

SEXUAL HEALTH AWARENESS

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WHAT IS SEXUAL HEALTH?

- Sexual health is a key part in overall health and well-being
- It is important no matter your age or relationship status
- Sex is a natural part of life
- Communicating openly and honestly with your partners and health care providers is extremely important in maintaining optimal sexual health
- Being aware of your sexual status by getting regular checkups and testing

BENEFITS OF SEXUAL HEALTH

- Positive relationships
- A healthier body
- Feeling good about yourself and having peace of mind

CONTRACEPTION

- Non hormonal contraception effectiveness
 - Sterilization ~ 99%
 - Condoms ~ 85%
 - Diaphragm ~ 83%
 - Cervical cap ~ 77%
 - Sponge ~ 76%
 - Rhythm method ~76%
 - Withdrawal ~ 75%

CONTRACEPTION

- Hormonal Contraception
- IUD ~ 99%
- Injection ~ 94%
- Pill ~ 91%
- Patch ~ 91%
- Vaginal Ring ~ 91%

SEXUALLY TRANSMITTED INFECTIONS/DISEASES

- Chlamydia: ~ 529 cases per 100k people
- Gonorrhea: ~ 231 cases per 100k
- Genital warts (HPV) ~ 13.2% nationwide
- Genital herpes ~12% nationwide
- Syphilis ~ 711 cases per 100k
- HIV/AIDS: 10.2 cases per 100k
- HPV: ~13.2% per 100k

SYMPTOMS OF STI'S

- Sores or bumps on the genitals or in the oral or rectal area
- Painful or burning urination
- Discharge from the penis
- Unusual or odd-smelling vaginal discharge
- Unusual vaginal bleeding
- Pain during sex
- Sore, swollen lymph nodes, particularly in the groin but sometimes more widespread
- Lower abdominal pain
- Fever
- Rash over the trunk, hands or feet

WHAT CAN I DO TO PROTECT MYSELF?

- Use a latex condom during any type of sexual act – if you or your partner are allergic, choose the one that suits you both
- Use a different condom every time you have sex
- Get regular testing and medical checkups with a doctor. Make sure your partner(s) are tested and clean as well.
- Limit the number of sexual partners at one time
- Maintain good hygiene
- Communicate with your partner about your expectations and needs in the relationship

CONSENT, CONSENT, CONSENT

- Consent ensures the safety and well-being of both partners
- Both partners have the right to end any sexual act at any time
- If consent is revoked by either partner at any time and this is not respected it is considered sexual assault

SEXUAL HEALTH RESOURCES

- WWW.RAINN.ORG
- WWW.NSVRC.ORG
- WWW.PLANNEDPARENTHOOD.ORG
- WWW.CDC.GOV
- WWW.DIVERSITYFAMILYHEALTH.COM
- Comanche County Health Department: (580) 248-5890
- Student Wellness Center: (580) 581-6725