

Choices Matter

Factual Information About
Sexual Health



ABOUT Choices Matter

The choices you make today directly impacts your tomorrow. That is why our program seeks to inspire students to make healthy choices by presenting factual information on sexual health. We promote abstinence as the healthiest sexual decision that a student can make. Our program teaches Essential Standards from the NC Department of Public Instruction.

Our program has been in schools since 1995. Our mission has always been the same - to help students see the value and personal benefits for choosing abstinence. Formerly called "Worth Waiting 4" and "True 2 You," Choices Matter is in 19 different schools in Nash, Edgecombe and Halifax counties. We present to over 3,000 students every school year. Our main focus is 7th and 9th grade students. We present this information through a conversation-based presentation.



Curriculum layout

Part 1 Outline:

1. Myth vs. Fact Activity (7.ICHR.2.1).
 - Media's influence
 - STI
 - Sexual active teen surveillance report
2. Defining two choices: Sexually Active and Abstinent (7.ICHR.2.2; 7.ICHR.2.3; 7.ICHR.3.6).
 - Future dreams/goals
 - Financial effects
3. Discuss some affects of Teen Pregnancy.
4. Summarize and explain the limitations on FDA contraceptives (7.ICHR.3.2; 9.ICHR.2.3).

Part 2 Outline:

1. Explain the potential risk, mode of transmission, symptoms and treatment of 8 common STIs in the US (7.ICHR.3.1; 9.ICHR.2.2).
 - Bacterial STI Facts
 - Chlamydia
 - Gonorrhea
 - Syphilis
 - Viral STI Facts
 - Genital Herpes
 - HPV
 - HIV/AIDS
 - Parasitic STI Facts
 - Pubic Lice
 - Trichomoniasis
2. Explain STI Testing and show different locations for testing (9.ICHR.3.3; 9.ICHR.3.4).
3. Recognize abstinence is the only certain means of avoiding pregnancy, sexually transmitted infections and other associated health and emotional problems (7.ICHR.3.6).

PART One

Learning Objectives:

- Explain how family, peers, culture, media, technology, and other factors can affect sexual health decisions including remaining abstinent from sexual activity until marriage (7.ICHR.2.1).
- Define and explain how being sexually active has both physical and emotional consequences, while defining and showing how abstinence is the only certain choice to avoid those risks(7.ICHR.2.2; 7.ICHR.2.3; 7.ICHR.3.6).
- Summarize and explain the limitations on FDA contraceptives in reducing risk outcomes (7.ICHR.3.2; 9.ICHR.2.3).



LET'S PLAY

Myth

it is not true.



or

Fact

it is true.



Myth or Fact?

Let's begin learning about Sexual Health by doing an activity called "myth or fact." You are going to see some statements that deal with a specific topic related to sexual health. Read the statement, spend a minute thinking about it, and then choose whether you think the statement is a myth (that it is not true) or a fact (that is true). Here we go!

Media influences a person's decision to be sexually active.

What all is included in the word "media"? Media includes social media platforms, tv shows, movies, music, commercials, advertisements, books, magazines, Google, Safari, and more. More than likely, you are someone who interacts with media frequently. A recent study done by the American Academy of Child & Adolescent Psychiatry shows that 90% of people 13- to 17-year-olds use social media.[1] And teens in our country spend an average of 9 hours every day interacting with media.[1]

If you fall into the 90% of teens with social media, do you sometimes see sexual content on any social media platforms? If you are honest, you will answer "yes." Anyone who is on social media is going to come across sexual content – whether you are looking for it or not. The reality is sexual content is everywhere on social media.

Most music, tv shows, and movies also contain sexual content. Does the music you listen to have sexual content in it? A lot of music does contain it. In fact, 40% of all lyric lines across all genres contain sexual content.[2] Do the tv shows and movies you watch have sexual content? Again, most of the media you watch does. In fact, 82% of prime time shows and movies contain sexual content.[3]

So then, let's go back to the statement: Media influences a person's decision to be sexually active. Because of how much sexual content is seen through media, media does influence a person's decision to be sexually active. It's a FACT. Most of the sexual content that you see or hear promotes becoming sexually active. You see very little content that discourages a person from becoming sexually active. And until you have been educated about the sexual health choices, you will not be able to make a healthy, informed choice that is best for you.

That is what this program, Choices Matter, seeks to do. It is our goal that you become educated about the risks of being sexually active before you decide for yourself what you are going to do with your sexual health. We want to show you facts about sex and sexual health. It is good to keep in mind that the main purpose for the sexual content you encounter through media is to entertain you – not to educate you. Media that includes sexual content often does not depict medical, physical, emotional, or social information accurately to help you in making healthy sexual decisions.

