



Keeping Myself and Others Safe

10th Grade Sexual Health Education Lesson

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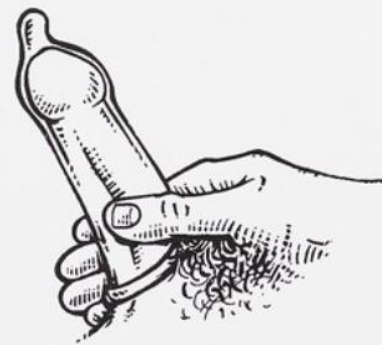
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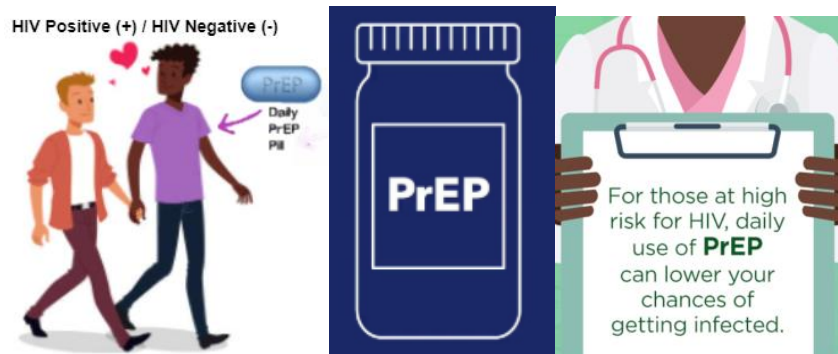
Info Sheets for Keeping Myself and Others Safe Lesson 6 for tenth grade sexual health education.

External Condoms (+lube)



Can Protect Against:	<ul style="list-style-type: none"> ✓ STIs, including HIV ✓ Pregnancy (98% effective at preventing pregnancy when used correctly every time)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in anus ● Mouth on penis ● Penis in vagina
How it Works:	<p>External Condoms are worn over the erect penis. They <u>prevent STIs</u> by reducing skin-to-skin contact between one partner's penis and the other partner's anus, mouth or vagina. They also prevent STIs, including HIV by preventing semen from entering the receptive partner's body.</p> <p>Condoms <u>prevent Pregnancy</u> by preventing sperm from entering the vagina during penis in vagina sex.</p> <p>Using water-based lube with a condom <u>helps prevent the condom from tearing/breaking</u> during sexual activity, making sexual contact more pleasurable and also reducing the risk that the condom could break or tear due to friction.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● Pharmacies, Corner Stores ● School/Community Based Health Centers

PrEP (*Pre-Exposure Prophylaxis*)



<p>Can Protect Against:</p>	<p>✓ HIV= Human Immunodeficiency Virus (<i>99% effective at preventing HIV infection when taken correctly every day</i>)</p> <p>** <i>Does NOT protect against any other type of STI</i></p>
<p>Types of Sexual Contact it Can Be Used For:</p>	<ul style="list-style-type: none"> ● Penis in anus ● Penis in mouth ● Penis in vagina
<p>How it Works:</p>	<p>PrEP is a medication in the form of a pill that can be prescribed by a healthcare provider, and is taken once a day to <u>prevent HIV infection</u>. It does not protect against any other type of STI.</p> <p>This medication isn't appropriate for everyone, but it <i>is</i> appropriate for any person who may be at high risk for getting HIV, such as anyone who knows their partner is HIV positive, anyone who is having unprotected anal or vaginal sex with multiple partners or with a partner whose HIV status is unknown. Remember: PrEP can't <i>cure</i> HIV if a person already has it, but PrEP can <i>prevent</i> a person from getting HIV if they are at risk.</p> <p>A condom should still be used even when a person is taking PrEP, to protect against other STIs, and/or to prevent pregnancy.</p>
<p>Where You can Get It:</p>	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● Prescription required from healthcare provider

LateX or Nitrile Gloves (+lube)



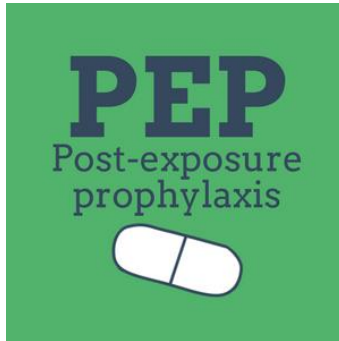
Can Protect Against:	✓ Some STIs (herpes, HPV, chlamydia, gonorrhea & syphilis)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Sex with Fingers/Hands (all types)
How it Works:	<p>Latex or nitrile gloves can be used to <u>prevent the spread of some STIs</u> such as herpes, HPV, chlamydia, gonorrhea and syphilis by preventing transmission of fluids into unnoticed cuts on your hands. Gloves can protect a partner’s sensitive body parts from scratching.</p> <p>Using lube with a glove <u>helps prevent friction</u> during sexual activity, making sexual contact more pleasurable and reducing the risk of micro cuts or tears on a partner’s sensitive body parts.</p> <p>When having sex using fingers or hands, always remove gloves, and/or wash your hands after touching a partner’s vagina, penis or anus and before touching your own sexual body parts to prevent the exchange of bodily fluids.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● Pharmacies ● Grocery Stores ● School/Community Based Health Centers

