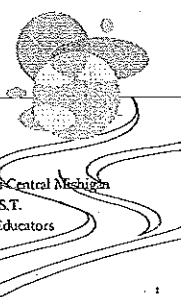



Holistic Sexuality



Planned Parenthood of South Central Michigan
Project T.R.U.S.T.
Certified Sexuality Educators


How Many of You ...




- > Learned the correct names for the body parts as a child?
- > Knows someone who became pregnant (or contributed to a pregnancy) while a teen?
- > Can name a TV show, movie, music video, or magazine that portrays healthy images of females/males?
- > Knows someone who has had or feared having a sexually transmitted infection?

What is Sexuality?

- Sexual/Physical Response
- Reproduction
- Intimacy
- Attitudes and Values
 - Personal
 - Political
 - Spiritual
 - Family
 - Cultural
- Sexual Behavior
- Biological Gender
- Gender Identity
- Gender Role
- Sexual Orientation



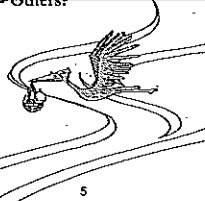
Interesting Facts:



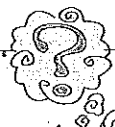
- More than 50% of teens have not had sexual intercourse by the time they are 17.
- One in Four sexually active teens get a sexually transmitted infection before they turn 21.
- One in Nine teens become pregnant while still in high school.

What is Family Planning?


- If
- When (readiness)
- How far apart/birth spacing
- How (adoption, birth, foster care)
- How many
- Financial Costs
- Other costs: Social, Relationship, Single, Family, etc.
- Who/What gender
- Where
- Others?



Contraceptive Methods



- BEHAVIOR**
 - Abstinence
 - Outercourse
 - Parthly Awareness
 - Withdraw
- HORMONAL**
 - Pill
 - Patch
 - NuvaRing
 - Depo-Provera
 - Implanon
 - IUD (Mirena)
 - Emergency Contraceptive
- BARRIER**
 - Condoms (male and female)
 - Diaphragm
 - Cervical Cap
 - FemCap
 - Spermicide
 - IUD (Copper T)
- STERILIZATION**
 - Tubal Ligation
 - Vasectomy
 - Breiter



Behavior Methods

TYPES:

- Abstinence
- Outercourse
- Fertility Awareness
- Withdrawal

Things to Consider:

- Commitment to and goal for the method
- Awareness of one's body, cycles, ejaculation
- Lifestyle and values
- Effectiveness Rates of Each



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Q: What's the Most Effective Method of Contraception?

A: *Continuous Abstinence*

Questions to consider:



- * What is Abstinence?
- * What are the costs and benefits of abstinence?



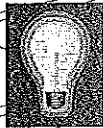
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Outercourse

- Consensual **CREATIVE** alternatives to "inter" course that does not include any fluid exchange or penetration

- Nearly 100% effective

- Ideas???



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Fertility Awareness/ Rhythm/Natural Family Planning

- Tracking three primary physiological changes of a woman's cycle over 3-4 months:

- Basal-body-temperature-charted daily
- Cervical mucus changes charted daily
- "Guestimat" ovulation

- Females considered most fertile for 11 Days

- Most effective if **TRYING** to become pregnant

FEBRUARY



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Withdrawal

- Removal of penis before ejaculating
- Requires extraordinary timing and body awareness from male

- Pregnancy may occur with a female partner even with pre-ejaculatory fluid (50,000 sperm may still be present)

- Low effectiveness for pregnancy prevention

- No protection from sexually transmitted infections

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Hormonal Methods

TYPES

- Pill
- Patch
- NuvaRing
- Depo-Provera
- Implanon
- IUD (Mirena)
- Emergency Contraception

How they ALL work:

1. Prevents Ovulation
2. Thickens Cervical Mucus
3. Changes Uterine Lining



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Oral Contraceptives (the Pill)



- **Advantages**
 - Continuous prevention against pregnancy
 - 98% effective
 - Non-contraceptive benefits
 - More than 40 hormones to choose from
 - Does not interrupt sex play
 - May be stopped - 24 hour return to fertility rate
- **Disadvantages**
 - Must be taken every 24 hours
 - Related health risks and side effects
 - Requires prescription
 - Hormonal contraindications



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Ortho-Evra (the Patch)



- **Advantages**
 - Weekly and easy to use
 - Hormones absorbed through skin
 - Wear on arm, buttocks, lower abdomen or upper back
 - Continuous prevention against pregnancy
 - 99% effective
 - Non-contraceptive benefits
 - Regulates cycles
 - Does not interrupt sex play
 - Stays on through sweat, swimming, showers
- **Disadvantages**
 - Only one hormone level/color available
 - Related health risks and side effects
 - Requires prescription
 - No oil based lotion can be used
 - Gummy patches after a week
 - Hormonal contraindications