Teens have higher rates of STIs than adults do.

“STI” stands for Sexually Transmitted Infections. While participating in any sexual activity, it is possible to receive an infection from the other person. These infections are more common than you might think. And anyone who is sexually active is at risk for them. So, out of all the people in the United States who test positive for a STI, would you think teens have more cases or adults?

What’s the answer? It’s teens. Teens have higher rates of STIs than adults do. According to a recent study, teens made up 50.5% of the STI cases.[4] In part 2, you will learn more about STIs. Your mind is probably full of questions regarding STIs. Those questions will be answered in the Part Two section. Let’s look at our next myth or fact statement.

There are more sexually active teens than non-sexually active teens.

Here is the next statement to think about. What do you think? The answer may surprise you. This statement is a MYTH. It seems hard to believe since media is saturated with so much sexual content, and because socially it appears that most teens are talking about sex or sexual things. But there are more teens that are choosing not to be sexually active than there are teens who are choosing to be sexually active.

A current surveillance report done by the CDC confirms this. According to the most recent “Youth Risk Surveillance Report”, 79% of teens are choosing not to be sexually active while 21% are choosing to be sexually active.[5] Among those teens who are currently sexually active, most of them regret their decision to start having sex before being in a long-term, committed relationship. 67% of teen girls who are sexually active say they have regrets.[6] 53% of teen guys who are sexually active say they have regrets. [6]

You have a choice

And thinking about this choice *before* you make it is so important.



Abstinent

Abstinence means choosing to wait to become sexually active until you are in a long-term, committed relationship. Ideally, this would mean waiting until you are married.

Sexually Active

Sexually active means choosing to become sexually active by participating in any form of sexual intercourse with another person whether it is traditional, oral or anal as well as other types of sexual skin-to-skin contact.

Your Sexual Health Choices

As you encounter sexual content through media, it may seem like becoming sexually active is the trendy thing to do. However, remember that you have a choice. Before you make a choice regarding your sexual health – whether to be abstinent or sexually active – it is important to get educated about both choices. Every choice you make in your life matters. And the personal choice of abstinence or to be sexually active is an important choice to make.

Let's define what being sexually active means. Sexually active means choosing to become sexually active by participating in any form of sexual intercourse with another person whether it is traditional, oral or anal as well as other types of sexual skin-to-skin contact. Sexual skin-to-skin contact means touching another person's genitals or their genital area. As you will see in just a minute, this choice of being sexually active has benefits and risks.

Let's also define what abstinence means. Abstinence means choosing to wait to become sexually active until you are in a long-term, committed relationship. Ideally, this would mean waiting until you are married. A person who makes this choice does not do any of the sexual activities listed above in the previous paragraph until they are in a long-term, committed relationship. As you will see in just a minute, this choice of being abstinent has benefits and risks.

Where do you see yourself in the future? Are there any specific goals you have for yourself? Maybe you want to go to college. Maybe you want to learn a trade. Maybe you want to start your own business. Maybe you want to go into the military. Or maybe you want to start full-time work immediately after high school. There are many opportunities that you can pursue in the near future regarding your career. You may also have relationship goals – like wanting to be in a healthy, committed, and happy marriage one day.

The sexual health choices that you make now as a middle school or high school student will directly impact your future dreams and goals. In other words, there are some aftereffects that you will be at risk for. If you are a goal-oriented person who wants to see your dreams come true, you are going to want to think deeply about your sexual health choices. You are in control of your choices from this moment going forward. You get to choose what you believe is best and healthiest for you.

Let's learn about the benefits and the risks of being sexually active and being abstinent. As you look through this list, think about each one and how each of these things would affect you – whether in a positive way or a negative way.



THE CHOICE OF BEING ABSTINENT
AND BEING SEXUALLY ACTIVE
COMES WITH BENEFITS AND RISKS.



Abstinence

Benefits

- No STIs
- No teen pregnancy
- Free to focus on goals & hobbies
- Save sex for your person
- Education
- Healthy relationships
- Less lifetime partners
- Career opportunities
- Financial freedom
- Doesn't cost you any money
- A choice anyone can make regardless of decisions made in the past

Risks

- Losing friends
- Possible breakup
- Getting made fun of
- Not experienced sexually

Sexually Active

Benefits

- Temporary pleasure or satisfaction

Risks

- STIs (STDs)
- Unwanted pregnancy
- Dropping out (education)
- Child support
- Increased risk of depression
- Increased risk of suicide
- Trust issues (parents or guardians)
- Reputation
- Bad Breakups
- Complicated relationship
- Difficult choices
- Lifestyle changes

Think through all of these before you make a choice.



