

THE IMPORTANCE OF SAFE SEX

Sex is a normal part of becoming an adult, but it's important to be educated and know the risks involved. Risks like unplanned pregnancy, STIs and emotional trauma all can happen to people who choose to have sex. Knowing about appropriate birth control, safe sex methods and consent are the best way to be safe.

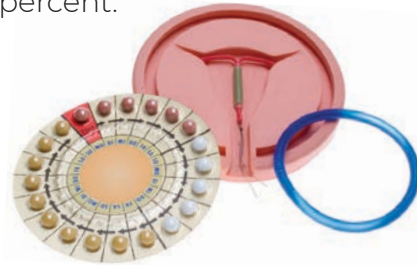
Preventing pregnancy is a big issue for sexually active individuals. Here is a list of common ways safe sex is practiced.

Condoms – Thin latex sheaths worn over the penis during sex to keep the sperm from reaching the egg. This is the only method listed that also protects against sexually transmitted infections. Condoms are widely available, cheap and easy to use and are about 98 percent effective.



Intrauterine Device – An intrauterine device, commonly known as an (IUD) is a small plastic T-shaped device that is inserted into the uterus or the upper arm. These devices are a long-term birth control method and are an alternative to hormone altering birth

control pills. IUDs are very effective at preventing unwanted pregnancy at a rate of 99 percent.



Birth Control Shot (Depo-Provera) – An injection given once every three months that contains hormones that prevent the formation of the egg, thus preventing pregnancy. This shot is about 94 percent effective.

Birth Control Ring (NuvaRing) – A small flexible ring inserted in the vagina and replaced monthly. The ring stops ovulation, meaning there is no egg to be fertilized, thus pregnancy is prevented. This method is about 91 percent effective.

Emergency Contraceptive Pill (Morning After Pill) – A pill to be taken after sex that can prevent pregnancy. This method is costly, as the pills usually cost around \$50 each. This method is about 87 percent effective.

Spermicide – Spermicide is a gel or cream inserted in the vagina before sex. It prevents pregnancy in two ways: by blocking the entrance to the cervix so sperm can't reach the egg, and stopping sperm from moving all the way to the egg by slowing it down. Spermicides must be used with diaphragms and cervical caps in order to work. These are devices inserted in the vagina to block sperm from entering the uterus. This method is about 72 percent effective.

ADDITIONAL RESOURCES

Planned Parenthood:

www.plannedparenthood.org

Centers for Disease Control and Prevention:

www.cdc.gov/teenpregnancy/index.htm

in the know

© 2021 Prevention & Treatment Resource Press
877-329-0578
www.PTRPress.com • product #PB-PS57
This pamphlet may not be copied.

PREVENTING TEEN PREGNANCY

IT'S YOUR RESPONSIBILITY



Fertility Awareness – Keeping track of the menstrual cycle in order to know when ovaries release an egg each month. Sex is then only had during the period of low fertility rate. This method is only about 75 percent effective.

For the safest method possible, condoms should be used with many of these methods in order to get the best odds of STI and pregnancy prevention.

PREVENTING STIs

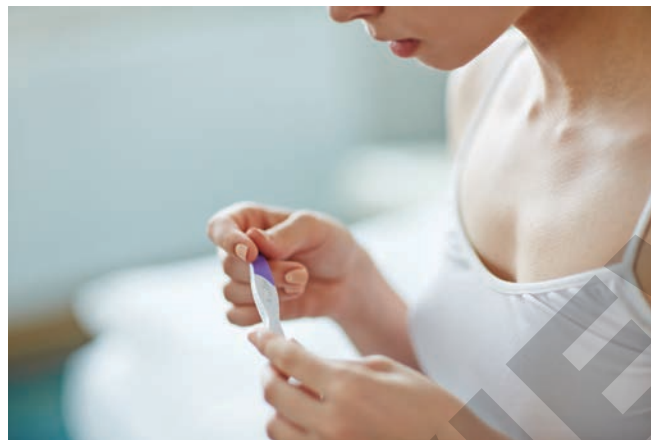
The only method listed capable of protecting against STIs are condoms. There are some STIs that condoms cannot fully protect against because viruses that cause them can spread from skin not covered by the condom, or by other means than genital contact. However, condoms are effective against HIV, gonorrhea and most others.

The best way to remain safe from STIs is to only have sex with a committed STI free partner.



SEXUAL RELATIONSHIPS

A sexual relationship is not something to enter into lightly. Whether it's between two people in a committed, long-term relationship, or two people who just hooked up and just want to have fun, it has serious repercussions. Sexual drive is a powerful thing, and it can make people do bad things, especially when drugs and alcohol are involved. Never let anyone pressure you into having sex. This can be difficult in an environment surrounded by others who have sex, and if drinking and drugs are involved. Make sure that sex is only occurring between consenting individuals.



TEEN PREGNANCY

If teen pregnancy does occur, it's bad for everyone involved in almost every way. Teenage pregnancy puts young women at risk for health issues, economic, social and financial issues.

- Younger mothers put both themselves and a child at risk when they get pregnant. Birth can be dangerous for the mother and the

child can be born premature, with a low birth weight, which leads to lifelong conditions.

- Daughters born to teen parents are more likely to become teen mothers themselves.
- Sons born to teen parents are three times more likely to serve time in prison.
- Being a teen mom affects education. Teen moms are more likely to drop out of high school.
- Often, teen pregnancies are hidden for months, resulting in a lack of adequate care and dangerous outcomes for the baby.
- The financial responsibility is huge, adding up to tens of thousands of dollars.
- Overall, teen pregnancy sets the odds of having a happy successful life low for both the teen mom, and her child.

HAPPY AND HEALTHY SEX

Sex is a basic human drive. After all, if no one had sex, the human race would eventually die out. So, a healthy interest in sex is natural and deeply programmed in our biology. A person's sex drive can get them into serious trouble however, sometimes with tragic results. Sex can lead to emotional pain and trauma. Someone who has had sex who wasn't really ready may feel sad or angry. If a couple has sex and a partner ends up leaving, it may hurt the other. A partner could even tell people about the sexual encounter.



If you decide to have sex, it's important that you know the facts about birth control, STIs, and emotions. Decisions of when to become sexually active, how to protect yourself from STIs, and how to prevent pregnancy are yours. However, it's important to make this decision with responsibility and care.

Sex can be a wonderful part of a committed relationship between two people who love and trust each other. But even then, it comes with a risk—and responsibilities.

A sexual relationship is not something to enter into lightly. Whether it's between two people in a committed, long-term relationship, or two people who just hooked up and just want to have fun, it has serious repercussions.