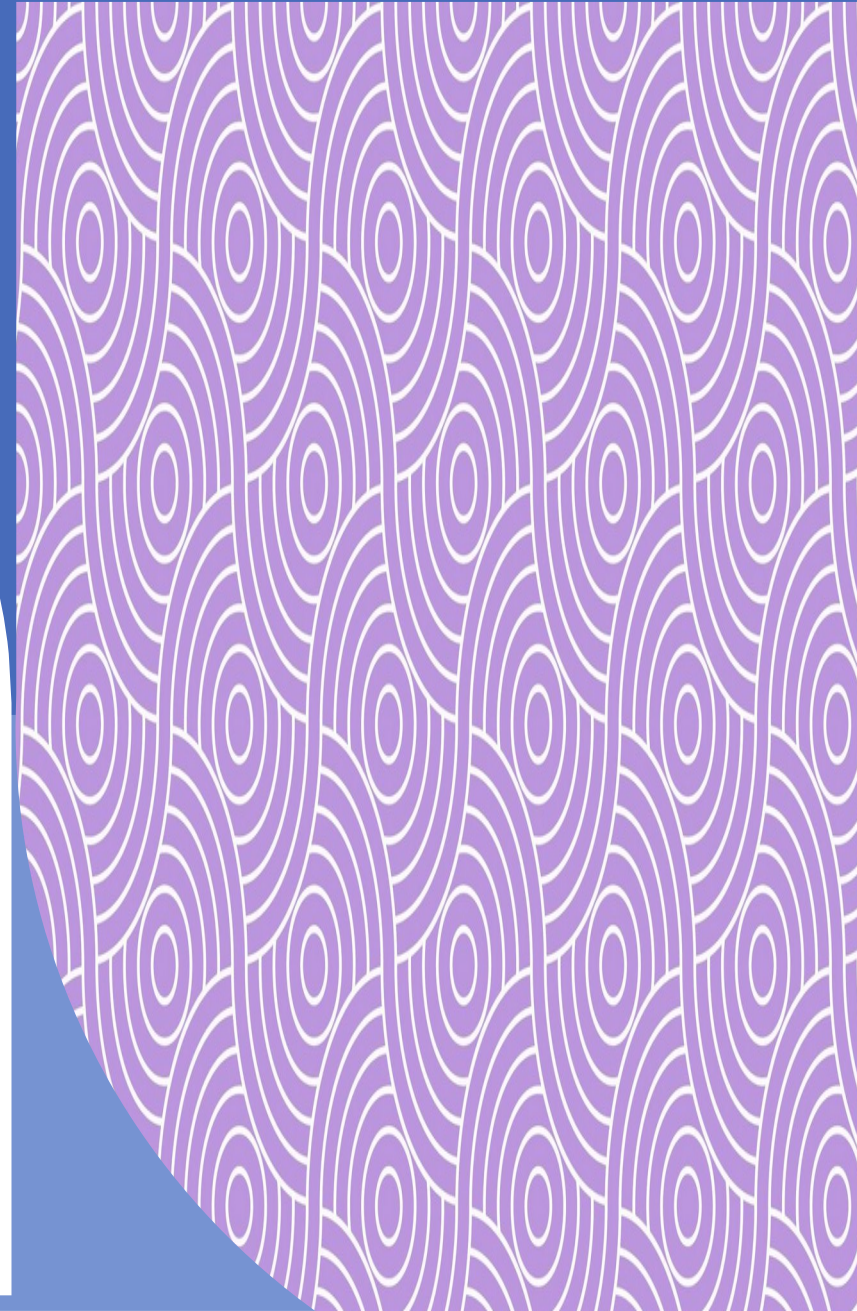
Youth Board Member
California School-Based Health
Alliance

Presented by Altura Centers for health

HEALTHYSEXUAL HANDBOOK

HEALTH & SEX

BELONG TOGETHER





Leonora Sudduth, RN

- Five years as a Title X RN coordinator at Altura Center for Health, where I taught family planning and birth control. I have been a nurse for 22 years, and I am bilingual (I speak Spanish and English). I specialize in STI testing and treatment.

Honestly,
**OUR SEXUAL HEALTH IS
WORTH PROTECTING**

There are things everyone can do to help protect their sexual health—
and it's
worth protecting. That's what Healthy sexual is all about.

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HOW ARE STIs PASSED?

Before you can help protect yourself, you need to know that STIs can be passed through skin-to-skin contact, body fluids*, or both.