Teen Pregnancy

An unwanted and unplanned teen pregnancy is probably the first thing that comes to your mind when you think of risks for becoming sexually active. You are right to think that way. About 82% of teen pregnancies are unplanned.[7] Anyone who makes the choice to be sexually active needs to seriously think about how an unplanned pregnancy could affect their future.

One way that unplanned pregnancies often affect a teen's future is regarding their education. Research shows that 50% of teen girls who get pregnant do not finish high school.[8] And only 2% of teen girls who get pregnant graduate from college before they turn 30 years old.[8] Having a baby for most girls before they are mentally, emotionally, physically, and financially ready is an extremely difficult thing to do.

Most teen girls who get pregnant will struggle financially. The average cost of a baby for the first year of his or her life is \$6,000 to \$13,000.[9] And that is why research shows us that 66% of teen girls experience poverty,[10] and 63% of teen girls apply for the government's financial help programs.[8] Getting pregnant and having a baby is a big responsibility financially. This reality is something you should think through before making the decision to become sexually active.

Most teen girls who get pregnant do not end up staying with or marrying the guy who got them pregnant. In fact, only 8% of teen girls get married to the guy who got them pregnant.[11] Teen pregnancies are more common than you might think. Research shows us that 3 out of every 10 girls in the United States get pregnant before turning 20 years old.[12]

Before making the decision to be abstinent or sexually active, here are some questions regarding teen pregnancy that you should consider before deciding:

- How would raising a baby impact my current life and the kind of life that I want to have in the future?
- Am I ready to make big changes in my life to meet a baby's needs?
- Do I have the support in my life to help me raise a baby?
- Am I capable of raising a baby, going to school, and working a part-time job all at the same time right now in my life?
- Can I afford to support a baby right now?

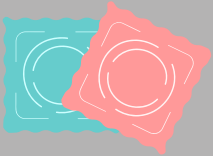
The next section is going to discuss contraception, ways how teen's try to prevent pregnancies.

Let's Talk About Contraceptives

13%

Condoms

Latex condoms are intended to prevent pregnancy, HIV/AIDS, and other sexually transmitted infections. Latex condoms reduce the risk of transmitting STIs by providing a barrier against the source of the infection. However, they do not completely eliminate the risks of pregnancy and STIs.



7%

Birth Control Pill

Birth control pills are a kind of medicine with progestin. Birth control pills come in a pack, and you take 1 pill every day. Does the pill protect you against an STI? No. The pill is only effective in attempting to prevent a pregnancy.



4%

Birth Control Shot

The birth control shot (sometimes called Depo-Provera, the Depo shot, or DMPA) contains progestin. Does the shot protect you against an STI? No. The shot is only effective in attempting to prevent a pregnancy.



1%

Implant

The birth control implant (AKA Nexplanon) is a tiny, thin rod about the size of a matchstick. The implant releases progestin into your body. A nurse or doctor inserts the implant into your arm. Does the implant protect you against an STI? No. It is only effective in attempting to prevent a pregnancy.



11%

Plan B

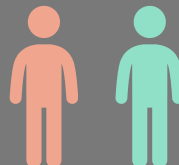
Plan B can be taken immediately after sexual intercourse. This pill has to be taken within 3 days to have a chance to be effective. Read the instructions that come in the package for more information and for possible side effects. Plan B does not protect you against an STI.



22%

Pulling Out/Withdrawal

Pulling out is a way to try to prevent pregnancy by keeping sperm out of the vagina. Does pulling out protect you from getting an STI? No. You always contract an STI through skin-to-skin contact or through a bodily fluid.



Failure Rates

These are the most commonly used forms of birth control among young people. You will notice that each method has a failure rate. None of these methods can guarantee you that you will not experience a pregnancy.



Contraceptives: How often do these methods fail?

If you want to avoid an unplanned teen pregnancy and/or a sexually transmitted infection, you just need to use a contraceptive, right? No, it is not that simple. While contraceptives are sometimes effective in reducing the risks of pregnancy or infections, there is no method that guarantees that you will be free from these risks. Anyone who makes the choice to be sexually active outside of a long-term, committed relationship will always be at risk for an unplanned pregnancy or a sexually transmitted infection. Abstinence is the only choice that guarantees that you will not experience either of these outcomes.

It is important to know that condoms, birth control pills, birth control shots, birth control implants, plan B, and even the pulling out/withdrawal method have studied and proven failure rates. Before you consider becoming sexually active, it is important that you are educated about how these contraceptive methods can fail you before choosing to try them. Let's look at these 6 common contraceptive methods in more detail.