HPV Vaccine



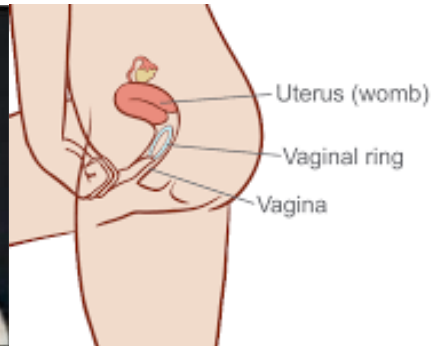
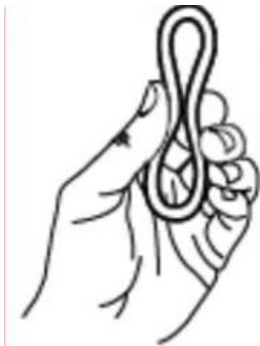
<p>Can Protect Against:</p>	<p>✓ HPV- Human Papillomavirus (<i>Over 99% effective at preventing certain types of HPV infections</i>)</p> <p><i>**Does not protect against any other type of STI</i></p>
<p>Types of Sexual Contact it Can Be Used For:</p>	<ul style="list-style-type: none"> ● Anal Sex ● Penis in vagina Sex ● Sex with fingers/hands (all types) ● Oral Sex (all types)
<p>How it Works:</p>	<p>The HPV Vaccine protects against only one specific STI, the Human Papilloma Virus which can lead to genital warts or certain types of cancer.</p> <p>The HPV vaccine is given by a healthcare provider in a series of 3 separate shots over the course of several months. Remember: the HPV vaccine can't <i>cure</i> HPV if a person already has it, but the vaccine can <i>prevent</i> a person from getting certain types of HPV.</p> <p>Many children as young as age 9 have already received the HPV vaccine, so ask your healthcare provider if you aren't sure whether you've had it already.</p>
<p>Where You can Get It:</p>	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● Other healthcare providers

PEP *(Post-Exposure Prophylaxis)*



Can Protect Against:	<p>✓ HIV- Human Immunodeficiency Virus</p> <p><i>**For Emergency Use Only. Does not protect against any other types of STIs.</i></p>
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> • Taken AFTER <u>penis in anus</u>, or <u>penis in vagina</u> contact that may have resulted in an HIV exposure
How it Works:	<p>PEP (post-exposure prophylaxis) is a medication taken <u>after being potentially exposed to HIV to prevent becoming infected.</u></p> <p>PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV. If you think you've recently been exposed to HIV during sex or through sharing needles or if you've been sexually assaulted, talk to your health care provider or an emergency room doctor about PEP right away.</p>
Where You can Get It:	<ul style="list-style-type: none"> • School/Community Based Health Centers • Other healthcare providers • Emergency Rooms

The Ring



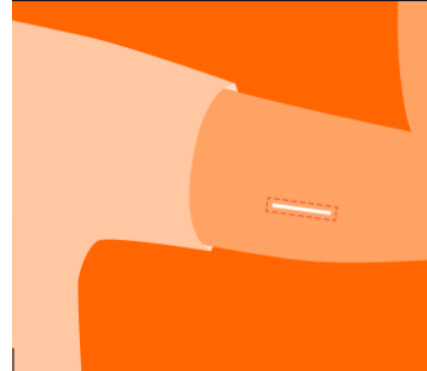
Can Protect Against:	✓ Pregnancy (<i>99% effective at preventing pregnancy when always used correctly</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in vagina
How it Works:	<p>The Ring <u>prevents pregnancy</u> by releasing a low dose of a hormone that is absorbed into the body through the vaginal wall. The hormone prevents ovaries from releasing an egg.</p> <p>The ring is placed in the vagina and stays in for 3 weeks. On the 4th week, the ring is taken out and the person gets their period. Then a new ring is inserted. This process is repeated every month.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● Prescription required from a healthcare provider

