SEXUALLY TRANSMITTED INFECTIONS

THE TRUTH
WHAT’S THIS ALL ABOUT?

Lowdown on STIs...what are they?

Are STIs a big deal?

Protect yourself!
INTRODUCTION

STI Definition

“It is an infection passed from person to person through intimate sexual contact.”

womenshealth.gov
INTRODUCTION CONT’D

Sexual contact...like what?
- Vaginal
- Oral
- Anal
- Touching of Genitals

* You don’t even have to have sex to get sick...yikes!!!
I’M TOO YOUNG FOR THAT STUFF!

No one is immune to contracting an STI!

- Almost 8.5 million youth per year report new STI cases

- Nearly 40% sexually active youth did not use a form of protection during their last encounter

CDC
GENITAL HERPES

Type
- virus

Symptoms
- inflamed genitals, red sores, discharge, itching, fever, headache,
  - outbreaks

Treatment
- NO cure
- antiviral medications
TRICHOMONIASIS

Type
- parasite

Symptoms
- bubbly yellow/green discharge, itchy genitals and thighs, painful intercourse

Treatments
- antibiotics
CHLAMYDIA

Type
- bacteria

Symptoms
- painful urination, discharge, disturbed menstrual cycle, body pain, flu-like feelings.

Treatment
- early antibiotic treatment

*Most common STI in United States*
SYPHILIS

**Type**
- bacteria

**Symptoms (progressive)**
- painless blister, flu-like feelings, thinning hair, fatigue, low body weight, blindness, death

**Treatment**
- primary: antibiotics
- secondary: antibiotics with longer healing time
- late: none
GONORRHEA

Type
- bacteria

Symptoms
- painful urination,
  yellow/bloody discharge,
  disturbed menstrual
cycle

Treatments
- early antibiotic
treatment

*Many with gonorrhea also have another STI*
GENITAL WARTS/HPV

Type
- virus

Symptoms
- broccoli type growths,
sometimes not visible,
rarely: discharge,
itching, bleeding, cancer

Treatment
- skin treatments,
prescription medication,
surgical removal
HIV

Type
- virus

Symptoms
- sometimes none, flu-like feeling, fatigue, swollen lymph nodes, rashes, low body weight, reoccurring vaginal and pelvic disorders, cancer, AIDS

Treatment
- antiviral medications
- no cure
IMPACT OF STIS ON BODY

**Infertility**
- Permanent presence in body (incurable)
- Damage to reproductive organs
- Transmission and damage to unborn children

**Development of other infections**
- Damage to other organs
- Death
HOW CAN I PROTECT MYSELF?

DON’T HAVE SEX!!!!!!!

- Abstinence is the ONLY way to not get an STI!

Use condoms and other protective barriers for sexual activities

- Not full proof
- Commonly misused
- Cost money
REFERENCES

CDC
http://www.cdc.gov/HealthyYouth/sexualbehaviors/
http://www.cdc.gov/std/stats10/adol.htm

Mayo Clinic
http://www.mayoclinic.com/health/std-symptoms/ID00053

McKinley Health Center
http://www.mckinley.illinois.edu/handouts/sexually_transmitted_infections.html

PubMed Health

Womenshealth.gov
http://womenshealth.gov/publications/our-publications/fact-sheet/sexually-transmitted-infections.cfm#a
WHAT’S THIS ALL ABOUT?
Lowdown of Teen Pregnancy
Costs of Pregnancy
What About You?
INTRODUCTION

Who are we talking about?

Teens: ...“the years 13 to 19 in a lifetime or century”

Merriam-Webster
STATISTICS
WHAT’S HAPPENING?

Nationwide

- 400,000 teen births every year
  * 10% of all births in the U.S.

- Nearly 4% of all teen females will have a baby

- African American and Hispanic females are double to triple times as like to have babies as teenagers
WHAT’S HAPPENING? CONT’D

Locally - Indiana

- 8,756 teen females gave birth in 2010
- Counties with high teen birth prevalence
  * Jennings, Starke, Scott, Fayette, Pike
- 24.4% of teens surveyed wanted to become pregnant
**CONSEQUENCES**

**Health**

- Higher infant death rates
- Less efficient prenatal care
- Depending on age, physical development of mother not as optimal to carry a child
CONSEQUENCES CONT’D

Social

- Teen moms are 40% less likely to obtain a high school diploma by the age of 22
- Tax payers have contributed $9-$11 BILLION in recent years
  * foster care, health benefits, imprisonment, etc
- Children of teen parents are more likely to become teen parents
  – reinforcing negative traditions
COSTS OF PREGNANCY
CONSIDERATIONS