Condoms

Condoms fail 13% of the time.[13] This is a quoted disclaimer from "Trojan" condoms. "Latex condoms are intended to prevent pregnancy, HIV/AIDS, and other sexually transmitted infections. Latex condoms reduce the risk of transmitting STIs by providing a barrier against the source of the infection. However, they do not completely eliminate the risks of pregnancy and STIs..."[14] Often times, people will think that if the male is wearing a condom, a pregnancy just won't take place. However, they can fail – and they do so 13% of the time.[13] If you do not want to be at risk for an unplanned pregnancy, abstinence would be the best choice for you.

Most condoms are made of latex. Maybe you have worn a pair of latex gloves before. If you have worn a pair, you know that from time-to-time they have a small hole or tear in them. That hole or tear allows the sperm of a male to get outside the condom and into the vagina (sperm is what fertilizes a female's egg). Another way a condom can fail is if the latex rips or tears while sex is happening due to friction.[15] Also, condoms have expiration dates on them.[15] If you use a condom that has passed its expiration date, the condom will have lost a good amount of the lubricant that attempts to keep it from ripping and tearing.[15] These are the main reasons that condoms can fail.

Birth Control Pill

Birth control pills fail 7% of the time.[13] These pills contain the hormone progestin. [13] These pills are meant to help stop a female from ovulating.[16] Birth control pills come in a pack, and one pill needs to be taken daily.[16] Before deciding to get on birth control, it is best to discuss that choice with your parents/guardians and your doctor. Also, keep in mind that this pill does not protect you against sexually transmitted infections.[17] This pill is only effective in attempting to prevent a pregnancy.

Birth control pills can have side effects that may include the following: dizziness, upset stomach, changes in period, changes in mood, weight gain, high blood pressure, blood clots, heart attack, stroke, or vision problems.[17] If you do not want to be at risk for an unplanned pregnancy or at risk for any of these potential side effects, then abstinence would be the best choice for you.

Birth Control Shot (Depo-Provera)

The birth control shot fails 4% of the time.[13] Sometimes called Depo-Provera, the Depo shot, or DMPA, contains progestin just like the birth control pill.[18] This shot must be given by a medical provider every 3 months.[18] Keep in mind that this pill does not protect you against sexually transmitted infections.[18] This shot is only effective in attempting to prevent a pregnancy.

The birth control shot can have side effects that may include the following: irregular bleeding, weight gain, depression, nausea, sore breast, migraines, or bone loss.[19] If you do not want to be at risk for an unplanned pregnancy or at risk for any of these potential side effects, then abstinence would be the best choice for you.

Birth Control Implant (Nexplanon)

The implant fails 1% of the time.[20] This method of birth control is the most effective form of contraception for attempting to prevent a pregnancy. The birth control implant (AKA Nexplanon) is a tiny, thin rod about the size of a matchstick.[18] The implant releases progestin into the body for up to 3 years.[20] A nurse or doctor inserts the implant into your arm.[20] Keep in mind that this implant does not protect you against sexually transmitted infections.[20] It is only effective in attempting to prevent pregnancy.

The birth control implant can have side effects that may include the following: irregular bleeding, longer periods, headaches, weight gain, nausea, sore breast, ovarian cysts, pain or infection at implant site.[20] If you do not want to be at risk for an unplanned pregnancy or at risk for any of these potential side effects, then abstinence would be the best choice for you.

Plan B

Plan B fails 11% of the time.[21] Plan B can be taken immediately after sexual intercourse. It must be taken within 3 days to have a chance to be effective.[21] It attempts to cause the living cell (created by the sperm and the egg) to detach itself from the wall of the uterus. If it is successful, the pregnancy will be terminated. It is important to read the instructions that come in the package for more information and for possible side effects. Plan B does not protect you against an STI.[21]

The Plan B pill can have side effects that may include the following: changes in period, nausea, lower abdominal cramps, tiredness, headache, dizziness, breast tenderness, or vomiting.[21] If you do not want to be at risk for an unplanned pregnancy or at risk for any of these potential side effects, then abstinence would be the best choice for you.

Pulling Out/Withdrawal Method

Pulling out (also the withdrawal method) fails 22% of the time.[21] This refers to when a male and female are having sex, the male will remove his genital from inside the female's vagina before he ejaculates.[21] The reason why this fails sometimes is because before a male ejaculates, he releases pre-seminal fluid (a couple of drops of sperm).[22] The highest concentration of sperm is in those first few drops.[22] All it takes to get pregnant is for 1 sperm to make contact with an egg. Millions of sperm are released when males ejaculate.[22] So then, if you do not want to be at risk for an unplanned pregnancy, then abstinence would be the best choice for you.