Even if you don't see or feel any symptoms, there's still a chance you could have an STI.



STIs	SKIN-TO-SKIN CONTACT	BODY FLUIDS
Chlamydia		✓
Gonorrhea		✓
Hepatitis A, B, and C		✓
Herpes	✓	
HIV		✓
HPV <small>(genital warts, cervical cancer, and anal cancer)</small>	✓	
Syphilis	✓	
Trichomoniasis		✓

*Pre-cum, cum, vaginal fluids, rectal fluids, blood, and breast milk.

IT'S JUST CONDOM SENSE

Correctly and consistently using latex or polyurethane male condoms and lube can lower your chances of getting certain STIs, including HIV.

When used correctly and consistently as a prevention method, condoms are highly effective in reducing the risk of HIV: about 91% for receptive anal sex and up to 80% for vaginal sex.



91%
FOR ANAL SEX



80%
FOR VAGINAL SEX

Remember these 6 steps for correct condom usage:

1. Open it
2. Place it and pinch it
3. Roll it
4. Lube it (with a water- or silicone-based lube!)
5. Do it ;)
6. Tie it and trash it

You should know that some condoms are better than others.



Condoms to love:

- ♥ Latex condoms
- ♥ Polyurethane condoms

Condoms to avoid:

- ✗ Natural membrane condoms (like lambskin) have tiny pores that don't block STIs, such as HIV

Find free condoms near you at condomfinder.org.

LUBE KEEPS THINGS MOVING SMOOTHLY

Sex causes friction, which can break or tear condoms. But using lube can help reduce that friction.

Some lubes are better than others.



Lube to love:

- ♥ Water-based lube
- ♥ Silicone-based lube

Lube to avoid:

- ✗ Oil-based lube can break down latex and cause the condom to tear more easily

Examples of oil-based lubes are petroleum jelly, mineral oil, massage oil, and body lotions.

Make sure you put the condom on first and the lube on second.

Putting lube on before the condom could cause it to slip off. Keep using lube as you need it. A dry condom can break more easily than a lubricated one.

1



THEN

2





“Honestly, we’ve been together for a while, so getting tested never really crossed my mind.”

SEXUAL NETWORKS

RISK ISN'T JUST ABOUT YOU

There are multiple factors that can affect the chances of being exposed to HIV or other STIs.

They can include:

- Who you have sex with
- How you have sex
- The zip code you're in

But getting tested regularly for HIV and other STIs (even if you're in a relationship), as well as communicating honestly with your partner(s), can help you protect yourself from HIV.



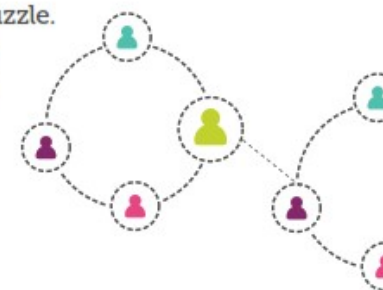
UNDERSTANDING SEXUAL NETWORKS

Everyone who has sex is part of a sexual network.

Your sexual network includes all of your partners, but it may be bigger than you think. Not only does your network include your partner(s), but all of their partners, too.

Who you have sex with is just one piece of the puzzle. Where you live and how you have sex can play a role, too. Believe it or not, even certain zip codes can have a higher risk of HIV.

So, the more condomless sex had in an area or community where HIV and other STIs are more common, the higher the chances of being exposed to an STI, like HIV.





HONEST COMMUNICATION

DON'T BE SHY

Starting the conversation about sex may make you blush, but when you talk it out, you'll both be more prepared.

Talking honestly to your sexual partner(s) is an important way to help protect both your and their sexual health.

Here are some topic suggestions to bring up:

- 1. Testing** (When was the last time you were tested?)
- 2. HIV and STI status** (What did the results say?)
- 3. Relationship status** (Monogamous? Casual?)
- 4. Activities** (What are you comfortable with?)
- 5. Prevention methods** (What prevention options are best for y

START THE CONVERSATION

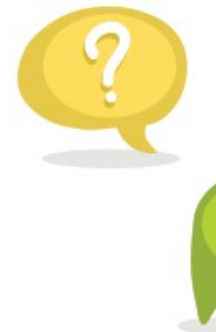
Need some icebreakers? Here are a few suggestions:

"Before we take things a step further, I really prefer we both get tested."

"I really want to spend the night with you, but I prefer we get tested for STIs first."

"I was thinking we could go get at-home STI tests and take them together."