While You’re Pregnant

- Prenatal Care
  * helps to monitor health of mom and baby with doctor

- Prenatal Vitamins and Maintenance

- Ultrasounds and Other Diagnostic Testing
CONSIDERATIONS CONT’D

Newborn Supplies
  - Traveling Accessories
  - Baby Furniture
  - Cleaning Supplies
  - Diapers...LOTS!!
  - Clothes

- Formula and Feeding Accessories

This list can be endless, depending on your needs!!
WEBMD COST CHEAT SHEET

Prenatal care: $0-$2,000
Prenatal vitamin: $15 for a 30-day supply
Maternity clothes: Free, if shared
Crib: $200
Wipes: $10 for a box of 400
Diapers: $40 for a box of 250
Monitor: $25
Changing table and pad: $125
Baby clothes: Free, if shared
Car seat: $125
Childbirth classes: $50-$200 per class
Hospital costs: $0-$15,000

Consider whether or not you have insurance to assist with these costs!!!
WHAT ABOUT YOU?
THINKING OF YOUR LIFE RIGHT NOW...

Health

- What kind of physical fitness level am I at?
- Would my lifestyle be conducive to carrying a child?
- Am I mentally and emotionally stable enough to bear the responsibility of caring for a child?
THINKING OF YOUR LIFE RIGHT NOW...

Financial Costs
- Would my current income sustain myself and a child?
- Do I have any family or outside support available to me?

Social Costs
- How would my family be impacted if I had a baby soon?
- How/will I finish school if I were to become pregnant?
- Are my future plans even possible after I have a baby?
- Would my current boyfriend/girlfriend contribute emotionally and financially to a baby’s life?
REFERENCES

CDC
http://www.cdc.gov/TeenPregnancy/index.htm

Parenting
http://www.parenting.com/article/the-cost-of-raising-a-baby?page=0,0

Indiana State Department of Health
http://www.in.gov/isdh/19607.htm

U.S. Department of Health and Human Services
http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/states/in.html

WebMD
http://www.webmd.com/baby/features/cost-of-having-a-baby
YOU ARE AWESOME!!
WHAT’S THIS ALL ABOUT?

Bringing Everything Together
Fact vs. Fiction
After the Workshop
REVIEW

So far, we’ve discussed several issues regarding ....

- Sexually Transmitted Infections
- Teen Pregnancy
RELATING EVERYTHING

MIND, BODY, SPIRIT
HOLISTIC VIEWS

What is sexual health and activity?

“Sexual health is influenced by a complex web of biological and social factors. It requires a positive, responsible approach to sexuality and sexual relationships as well as pleasurable, safe sexual experiences that are free from coercion, discrimination or violence.”

World Health Organization
DID YOU KNOW...

Sex is NOT just about the physical act!!
- Soul Ties
- Permanent Consequences

Is it worth the risk?

CAUTION
SOUL TIES

“An emotional bond or connection with someone else.”

Terri Savelle Foy

- Any activity/time spent with a person forms bonds, think of your friends and family
- When you have sex, the same things happen but on a physiological level
  * your brain, heart, spirit now have an etching of this person
PERMANENT CONSEQUENCES

Parenting is a lifelong commitment!!

Remember those STI symptoms?
* even some of the treatable infections can leave damage

Will you be able to function productively (physically and emotionally) when your future spouse comes along?

How will you feel about yourself after several sexual partners and no commitment or security
FACT VS. FICTION
COMBATTING SOCIETY’S MISSTEPS
LIFE IS ALL ABOUT SEX!

- The media inundates us with sexual images and themes at every turn!
- Think about the TV shows, movies, music, and books that you like. How do these characters behave in regards to relationships and sex?
  * are the behaviors realistic and morally driven?

- Let’s take a look at a comparison here:
  http://www.youtube.com/watch?v=bQEmsNEOt6g
LOOKS = WORTH

- When you’re watching product commercials, how often is the company trying to convince us change our appearance in some way?

- If this is how they really look, does their value change?

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

Proverbs 31:30
WE’VE COME A LONG WAY!

Consider the topics and discussions that have touched you the most over our time together.

* will life be any different now that I have learned a new way of thinking?

* are there any short and long term goals that I could create to apply these themes to my life?
IDEAS FOR SUCCESS

Get Connected!
- Join a youth group
- Keep in touch with other workshop attendees
- Find an older mentor that will encourage you

Guard Your Heart!
- Set boundaries in dating relationships
- Compare the media that you expose yourself to with God’s truth
- Pray that the Holy Spirit will guide your thoughts, words, and actions
ON A FINAL NOTE

- REMEMBER: You are a valuable, talented gift from the Lord!!
- You deserve a wonderful life that is filled with hope, joy, peace, and love!!

I love you, but most importantly- God the Almighty creator of the universe loves you and wants the best for you!!

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11
REFERENCES

Terri Savelle Foy
http://www.terri.com/

World Health Organization
http://www.who.int/reproductivehealth/topics/sexual_health/en/