No Such Thing As "Safe Sex"

You may have heard someone tell you before, "If you are going to be sexually active, just have safe sex." Outside a long-term, committed relationship there is no such thing as safe sex. No matter what form of contraception you may choose to use, you will always be at risk for an unplanned pregnancy, a sexually transmitted infection, or any of the other risks that were mentioned above in the "Benefits and Risks" chart. If you are considering being sexually active, please take time to think about the benefits and risks before you decide. Whatever you choose, be sure you are confident that the choice you are making is the best and healthiest choice for you.

PART Two

Learning Objectives:

- Explain the potential risk of STIs and describe their mode of the transmission, symptoms, testing and treatment of the most common STIs in the USA (7.ICHR.3.1; 9.ICHR.2.2).
- Explain the importance of STI testing and show the different locations and resources for testing in the local community (9.ICHR.3.3; 9.ICHR.3.4).
- Recognize abstinence is the only certain means of avoiding pregnancy, sexually transmitted infections and other associated health and emotional problems (7.ICHR.3.6).



Let's Talk About Sexually Transmitted Infections

In addition to an unplanned pregnancy, sexually transmitted infections are also a serious risk for someone who chooses to be sexually active. According to the CDC's STD Surveillance, a large number of sexually active teens in our country tested positive for an STI. That study showed that out of everyone who tested positive for an STI (adults and teens), teens made up 50.5% of all the cases.[4] In other words, there were more teens with STIs than there were adults.

Sexually Transmitted Infections are a big issue in our country. Every year there are about 26 million people who contract an STI.[23] That means that about 54,800 people get an STI daily in our country. The U.S. spends about \$16 billion every year on STI testing and STI treatment.[23] A good portion of that amount goes to treating teens with STIs.

While there are over 35 sexually transmitted infections that exist,[24] there are a handful that are more common among teens. We will look at 8 of them. It is important to know that not everyone who has a sexually transmitted infection shows symptoms. In fact, many people are "asymptomatic" which means they do not show any signs or symptoms of the infections in their body. Remember that if you are someone who chooses to be sexually active, you will be at risk for these infections. If you do not want to be at risk for these infections, you will want to consider choosing abstinence to guarantee that you stay free from the risks.

Some Are Curable – Some Are Not

Some sexually transmitted infections can be cured while others cannot be cured. We will distinguish which ones belong to each category as we look closely at the following infections. There are 3 categories of STIs, and those categories are: Bacterial, Viral and Parasitic. Bacterial infections can be cured, and symptoms can be treated. Viral infections cannot be cured, but the symptoms can be treated. And Parasitic infections can be cured, and the symptoms can be treated. No matter which STI a person may contract, all of them fall into 1 of these 3 categories.

How specifically does someone contract an STI? They can be given from one person to the next through blood, saliva, vaginal fluid, seminal fluid (sperm), or through skin-to-skin contact.[25] All these body fluids happen naturally during sexual activity, and if an STI is in one of these fluids and that fluid gets on the other person's body, the STI will likely be transmitted. Also, some STIs result in bumps, sores, chancres, or skin rashes. If you touch someone's body in an infected area, the STI can also be transmitted that way as well. Let's look at some of the more common STIs in more detail.

Chlamydia



Chlamydia is bacterial which means the infection can be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

Most infected people will not show any symptoms. In fact **80% of females** with Chlamydia won't show symptoms. And **50% of males** with Chlamydia won't show symptoms.

My body

If you contract Chlamydia, the infection can be in **multiple places in your body** including: your vagina, penis, throat, anus or eyes.

How can I get it?

You can contract Chlamydia through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: **discharge** from the vagina or penis, abnormal **bleeding** (females), and abdominal **pain**.

Learn more about STIs at: www.cdc.gov/sti/

Gonorrhea



Gonorrhea is bacterial which means the infection can be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

About **1,568,000 infections** occur each year in the United States. And most of those people do not show any symptoms.

My body

If you contract Gonorrhea, the infection can be in **multiple places in your body** including: your vagina, penis, throat, anus or eyes.

How can I get it?

You can contract Gonorrhea through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: **discharge** from the vagina or penis, abnormal **bleeding** (females), and **burning** during urination.

Learn more about STIs at: www.cdc.gov/sti/

Syphilis



Syphilis is bacterial which means the infection can be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

Without treatment, this STI **progresses into stages**. If a person reaches stage 3 Syphilis, it can cause **major damage** to the brain, the heart and the eyes.

My body

If you contract Syphilis, the infection can be in **multiple places in your body** including: your vagina, penis, throat, hands, or anus.

How can I get it?