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NuvaRing (the Vaginal Ring)



- **Advantages**
 - Inserted into vagina and worn for 3 weeks uninterrupted
 - Continuous prevention against pregnancy
 - 99% effective
 - Non-contraceptive benefits
 - Regulates cycles
- **Disadvantages**
 - Only one hormone level available
 - Related health risks and side effects
 - Requires prescription
 - Need to feel comfortable touching vaginal area
 - Hormonal contraindications

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Depo-Provera (DMPA)

The Shot - Depo-Provera



- **Advantages**
 - Injection every three months
 - Continuous prevention against pregnancy
 - 99% effective
 - Progestin-only
 - May stop periods after a year
 - Effective after 24 hours
 - No daily attention needed
- **Disadvantages**
 - Temporary weight gain, hair loss, possible
 - Irregular periods or spotting first few months
 - Related health risks and side effects
 - Requires injections at clinic
 - Delay in return to fertility possible
 - Hormonal contraindications

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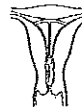
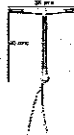
What's New in Hormonal Methods:

Implanon

- 3 year implant in similar to former "Norplant"
- Single-rod inserted in female's upper arm
- Progesterone-only (may have irregular or infrequent menstruation without estrogen)
- 99.2% effective
- As with all hormonal methods, no STI protection and should not be used by women who smoke

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IUD (Intrauterine Device)



- **How it works**
 - Paragard
 - Copper T and plastic
 - Effective for 10-12 years
 - Mirena
 - Hormone releasing
 - Effective for 5 years
 - Used with spermicide gel or cream
 - 94-99% effective
- **Advantages**
 - Allows spontaneity
 - Immediately effective
 - Long lasting and reversible
- **Disadvantages**
 - Insertion and removal require clinic visits
 - Can be expelled
 - May have heavier periods/cramping

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Emergency Contraception



- Available Over-the-Counter (ages 18+) with Government I.D.
- Effective if taken within 120 after intercourse.
- More effective if used within 24-72 hours (75-95% effective)
- Prevents ovulation, fertilization and implantation
- Will not stop a pregnancy that has already implanted (not "RU-486")

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Barrier Methods



How They Work:

- TYPES:
 - Male Condom
 - Female Condom
 - Spermicides
 - Diaphragm
 - FemCap
 - IUD
- Prevents sperm from traveling into partner/cervix
- Creates barrier so sperm can not fertilize an egg

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Male Condoms



- Today are made of latex, polyurethane or natural skin
- Prevent sperm from entering the vagina
- Use with water based lubricant
- Can be used as dental dam
- Best when combined with spermicide
- 85% effective alone
- 98% effective with spermicide



<http://www.usa.gov/healthcare/sexual/condom.php>

Female Condom



- Polyurethane
- Prevents sperm from being deposited in vagina
- Can not be used with male condoms (not latex, polyurethane, or animal skin for risk of friction and tearing)
- Also used for anal sex for male or females
- Used with spermicide



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Spermicides



- Advantages
 - Easy to obtain- purchased in drug stores or clinics
 - Insertion of spermicide is easy once correct technique is learned
 - Use before and immediately after ejaculation
- Disadvantages
 - Some people may have an allergic reaction (non-oxynol-9 debate)
 - Effective for only 15-60 minutes depending on brand
 - Must remain in partner 6-8 hours
 - Most only up to 74% effective when used alone
 - May be superior than other methods



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Diaphragm



- How it works
 - Flexible soft latex covers cervix
 - Used with spermicide gel or cream
 - Must remain in vagina for 6-8 hours after intercourse
 - 85% effective

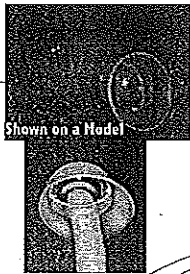
- Advantages
 - Can be inserted hours before intercourse
 - Reusable- lasts for several years

- Disadvantages
 - Need to be fitted by clinician
 - Some may experience frequency bladder infections
 - Need to feel comfortable touching vaginal area



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What's New in Barrier Methods:



- * FEMCAP *
- Silicone barrier covering cervix (with spermicide)
- Comes in three sizes
- 85% effective
- Inexpensive, reusable for 2 years, latex-free, environmentally safe
- No interference with menstrual cycle
- Requires prescription

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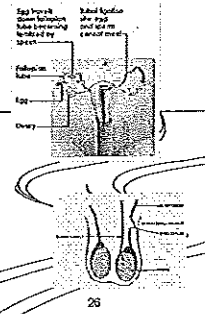
Sterilization

TYPES:

- Tubal Ligation
- Vasectomy
- Essure

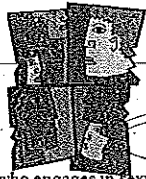
How They Work:

- Cut, cauterize, or scar tissue in the tubes
- Prevents egg or sperm from passing



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So What About STD/ITs?



