



Western
Health

Sexuality and You

September 2012



Objectives:



You will learn more about:

- Sexual health and wellness.
- Safer sex.
- Healthy/unhealthy relationships.
- Sexually Transmitted Infections (STI's).
- Birth control options.

Sexuality

- Is a part of everybody's life.
- Growing up is an amazing and interesting journey, sometimes a lot of fun, sometimes confusing or painful.
- Sexual health tends to be a subject that everyone wants to know about, but no one wants to talk about.



Sexual Health



Is all about:

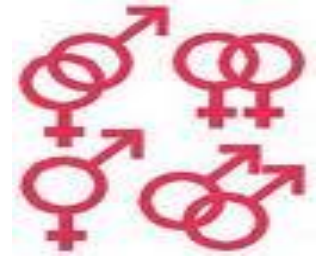
- Understanding your body and how it works.
- Involves being comfortable with yourself and the decisions you make.
- Knowing what a healthy relationship is and learning to identify and leave violent or abusive relationships.

Goals for Sexual Health:

- To have positive self esteem and respect oneself and others:
 - Sexual Wellness/Safer Sex:
 - Healthy Relationships
- To avoid negative outcomes:
 - Unwanted pregnancy
 - Sexually transmitted infections



Sexual Orientation



- “Is defined by the sex of individuals for whom we feel an attraction and affection, both physical and emotional.
- It is part of our personal identity in that it is how we perceive ourselves and how others perceive us.”



Sexual Wellness



- It's a state of body/mind that enables you to enjoy and explore sex on your **own terms** and in your **own time**.
- It is important that you are comfortable:
 - with yourself.
 - your partner and
 - the decisions that you are making.

Relationships:



- There are different types of relationships.
- All relationships are important and most require work.
- People are always changing and growing and so are the relationships between them.
- There is no formula for a perfect relationship but it is important to know the difference between healthy and unhealthy relationships.

Healthy vs. Unhealthy Relationships

- Have fun
- Feel safe
- Trust
- Respect
- Both accept responsibilities
- No pressure
- Jealous or accuses you of cheating.
- Puts you down or makes you feel bad.
- Criticizes
- Makes all the decisions.
- Goes back on promises.
- Threatens you or others.
- Pressures you to do things.

Making Choices/ Sexual Options

- Abstinence
- Safer Sex



There are no second chances if you take risks!

Safer Sex:

- When there is no risk/ low risk of exchanging bodily fluids.
- Some sexual activities have higher risks of STI's or pregnancy.
- NO RISKS
- LOW RISKS
- MEDIUM RISK
- HIGH RISKS



When are you ready



- When, or whether, you are ready to have sex is a decision that only you can make.
- What is your partners reasons for having sex?
- Think about why you want to have sex?
- Deciding NOT to have sex and choosing to wait is a normal and healthy choice.

Consequences of having Sex:

- Sexual Transmitted Infections (STI's)
- Pregnancy



STI's



- Infections spread through sexual contact when there is an exchange of blood or bodily fluid.
- It makes no difference if you are straight, gay, lesbian, bisexual, or transgender.
- Some STI's can be cured if they are found and treated.
- Other's can be treated and controlled, but are never cured.



Most Common STI's

Bacterial:

- Chlamydia
- Gonorrhea-Dose/ Clap
- Trichomoniasis
- Syphilis

Viral:

- HIV/ AIDS
- Genital Herpes: Herpes Simplex
- Genital Warts: Human Papilloma Virus (HPV)
- Hepatitis

Who is at Risk?

**YOU,
IF YOU HAVE
UNPROTECTED SEX!!!**



Birth Control:

So condoms
are rubbers.

But not like the
ones you wear
in the rain!



Birth Control:

- Abstinence
- Hormonal methods
- Spermicidal
- Condom and other barrier methods
- IUD
- Natural and surgical methods



Bottom Line - any method will only work if you use it the right way and use it every time you have sex. Birth control will help protect you from pregnancy.



Emergency Contraception:

- It prevents 3 out of 4 pregnancies.
- Plan B - can be taken up to 72 hours after unprotected intercourse or suspected failure.



Summary:

- Education
- Abstinence
- Healthy Relationships
- Safer sex: Dual Protection:
 - Every time/ with every partner.
 - Condoms/ Dental Dams.
 - Get tested.
 - Know the signs and symptoms

Where to go from here...

- Guidance Counselor
- School Public Health Nurse
- Family Doctor
- AIDS Committee NL:
1-800-563-1575
- NL Sexual Health Centre:
1-877-666-9847
- Parents



Remember:

- Your happiness and health are very important.
- It may be uncomfortable talking about sex but everyone needs to know the appropriate information.

Bottom Line: In a healthy relationship, you feel good about yourself and what you are doing.