You can contract Syphilis through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: painless **chancres** (non-painful sores) form on the body, temporary **rash, flu-like** symptoms.

Genital Herpes



Genital Herpes is viral which means the infection can not be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

There are about **572,000** new cases of Genital Herpes each year in the United States.

My body

If you contract Genital Herpes, the infection can be in **multiple places in your body** including: your vagina, penis, throat, hands, or anus.

How can I get it?

You can contract Genital Herpes through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: painful **sores, discharge, fatigue** with body **aches**, or **swollen** lymph glands .

Learn more about STIs at: www.cdc.gov/sti/

Human Papilloma Virus



HPV is viral which means the infection can not be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

HPV accounts for **half of the STIs** among 15 - 24 year olds. **40 million** Americans are currently infected with this STI.

How can I get it?

You can contract HPV through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

My body

If you contract HPV, the infection can be in **multiple places in your body** including: your vagina, penis, throat, or anus.

Symptoms

Symptoms can include: genital **warts** and **cancer** of the infected area.

HIV/AIDS



HIV is viral which means the infection can not be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

Often times when a person contracts HIV, it takes **several years** before any symptoms start to become noticeable. HIV can develop in AIDS over time.

My body

If you contract HIV, the infection can be in **multiple places in your body** including: your vagina, penis, throat, or anus.

How can I get it?

You can contract HIV through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: **fatigue, fever, and body aches.**

Pubic Lice (Crabs)



Pubic Lice is parasitic which means the infection can be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

Pubic Lice is **parasitic** - which means it is **caused by a parasite**. These lice can also be spread by sharing towels, bed sheets, and clothes with someone who is infected.

My body

If you contract Pubic Lice, the parasites will be on your **genital area**.

How can I get it?

You can contract Pubic Lice through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: a mild **itching** that develops into a **rash** a few days later.

Trichomoniasis



Trichomoniasis is parasitic which means the infection can be cured.

Here are some important things you need to know about this particular STI.

Interesting Fact

Although this is a parasite, most people who have it **do not show symptoms**. **90%** of men do not show symptoms and **50%** of women do not show symptoms.

My body

If you contract Trichomoniasis, the parasites will be on or inside your **genital area**.

How can I get it?

You can contract Trichomoniasis through **any type of sexual activity** (traditional, oral or anal intercourse) including sexual skin-to-skin contact.

Symptoms

Symptoms can include: **itching**, skin-**irritation**, bad **odor**, **painful** intercourse, **burning** during urination or ejaculation.