Anyone who engages in sexual activity is at risk for contracting an STD regardless of race, gender, orientation or lifestyle.

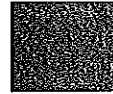
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STDs/STIs

- STD stands for "Sexually Transmitted Disease"

These are infections that can be passed from one person to another through:

- Also known as:
 - STIs (sexually transmitted infections)
 - VD (venereal disease)
- Oral, vaginal, and anal sex
- Skin-to-skin contact with infected areas
- Infected mothers to newborn babies (birth and breastfeeding)
- Sharing used needles
- Contact with infected bodily fluids or blood



Q: What is the oldest known sexually transmitted infection?

A: *Gonorrhea*
(It is a bacterial infection; 90% infected have no symptoms and this can lead to infertility)

QUIZ!

Q: What is the most predominant mode of transmission for STIs?

A: *Heterosexual Intercourse*
(Infections acquired through oral sex are increasing as well)

Q: What's the major difference between viral and bacterial?

A: Bacterial can be treated and cured, but damage done can not be reversed. Viral can be treated and managed but not always "cured."



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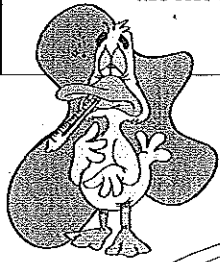
Symptoms of STI's

- Any unexplained lump, bump, blister, wart, or rash near the genitals
- Burning or Pain during urination
- Unusual discharge
- Itching around the genitals
- Flu-like symptoms (chills, fever, aches, etc.)
- Some have NO symptoms



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What Can Happen if STI's are left untreated?



- Sterility/infertility
- Tubal pregnancy
- Liver damage
- Brain damage
- Insanity
- Blindness
- Heart problems
- Illnesses
- Potential Cancers
- Possible death

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Q: What is the most common STI? A: *Human Papilloma Virus (HPV)*

One in Four Americans will likely become infected by the time they are 21.

There is now a vaccine -- for the 4 most common strands of HPV responsible for the cervical cancers!



A series of 3 shots is FDA approved for women ages 9-26.

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Most Common STIs

- | | | |
|-------------------------|-------|-------------|
| ■ HIV/AIDS | | ■ Viral |
| ■ Herpes | | ■ Viral |
| ■ Human Papilloma Virus | | ■ Viral |
| ■ Hepatitis B | | ■ Viral |
| ■ Gonorrhea | | ■ Bacterial |
| ■ Syphilis | | ■ Bacterial |
| ■ Chlamydia | | ■ Bacterial |
| ■ Pubic Lice/Crabs | | ■ Parasitic |



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HOW to PREVENT STDs/STIs

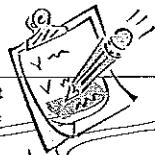
- Abstinence
- Vaccination (Hep B and HPV)
- Outercourse
- Latex Barriers (Condom, Dental Dam, etc.) -- at ALL times, Used properly
- Limit the # of Sexual Partners; Monogamous
- Get tested/treated together
- Avoid Alcohol and Drugs -- you're more likely to take chances without protection
- Avoid sharing any needles (drugs, tattooing, piercings, steroids, vitamins, etc.)
- Communicate with partners; about their status, your status, if/when you would ready to engage in sexual activity, what you will do to protect yourself and each other



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What to Do if You Think You Have a STD/STI

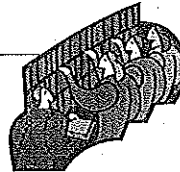
- Get Tested!
- Get Treated! (and follow your whole treatment plan)
- Tell your partner so he/she can get tested and treated at the same time
- Avoid sexual activity while on treatment or having a breakout
- Contact a health provider to consider prevention methods, to talk about any concerns/fears, to get tested, and/or check into birth control options (such as Planned Parenthood at 1-269-372-1200).



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Resources

- www.ppfa.org
- www.siecus.org
- www.avert.org
- www.cdc.org
- www.tenwin.com
- www.essure.com
- www.advocatesforyouth.org
- www.amfar.org



Call Planned Parenthood at 1-269-372-1200

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