*None of these your style?
How would you start the conversation?*



FINDING A HEALTHCARE PROVIDER

Good communication doesn't end with your partner(s). A healthcare provider can help you understand how to have healthier sex. They're the best source of information when it comes to learning about how to help protect your (and your partner's) sexual health.

If you don't have a healthcare provider, you can find one at any of these resources:

<https://findahealthcenter.hrsa.gov>
www.Altura.org

can help you find testing locations and care services in your area.

PrEPLocator.org

can help you find a healthcare provider to talk with about PrEP.

GLMA.org

has a database of LGBTQ-friendly healthcare providers.

WHAT YOU SHOULD TALK ABOUT

You may need to take the initiative when it comes to discussing your sexual health. Don't worry though—a healthcare provider is there to make sure you're healthy. *All of you.* Including your sexual health.



Here are some general topics you can discuss with them:

1. Who you like to have sex with
2. Partners and practices
3. Sexual health review
4. Testing
5. Prevention methods



Need help starting the conversation?
Check out the *Healthysexual® Discussion Guide* at BirdsAndBaes.com





"I know I should get tested, but honestly, I'm afraid to find out."

TESTING FOR STIs

TESTING IS ALL ABOUT HEALTH

It's important to get tested so that you know where you stand. Getting tested for HIV and other STIs is no different from getting a checkup. It's regular maintenance for a healthier body.

Feeling nervous about getting tested is understandable. Knowing what to expect can help make it feel a little less stressful.

Penis. Vagina. Butt. Mouth. If you have it and you use it, a healthcare provider may want to test it.

Different STIs can be diagnosed in different ways.

					
STIs	VISUAL EXAMINATION	URINE SAMPLE	COTTON SWAB	BLOOD DRAW OR FINGER PRICK	ORAL FLUID SAMPLE
Chlamydia		✓	✓		
Gonorrhea		✓	✓		
Herpes			✓	✓	
HIV				✓	✓
HPV (genital warts, cervical cancer, and anal cancer)	✓				
Syphilis				✓	
Trichomoniasis			✓		

WHAT NEXT?

If any of your results come back positive, remember this about STIs:

Some are curable. Most are treatable. All are manageable.

A healthcare provider can help you figure out what treatment is right for you.

Even if all your results come back negative, testing isn't a once-and-done kind of thing. If you're sexually active, you should get tested regularly.



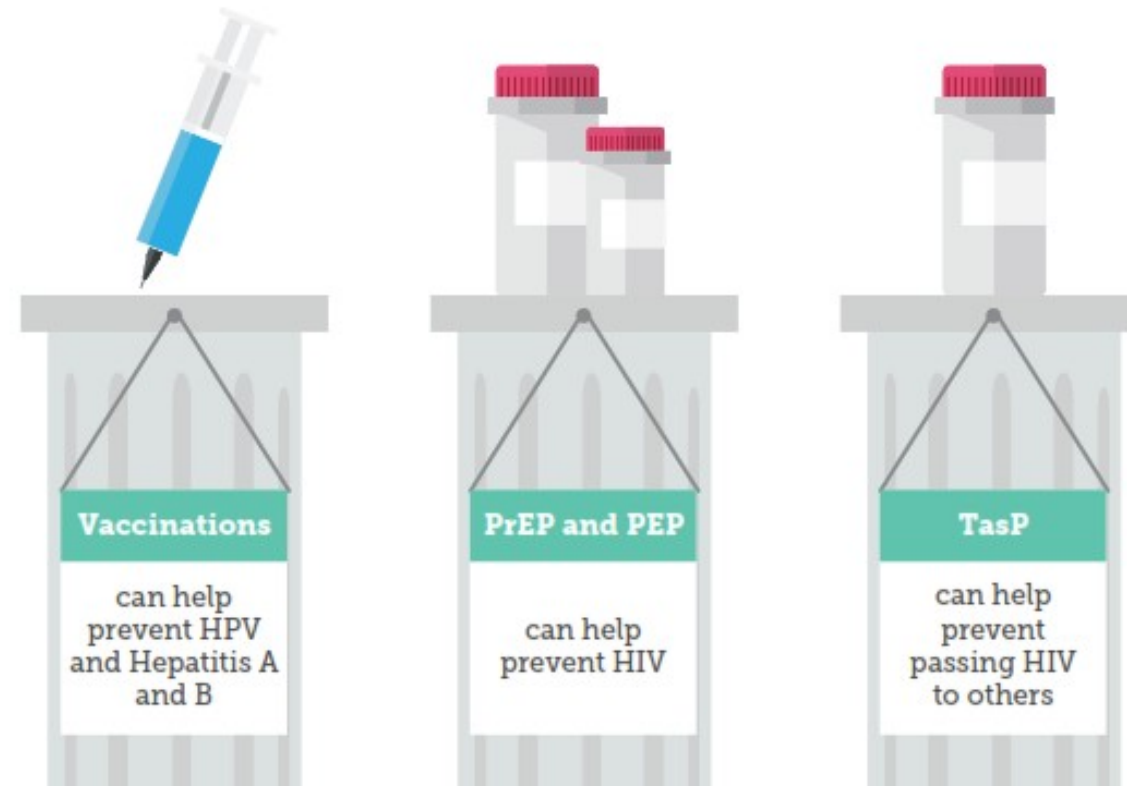
“Honestly, I didn’t know there were medicines that can help prevent HIV.”

