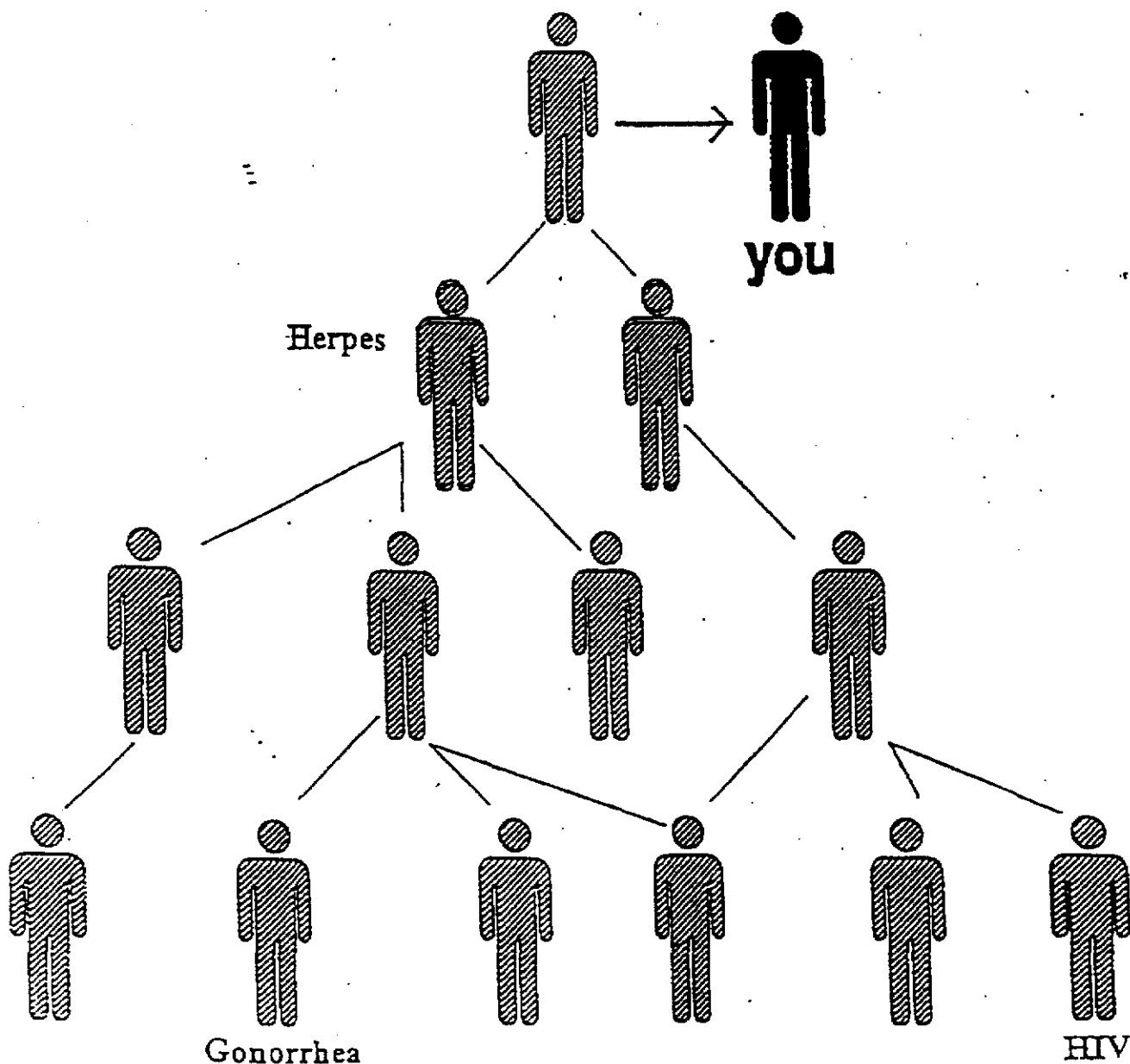


When you have unsafe sex with someone-
it's like you've had unsafe sex with
each one of his/her sex partners-
and each of their partners...etc.