The Patch



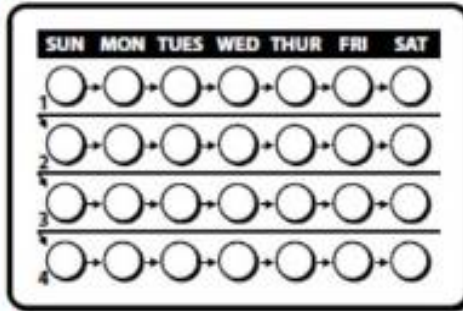
Can Protect Against:	✓ Pregnancy (<i>99% effective at preventing pregnancy when always used correctly</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in vagina
How it Works:	<p>The Patch <u>prevents pregnancy</u> by releasing a low dose of a hormone that is absorbed into the body through the skin. The hormone prevents ovaries from releasing an egg.</p> <p>The patch is placed on the skin like a band-aid. Each patch is worn for 1 week and then replaced with a new one. In the 4th week, the person does not wear a patch, and gets their period. Then the process begins again.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● Prescription required from a healthcare provider

Implant



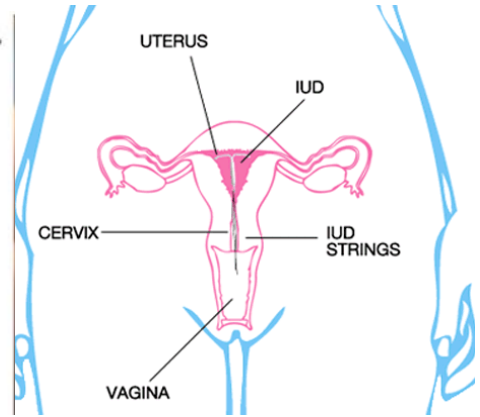
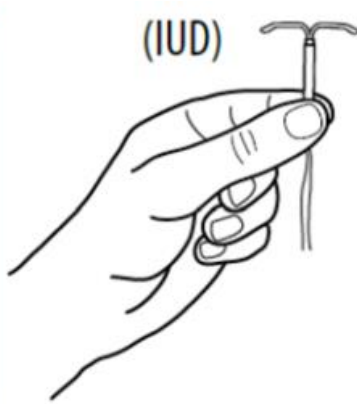
Can Protect Against:	✓ Pregnancy (<i>Over 99% Effective at preventing pregnancy</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none">● Penis in vagina
How it Works:	<p>The Implant <u>prevents pregnancy</u> by releasing a low dose of a hormone into the body. The hormone prevents ovaries from releasing an egg.</p> <p>The implant is a small rod about the size of a matchstick. A healthcare provider inserts the implant into the arm just under the skin. Once it's in, it remains there for 3-5 years preventing pregnancy.</p>
Where You can Get It:	<ul style="list-style-type: none">● School/Community Based Health Centers● Prescription required from a healthcare provider

The Pill



Can Protect Against:	✓ Pregnancy (<i>99% Effective at preventing pregnancy when used correctly every day</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in vagina
How it Works:	<p>The pill <u>prevents pregnancy</u> by providing a low dose of hormone each day. The hormone prevents ovaries from releasing an egg.</p> <p>The pill comes in a case with 1 pill for each day of the month. To effectively prevent pregnancy, the pill must be taken at the same time every day, all month long. If you miss a pill, consult your doctor.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● One brand, Opill, is available at stores, such as Target and Walgreens without a prescription, and also online at www.opill.com

The IUD *(Intrauterine Device)*



Can Protect Against:	✓ Pregnancy <i>(Over 99% effective at preventing pregnancy)</i>
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in vagina
How it Works:	IUDs <u>prevent pregnancy</u> by preventing fertilization or implantation. The IUD is inserted into the uterus by a healthcare provider where it can remain for 5-10 years, preventing pregnancy by changing the environment inside of the uterus in a number of ways.
Where You can Get It:	<ul style="list-style-type: none"> ● School/Community Based Health Centers ● Prescription required from a healthcare provider

Waiting (Abstinence)



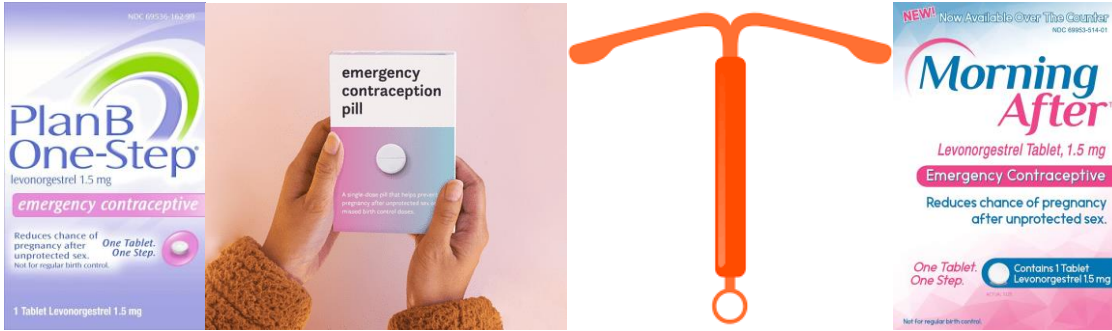
Can Protect Against:	<ul style="list-style-type: none"> ✓ STIs including HIV (100% effective when used correctly and consistently) ✓ Pregnancy (100% effective when used correctly and consistently)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> • Waiting involves making a decision NOT to have <u>any type of sex</u> that could result in an unwanted outcome such as an STI or pregnancy.
How it Works:	<p>For <u>STI prevention</u>, partners agree not to have oral, anal or vaginal sex. For <u>pregnancy prevention</u>, partners agree not to have penis in vagina sex.</p> <p>By not engaging in behaviors that carry a risk for STIs or pregnancy, partners can avoid those unwanted outcomes.</p>
Where You can Get It:	<ul style="list-style-type: none"> • Anyone can decide at any time that they do not want to have sex. Even if a person has had sexual contact in the past, each person is free to decide whether they want to continue having sexual contact in the future.