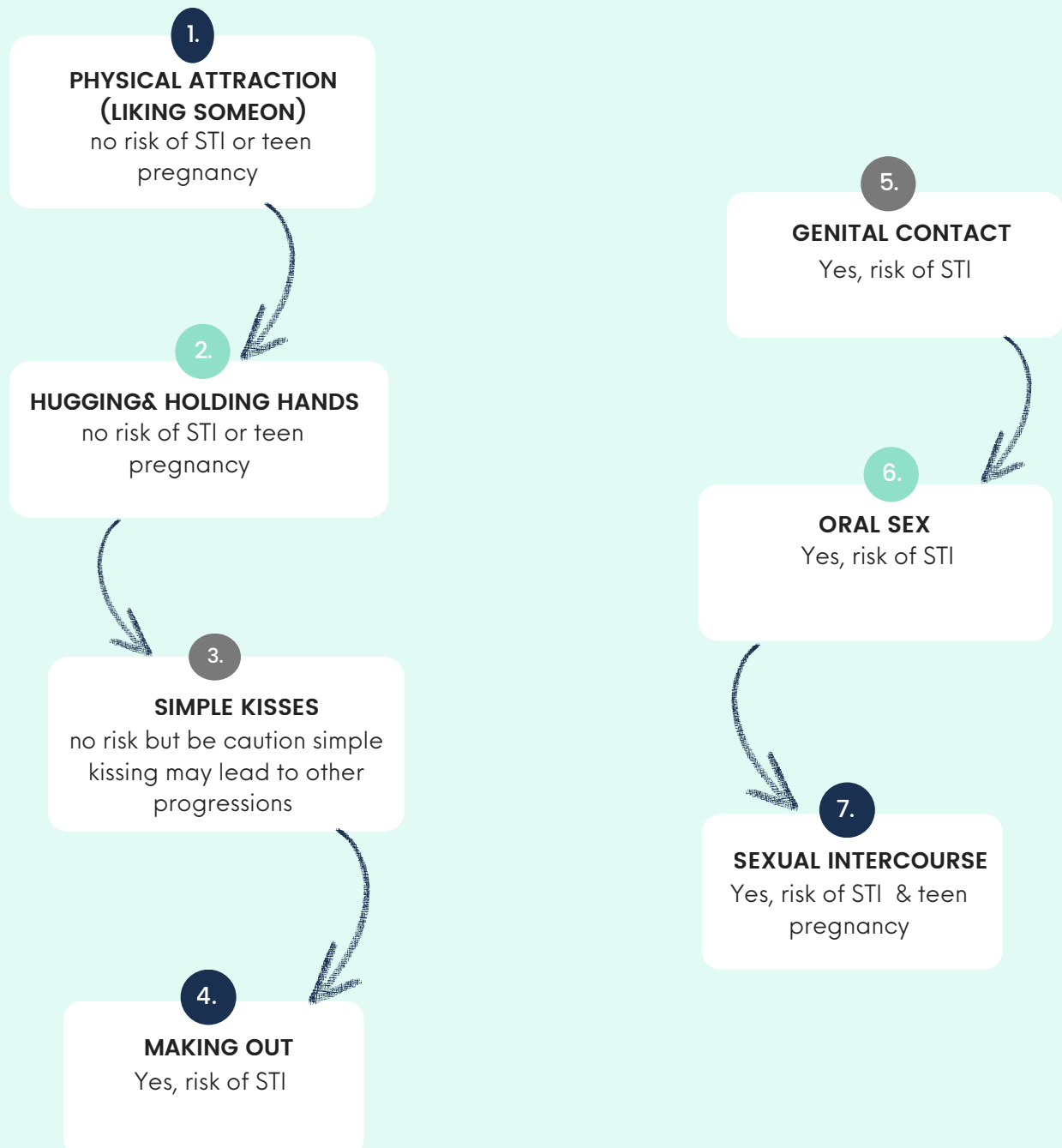
SEXUAL PROGRESSION STAGES IN A RELATIONSHIP

At what point does personal contact with a partner become risky for sexually transmitted disease and/or teen pregnancy?



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SEXUAL PROGRESSION STAGES IN A RELATIONSHIP

At what point does personal contact with a partner become risky for sexually transmitted disease and/or teen pregnancy?

1. **PHYSICAL ATTRACTION
(LIKING SOMEON)** no risk of STI or teen pregnancy

2. **HUGGING& HOLDING
HANDS** no risk of STI or teen pregnancy

3. **SIMPLE KISSING** no risk but be caution simple kissing may lead to other progressions

4. **MAKING OUT** Yes, risk of STI

5. **GENITAL CONTACT** Yes, risk of STI

6. **ORAL SEX** Yes, risk of STI

7. **SEXUAL INTERCOURSE** Yes, risk of STI & teen pregnancy

STI TESTING

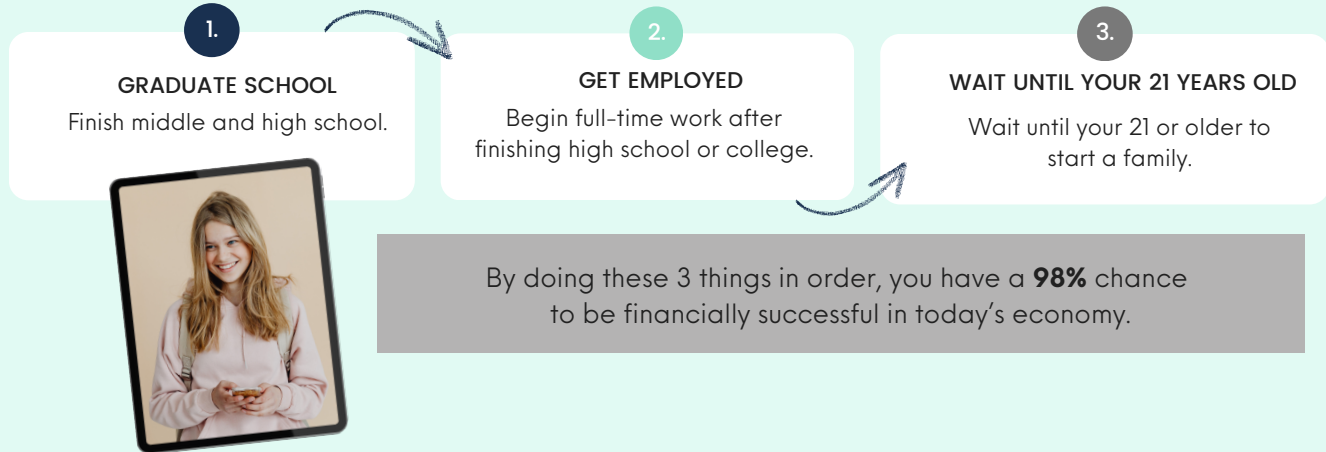
Testing is easy and free. All that is required to get tested is a urine sample, a blood sample, and (for females) a vaginal swab. From these simple tests, any STI can be diagnosed.