STD EDUCATION UNIT
1360 Mission Street, Suite #401
San Francisco, CA 94103

Score Your STD Risk

Have you had vaginal, anal, or oral sex without a condom with two or more different people in the last three months? yes don't know no

Have you had sex without a condom with someone who may have had other sexual partners than you in the last three months?
 yes don't know no

Have you had sex without a condom with someone without first discussing using condoms to protect each of you? yes don't know no

Have you had sex with someone who may have used crack, cocaine, speed, or heroin in the last three years? yes don't know no

Over the last three months, have you had sex with someone without asking them if they had any STD, including HIV? yes don't know no

If you answered "yes" or "don't know" to one or more questions, you have had a good chance of being exposed to an STD.

Compared with persons who have had only one sex partner:

- * Having 2-3 partners increases your chance of getting an STD by five times
- * Having 4-6 partners increases your chance of getting an STD by ten times
- * Having an STD increases your chances of getting infected by HIV by three to five times

Who is "risky" to have sex with?

The person who doesn't use a condom during sex! The person who has more than one sex partner at the same time. If she/he will have unprotected sex with you - then she/he probably has had unprotected sex with others! Is this you? Is this typical of your sexual partners? *What might YOU be bringing "home" to the person you care most about?*

Where can people go for STD testing and/or treatment?

See your local referral list - or call the National
STD Hotline 1-800-227-8922

- ◆ San Francisco City Clinic (356 7th Street, between Harrison and Folsom; call 487-5500)
 - ◆ Berkeley Free Clinic call (510) 548-2745
 - ◆ Planned Parenthood 815 Eddy Street, sliding scale, call 441-5454 for clinic hours
 - ◆ Lyon-Martin Women's Clinic, 1748 Market, SF, 565-7667
 - ◆ Cole Street Youth Clinic, 555 Cole Street, SF., 751-8181
-

Common MYTHS among STD risk-takers:

- ◆ "You can always tell if someone has an STD."
- ◆ "I don't have sex with people who are likely to have an STD."
- ◆ "I don't have sex with people who are likely to have HIV."
- ◆ "I don't have sex with 'unclean' people."
- ◆ "You can't get an STD from oral sex."

Common Sexually Transmitted Diseases

- | | |
|---------------|--|
| ◆ Syphilis | ◆ (HSV) herpes simplex virus |
| ◆ Chancroid | ◆ (HPV) human papilloma virus (genital wart virus) |
| ◆ Chlamydia | ◆ (HIV) human immunodeficiency virus |
| ◆ Gonorrhea | ◆ (HBV) hepatitis b virus |
| ◆ P.I.D. | ◆ (HAV) hepatitis a virus |
| ◆ NGU | |
| ◆ Trichomonas | |

Common Symptoms of STDs

- | | |
|---|--|
| ◆ <u>No Symptoms</u> | ◆ <u>No Symptoms</u> |
| ◆ itching/burning: genitals, genital-area | ◆ discharge (genitals/anus) |
| ◆ blisters: genitals/anus/mouth | ◆ open sores (with/out pain) |
| ◆ pubic/groin swelling | ◆ warts (on genitals/anus) |
| ◆ abdominal pain | ◆ painful intercourse |
| ◆ burning on urination | ◆ flu-like symptoms, fever |
| ◆ diarrhea, gas, cramping, nausea, lethargy, bloating | ◆ body, palmer, plantar rash |
| | ◆ abnormal bleeding (during or between menses) |

Sexually Transmitted Enteric Diseases

- | | |
|------------|-------------------|
| ◆ Shigella | ◆ Giardia |
| | ◆ Entamoeba |
| | ◆ Cryptosporidium |

Common conditions not always sexually transmitted

- ◆ Yeast (*Candida* fungus)
- ◆ "crabs" *Phthirus pubis*
- ◆ *Molluscum Contagiosum*
- ◆ "scabies" *Sarcoptes scabiei*.

What are some of the long-term complications of STDs?

- ◆ sterility
- ◆ ectopic pregnancy
- ◆ stillbirth
- ◆ permanent birth defects
- ◆ neonatal pneumonia
- ◆ neonatal ophthalmia
- ◆ arthritis
- ◆ blindness
- ◆ aortic aneurysm
- ◆ meningitis/tabs dorsalis
- ◆ liver cancer/failure
- ◆ AIDS related opportunistic diseases
- ◆ cervical cancer
- ◆ death

How are STDs transmitted?