PrEP & PREVENTION MEDICINES

WHAT ARE PREVENTION MEDICINES?

Prevention medicines can include prescription medications that can help prevent STIs, including HIV.

Talk to a healthcare provider about any one of these options (or all three) to see which prevention strategies are right for you.





VACCINATIONS

Vaccination Basics

Hepatitis A and B

- Now recommended for everyone as children
- If you weren't vaccinated as a child, a healthcare provider can tell you if you should get vaccinated now

HPV

- Protects against certain strains of HPV that cause genital warts or abnormal cell growth that can lead to cancer
- Recommended for all girls and boys ages 11 or 12, but you can be vaccinated for HPV before the age of 45
- If you haven't been vaccinated, a healthcare provider can tell you if you should get vaccinated now

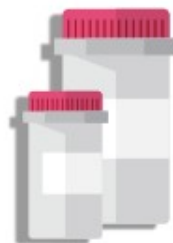


PrEP

PrEP stands for Pre-Exposure Prophylaxis

PrEP Basics

- "Pre" means "before". "Exposure" means "contact". "Prophylaxis" means "prevention"
- PrEP means taking prescription medicine every day **before** you're exposed to HIV to help reduce the risk of getting HIV
- PrEP is for people who are HIV-negative and are at risk of getting HIV through sex
- PrEP does not protect against other STIs
- PrEP is a part of a prevention package. Regular HIV and STI testing, using condoms and lube, communicating honestly with partner(s)—these are all things that, when used together with PrEP, help better protect you



PEP

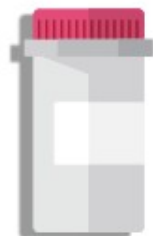
PEP stands for Post-Exposure Prophylaxis

PEP Basics

- "Post" means "after"
- PEP means taking prescription medicine daily **after** you think you've been exposed to HIV
- You need to start taking it within 72 hours of exposure. The sooner the better
- PEP requires taking prescription medicines every day for 28 days
- You can get a prescription for PEP from an emergency room, 24-hour clinic, or healthcare provider



PEP is usually used in emergency situations



TasP

TasP means Treatment as Prevention

TasP Basics

- It's a prevention strategy for **people living with HIV** to help protect their sexual partner(s)
- TasP means taking HIV treatment every day to lower the amount of virus in the blood to the point where a test can't even pick it up. That's called **undetectable**. And current research shows that people living with HIV who get to and stay undetectable have **basically no risk** of passing HIV to their partner(s) through sex
- To stay undetectable, people must keep taking their HIV treatment every day

A healthcare provider can tell you if prevention medicines are an option for you.



STI Treatment for Partners

- Expedited partner therapy (EPT)/patient-delivered partner therapy (PDPT)
- Get extra packages of medicine or an extra prescription for partner(s)
- EPT/PDPT is free!



Title X Health Clinic Locator

- Go to: <https://opa-fpclinicdb.hhs.gov/>
 - Enter in your address in the search bar.
 - Choose a health clinic that is the easiest for you to access.
 - Check the clinic's
 - Services
 - Days/hours of operation
 - Physical address
 - Click “Get Directions” on the lower left corner to show you how to get to the clinic.



QUESTIONS ??

EMAIL:

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TEEN HEALTH & WELLNESS info

<https://altura.org/altura-teen/>



STAY CONNECTED



schoolhealthcenters.org



info@schoolhealthcenters.org



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Gracias

謝謝

Thank you

Cảm ơn

Salamat

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