GET TESTED IF...

- ☒ If you are sexually active
- ☒ You have had more than one sexual partner
- ☒ If you are experiencing any symptoms like: unusual discharge from the penis or vagina, burning during urination, abnormal bleeding, rectal itching, skin rashes, bumps, painful sores, warts, or swollen lymph glands



3 SIMPLE STEPS TO THE SUCCESS SEQUENCE



What is the best and healthiest choice for you?

Before making a choice regarding your sexual health whether to be abstinent or sexually active, it is important that you think through the benefits and the risks of both of your options. From this moment going forward, **YOU** are in control of your sexual health choices – not your friends, not someone who you may be interested in a relationship with, not media, not culture – **YOU** get to choose what is best for you.

The choices that you make today regarding your sexual health matter for your future goals and dreams you have for yourself. Above is the success sequence that shows if you graduate from high school, begin full-time work after high school or college, and then wait until your 21 years old or older before you start trying to have children, you have a 98% chance to be financially successful in today's economy.[26] Experiencing an unplanned pregnancy, or a Sexual Transmitted Infection, or any of the other risks that we have talked about can cause your financial stability to be affected as well as your personal goals to either be delayed, be much harder to accomplish, or not to happen at all.

Boundaries are beneficial when it comes to sexual health decisions. Expressed boundaries in a relationship show how a person wants to be treated, what is acceptable and what is not acceptable. They shouldn't be viewed as a means to keep people out but viewed as a way to allow people in without compromising what is important to you. If you choose abstinence think about what boundaries you would need to put in place in order to stick to your choice. Boundaries are a way to remain secure and confident in a relationship. They help set expectations and should be respected by both parties.

It is the goal of Choices Matter to give you the educational tools you need to make sexual health decisions that are informed and based on information that is factual. It is our hope that you will take this information seriously, that you will do some self-reflecting as you think through your options, and that you will pursue the personal choice that you believe is the best and healthiest choice for you to make.

SCHEDULE AN APPOINTMENT WITH US

We are available for STI testing as well as many other places such as your primary care doctor or local health department clinic.



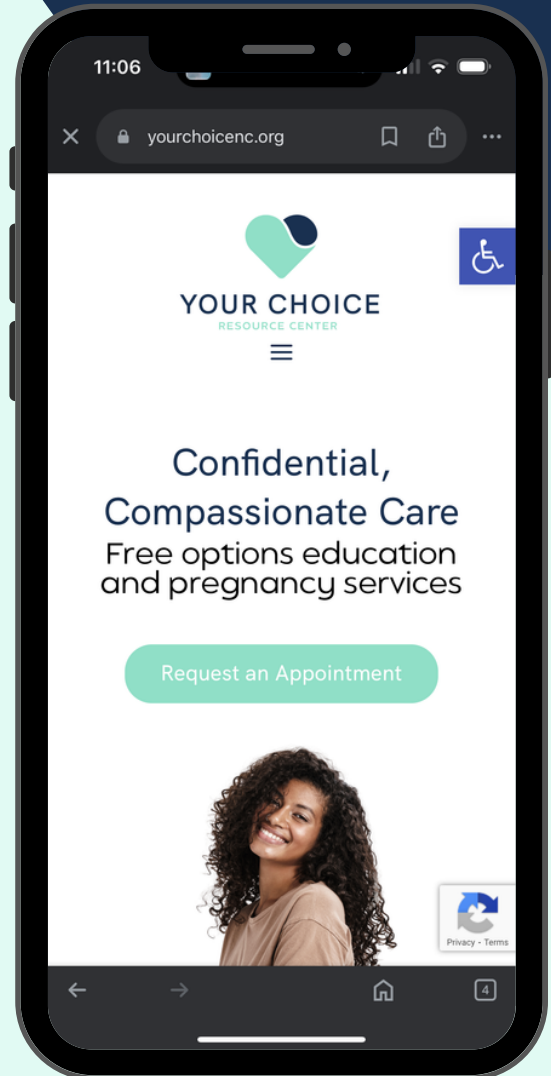
Call Us:
252-446-2273



Visit Our Website
yourchoicenc.org

Other FREE Services We Offer:

- Pregnancy Testing
- Options Education
- Limited Ultrasounds
- HOPE Classes
- Material Assistance
- Doula Services
- Abortion Recovery Care
- Abortion Pill Reversal
- Miscarriage & Infant Loss Support



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