STDs are passed from person to person via:

- ◆ lesion-to-skin, lesion to mucous membrane, skin-to-skin, mucous membrane-to-mucous membrane
- ◆ fluid (mucous) discharge to mucous membrane or open lesion
- ◆ infected bits of feces taken into the mouth, vagina or urethra (NGU?)
- ◆ through kissing (lesion or blister), cunnilingus, anilingus, vaginal intercourse, anal intercourse, digital sex, fisting, & sharing of sex toys with infected sexual fluids on them.

What is P.I.D.? How does it occur?

What are the consequences?

- ◆ Pelvic Inflammatory Disease occurs most frequently in women who have not been treated, or were inadequately treated, for gonorrhea or chlamydia.
- ◆ GC or CT bacteria ascend from the cervix through the os (often during menstruation or as a result of douching) into the uterus and up into the fallopian tubes or ovaries.
- ◆ Long-term, low-grade, infection can result in scar tissue, adhesions, and abscess formation, or peritonitis and can lead to sterility, ectopic pregnancy, dysmenorrhea, and painful intercourse.

How is STD transmission prevented?

- ◆ Use of latex barriers (condoms, dental dams, and possibly clear plastic wrap) between sexual partners during the sexual activities listed above.
- ◆ Changing barriers between partners and activities.
- ◆ STDs can be transmitted in the absence of signs and symptoms
- ◆ STD organisms can be passed by direct contact of STD sores or lesions with skin or thin mucous membranes - or by passing infectious mucous discharge.

HIGH-RISK LOVEMAKING

A few years ago, the National Survey of Men received a lot of media attention. Now comes the National Survey of Women. Based on a sample of close to 1,700 women ages 20 to 37, the study provides data on sexual behaviors that place people at risk for sexually transmitted diseases and allows researchers to compare women's behavior to men's, using information from the men's survey. One notable finding of the study—written by researchers at Battelle Memorial Institute—is the percentage of both women and men engaging in high-risk behaviors:

- Twenty-seven percent of women and 47 percent of men have had at least one one-night stand.
- Eighteen percent of women and 21 percent of men have engaged in anal sex.
- Two percent of women and 7 percent of

men report that they have paid for sex.

The major finding of the study: *Even though men are more likely to engage in risky sex, women are more than three times as likely to report having had an STD.* This striking gender difference is partly attributed to the fact that women have longer exposure to infected semen that remains in the vagina after intercourse, whereas men's exposure to vaginal fluids ends after sex. It is suspected, too, that the cervix is more susceptible to infection than a man's urethra. Regardless of gender, the link between number of sex partners and infection with an STD is clear. Compared with men and women who have had only one partner, those who have had two or three partners are five times as likely to have had an STD; those with four to six partners are ten times as likely to have had an STD.

WOMEN, MEN AND LOVE

How many sexual partners they've had in their lives

NUMBER OF PARTNERS	WOMEN	MEN
One	19%	12%
Two to three	27%	15%
Four to six	26%	19%
Seven to fifteen	17%	26%
Sixteen or more	11%	28%

Source: from the National Survey of Women and the National Survey of Men, Battelle Memorial Institute.

Are you really having safer sex?

HEALTH CAMPAIGNS PROMOTE "safer sex," which means using a condom during every act of intercourse, unless you're 100 percent sure that you and your partner are not infected with HIV. But do people understand what safer sex means? A new survey of 646 sexually active heterosexual adults, average age 25, revealed many misconceptions:

- More than one third said that they practiced safer sex with their latest partner, but more than half of those people had not used a condom during vaginal or anal sex.
- One third of these people who said they were having safer sex but weren't using a condom had only known their partner for one month or less; for nearly a quarter, the sexual

fourths of the respondents who did not have safer sex had not asked partners about their HIV status, 54 percent had not asked about intravenous drug use, and 53 percent had not asked about the number of prior sex partners.

In another study, college students reported that they based their decision whether or not to practice safer sex on their partner's familiarity and likability, rather than on anything related to risk. And according to other recent research, people who do ask a new partner about past risky behaviors are wrongly confident that they can tell whether or not the person is lying to them. In one study, each participant was paired with a person of the opposite sex and told to ask questions about his or her sexual history;

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