Internal Condom



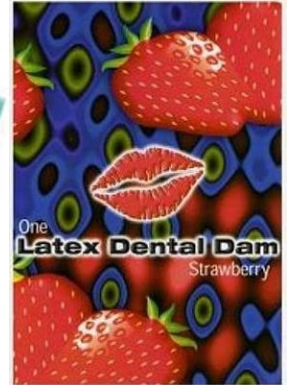
Can Protect Against:	<ul style="list-style-type: none"> ✓ STIs including HIV ✓ Pregnancy (<i>95% effective at preventing pregnancy when used correctly every time</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> ● Penis in vagina ● Penis in anus
How it Works:	<p>Internal Condoms can be inserted into the vagina or anus. They <u>prevent STIs</u> by reducing skin-to-skin contact between one partner's penis and the other partner's anus, mouth or vagina. They also prevent STIs, including HIV by preventing semen from entering the receptive partner's body.</p> <p>Internal Condoms <u>prevent Pregnancy</u> by preventing sperm from entering the vagina during penis in vagina sex.</p> <p>Using water-based lube with a condom <u>helps prevent the condom from tearing/breaking</u> during sexual activity, making sexual contact more pleasurable and also reducing the risk that the condom could break or tear due to friction.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● Some pharmacies ● School/Community Based Health Centers

EC (Emergency Contraception)



Can Protect Against:	✓ Pregnancy (<i>Up to 85%, however effectiveness varies depending on type of EC and how soon it is used after unprotected penis in vagina sex</i>)
Types of Sexual Contact it Can Be Used For:	<ul style="list-style-type: none"> • Taken AFTER unprotected penis in vagina sex to prevent pregnancy.
How it Works:	<p>There are several types of Emergency Contraception that can <u>prevent pregnancy</u> after unprotected penis in vagina sex. Plan B and Next Choice, are pills that can be purchased over the counter, Ella is another brand that can be prescribed by a healthcare provider. The Paragard IUD can also be used as emergency contraception, and must be inserted into the uterus by a healthcare provider.</p> <p>Emergency Contraception can be used within 72 hours after unprotected sex to prevent fertilization or implantation.</p>
Where You can Get It:	<ul style="list-style-type: none"> • Some brands are available at pharmacies, such as CVS and Walgreens without a prescription • School/Community Based Health Centers

Dental Dam (Oral Dam)



Can Protect Against:	✓ STIs including HIV
Types of Sexual Contact	<ul style="list-style-type: none"> ● Mouth on vulva ● Mouth on anus
How it Works:	<p>The Dental Dam is a thin sheet of latex that <u>prevents some STIs</u> by creating a barrier between one partner's mouth and the other partner's vulva or anus.</p> <p>If a dental dam is not available, an internal or external condom can also be cut lengthwise and used as a barrier for oral sex on a vulva or anus during oral sex.</p> <p>Using lube with a dental dam on the side touching a partner's vulva or anus can <u>help prevent friction</u> during sexual activity, making sexual contact more pleasurable.</p>
Where You can Get It:	<ul style="list-style-type: none"> ● Some Pharmacies ● School/Community Based Health Centers

The Shot *(Depo Provera)*



Can Protect Against:	✓ Pregnancy <i>(99% effective when injected correctly by a healthcare provider once every 3 months)</i>
Types of Sexual Contact	<ul style="list-style-type: none">• Penis in vagina
How it Works:	<p>The Shot is an injection given once every 3 months by a healthcare provider that <u>prevents pregnancy</u>. The shot provides a dose of a certain hormone into the body which prevents ovulation and fertilization of an egg.</p> <p>When using the shot to prevent pregnancy, it is important to keep your appointment every 3 months for your injection with your healthcare provider, otherwise, the hormone will wear off, and you will no longer be protected from pregnancy.</p>
Where You can Get It:	<ul style="list-style-type: none">• School/Community Based Health Centers