



STALL STREET JOURNAL

A PUBLICATION OF WKU HEALTH EDUCATION & PROMOTION

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The Stall Street Journal is intended for fun, education and promotion of wellness, not as a formal scholarly publication

WHAT IS SEXUAL HEALTH?

A state of physical, mental, and social well-being in relation to sexuality.

BEING SEXUALLY HEALTHY REQUIRES:

- Positive and respectful approaches to sexuality/sexual relationships,
- Pleasurable and safe sexual experiences, that are free of coercion, discrimination, and violence
- For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

SEXUALLY TRANSMITTED INFECTIONS: THE 5 W'S OF STI/STD TRANSMISSION AND PREVENTION

WHO – anyone of any background, age, identity, or culture who is sexually active

WHAT – Sexually Transmitted Infections and Sexually Transmitted Diseases present with a variety of symptoms, commonly including unusual discharge, pain during urination, sores or blisters, and pain in the pelvic area. Some STI's are asymptomatic, meaning they do not present any visible symptoms. Long term damage such as infertility can occur if you leave STI's/STD's untreated

WHY/HOW – through contact with infected bodily fluids

WHEN – symptoms can appear within 2-3 weeks, sometimes more depending on the type of STI/STD

WHERE – STI's/STD's can be transmitted through oral, anal, and vaginal sexual contact

BOTTOM LINE – use protection and get tested!

SEX HEALTH RATE

20 MILLION: Estimated new cases of STI's EVERY YEAR

1 TIME: How many times you should get tested for STI/STD's each YEAR

1.2 MILLION: The number of individuals living with HIV in the United States

15%: The number of individuals living with HIV who DO NOT KNOW they have HIV

3 MONTHS: How long it may take for HIV to show up as positive on a test

60%: The number of women in the United States who regularly use hormonal birth control

MYTH VS FACT

- You can get an STI from a toilet seat

MYTH: You can get STIs by having sex (vaginal, oral, or anal) or by skin to skin touching- not from toilet seats

- You can get HIV or an STI from getting a tattoo or body piercing

FACT: There can be a risk for HIV or another blood borne infection if the instruments used for piercing or tattooing either are not sterilized or disinfected between clients.

- Taking emergency contraception (the morning after pill) is effective days after unprotected sex

MYTH: Emergency contraception helps prevent pregnancy before it starts when taken within 72 hours of unprotected sex. The sooner you take it, the better it works.

- It's fine to take Plan B or other emergency contraception multiple times:

MYTH: Emergency contraception overloads your system with hormones in order to prevent ovulation. Imagine taking an entire month's worth of birth control at once –this can damage your body by reducing the lining of your uterus and interfering with natural hormone production.

- You can't get pregnant the first time you have sex

MYTH: You are just as likely to get pregnant the first time you have sex as any other occasion.

- You can't get pregnant on your period

MYTH: Pregnancy is almost always a risk. Tracking your cycle to determine when you are fertile is helpful to prevent an unintended pregnancy, but should be used with other methods such as condom use, pulling out, or hormonal birth control

- Some STD's/STI's can cause cancer

FACT: Human papillomavirus (HPV) can cause cancer.

- There are vaccines against all STI's and STD's.

MYTH: There is ONLY a vaccine for HPV. Commonly called Gardasil, it is safe, effective, and recommended by the CDC to reduce HPV contraction and HPV-related cancer

- If you are on birth control, you don't have to worry about contracting a STD/STI

MYTH: Birth control ONLY reduces the likelihood of getting pregnant, it does not protect against STI/STD's, HPV, or HIV.

- There are non-hormonal options for birth control

FACT: There are non-hormonal IUD's that prevent pregnancy.

WHAT DO YOU DO WITH AN INCURABLE STD?

- Manage symptoms with medications
- Discuss your status with any and all partners you have
- Avoid unprotected sexual interactions – always have a plan for protection
- Remember you can get FREE safe sex supplies on campus – check out how at wku.edu/crw/hep
- Remember you can still enjoy a healthy sex life, even with an incurable STD

WHAT DO YOU DO WITH A CURABLE STD?

- Seek medical treatment to cure your STD/STI – this may be in the form of an antibiotic, topical cream, or other form of medication
- Finish your treatment COMPLETELY before engaging in sexual contact
- Be honest with your partners about your history
- Remember that no symptoms does not mean no STI/STD! Get checked after any sexual contact that could result in contracting a STI/STD

DON'T: Wait to talk about sex until you're already engaged in some type of sexual activity

DON'T: Have this conversation while under the influence of alcohol or drugs

LET'S TALK ABOUT SEX

DO: Talk to your partner about sexual history, testing status, and preferred method of protection

DO: Listen respectfully to your partner's preferences/needs

DO: Carry a condom with you, it isn't only one person's responsibility to have condoms!

DON'T: Cave on not using protection because of your partner's preferences

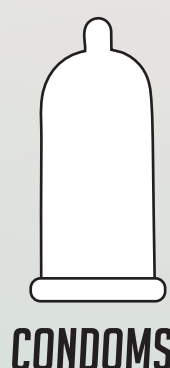
RESOURCES ON CAMPUS:

- Counseling and Testing Center: Potter Hall Room 409
- Health Education and Promotion: Health Services Building Room 1064
- Title IX: Potter Hall Room 425
- Pride Center: DSU Room 2084

RECOMMENDATION OF THE MONTH: GET TESTED IF YOU HAVEN'T WITHIN THE LAST YEAR!

WE WILL ALSO HAVE A HILLTOPPER NUTRITION RECOMMENDATION OF THE MONTH, SO YOU CAN BLOCK OFF ROOM FOR THAT IF POSSIBLE! WE'LL HAVE THAT INFO TO YOU ASAP

PERCEIVED EFFECTIVENESS

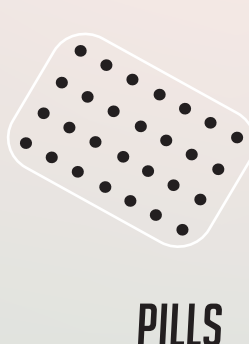


CONDOMS

REAL-LIFE EFFECTIVENESS



PERCEIVED EFFECTIVENESS

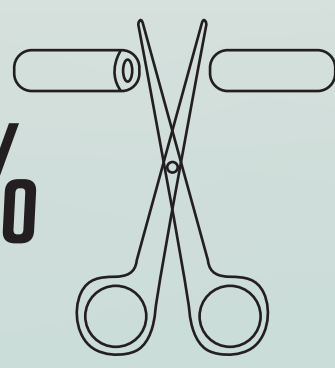


PILLS

REAL-LIFE EFFECTIVENESS



PERCEIVED EFFECTIVENESS



STERILIZATION

REAL-LIFE EFFECTIVENESS



PERCEIVED EFFECTIVENESS



EMERGENCY CONTRACEPTION

REAL-LIFE EFFECTIVENESS

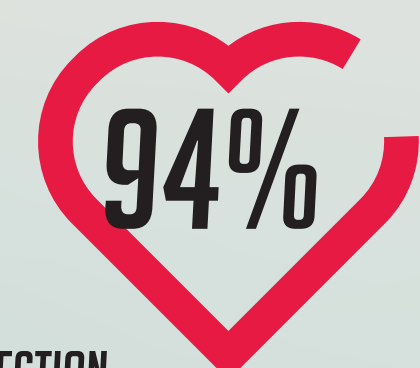


PERCEIVED EFFECTIVENESS



CONTRACEPTIVE INJECTION

REAL-LIFE EFFECTIVENESS



EFFECTIVENESS OF CONTRACEPTIVES

GETTING TESTED FOR HIV

HERE AT WKU HEALTH EDUCATION AND PROMOTION PROVIDES FREE HIV TESTING ONCE A MONTH. TESTING IS ANONYMOUS, CONFIDENTIAL, AND PAINLESS. THE BARREN RIVER HEALTH DEPARTMENT WILL BE PROVIDING THE TEST AND HIV COUNSELING TO THOSE WHO COME AND PARTICIPATE. IT WILL BE LOCATED IN THE HEALTH SERVICES BUILDING. CHECK OUT THE HEP WEBSITE FOR UPCOMING DATES AND TIMES FOR TESTING.

INCURABLE STD'S

- HEPATITIS B
- HERPES
- HIV
- HPV

CURABLE STD'S

- CHLAMYDIA
- GONORRHEA
- SYPHILIS
- SCABIES
- PUBLIC LICE/CRABS



WKU Campus Recreation & Wellness



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