

 Planned Parenthood® of Indiana

TIPS

Teen Information Packet on Sexuality



TIPS

Teen Information Packet on Sexuality

A Informative Resource for
Young Adults in Indiana

Everyone needs info...

This packet includes all kinds of information about sex, sexuality and sexual health. If you have questions that are not answered in these pages, contact Planned Parenthood at 1-800-230-PLAN or visit www.rtrl.org.

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The Sexual Rights of Indiana Teens

Click It:

www.rtrl.org

www.ppin.org

www.teenwire.com

www.scarleteen.com

www.gurl.com

www.iwannaknow.org

sexpositive.org

- You have the right to learn about sexuality, and its rights and consequences. You can learn about sexuality from your parents, other family members, teachers, school counselors, reproductive health center staff, school nurses, books from a library, peer educators and teen-focused sexual health Internet sites (see side box for listings).
- You have the right to a safe environment free of emotional, physical and sexual abuse and harassment. Teens that are abused or harassed have the right to be taken seriously and the right to get help to stop the abuse or harassment.
- You have the right to abstain from all sexual activity: manual (using hands to stimulate a partner), vaginal, oral and anal. Abstinence is the most effective way to avoid unintended pregnancy or sexually transmitted infections. You can abstain even if you have done sexual activities before.
- You have the right to say “no” to any person or sexual behavior at any time, even if you have consented to sexual activity before.
- All teens have the right to healthy relationships free of emotional, physical and sexual abuse.
- You have the right to talk to your dates about sexuality. If you are not comfortable talking about sex, it’s unlikely that you will be able to talk about the possible risks of sex like pregnancy or infection.

You have the right to contact your elected representatives:

- Indiana House of Representatives
200 W. Washington St.
Indianapolis, IN 46204
- Indiana Senate
200 W. Washington St.
Indianapolis, IN 46204
- Indiana U.S. Senator
463 Russell Office Building
United States Senate

The Sexual Rights of Indiana Teens

(continued)

- You have the right to know the law! It can be confusing, but here are the basics:
 - ☑ It is illegal for anyone 18 or older to have sex with anyone under the age of 16.
 - ☑ Sex with anyone under 14 years old is illegal, no matter how old you are.
 - ☑ If an adult finds out that someone 13-years-old or younger is involved in sexual activity, they are obligated to inform Child Protective Services (CPS), who can then inform his/her parents to decide if sexual abuse is occurring.

- You have the right to decide if and when you will have intercourse or other sexual behaviors. No one has the right to pressure or force you to do anything against your will.



- If you decide to become sexually active, you have the right to access reproductive health services such as birth control, cancer screening, and STD testing and treatment. The law says that your doctor must keep all medical information private and confidential. Getting these medical services does not require consent from your parents.
- There are no 100% safe methods of birth control. Condoms do not give 100% protection from sexually transmitted infections. If used correctly, condoms are 10,000 times safer than not using one, for HIV prevention. If used consistently and correctly, most birth control methods are 97-99% effective.

Healthy Relationships

Ten Secrets of a Healthy Relationship

Think about what's important to you in a date.

- Should you both have the same religious or political views?
- Should you both like the same kinds of movies and music?
- Should your date be good looking? Smart? Funny? Kind?
- What do you need from a date? What do you want in a date? What qualities should your date NOT have?

- **Talk.** Discuss meaningful things (more than gossip and sports). Communication is important in any healthy relationship.
- **Show your feelings.** Show sadness and joy. Let your date know how you feel so together, you can build a relationship that isn't built on bottled-up feelings, which can lead to emotional explosions. Hiding negative feelings will keep your date from being able to communicate honestly with you.
- **Lose occasionally.** When you compromise or admit that your date's point of view is as good as yours, you show you care about your date's feelings.
- **Make time for your relationship.** We devote time to important things like school, work and sports. Not making time for your date will make them feel unimportant in your life.
- **Admit when you're wrong.** Admitting that your date is right makes them your equal—a healthy aspect of any relationship.
- **Argue.** When you argue, you'll find that you and your date are different. Talk about these differences. When you argue, you'll tell your date who you *really* are and what you *really* feel.
- **Don't make your date guess what you want.** No one can read minds. When your date guesses wrong (as they often will), they will feel like they don't know you at all.
- **Your relationship fulfills more than just your needs.** Think of how your words and actions will affect your date. Know that everyone makes sacrifices in a relationship.
- **Turn off the TV.** Watching TV all the time prevents communication.

Types of Love:

Eros – a sexual love based on looks

Ludis – “player” kind of love, love is a game with no strings

Storage – compassionate and warm love for a sibling or friend

Mania – obsessive love, always nervous about the relationship and wanting attention

Pragma - realistic love, dating someone similar to yourself

Agape – unselfish love, don't expect the other to change, patient and kind love

Important Words in Any Healthy Relationship

Mutual Respect. Know what's important to your date and respect that. Ask your date do the same for you.

Trust. Jealousy can drive people crazy. It's ok to get jealous occasionally. What's important is how you act when you feel this way. Make sure to talk about it with your date.

Honesty. Keeping honesty in your relationship will create a lot of trust in your relationship. Lying means that your date will be less likely to trust you.

Fairness/Equality. Take turns picking movies, restaurants and being with each

other's friends. If things get off balance, the relationship will become a power struggle.

Separate Identities. Before you began your relationship, you had interests that didn't involve your date. Do the same as you continue your relationship. Being together 24/7 can drive you both crazy.

Communication. Speaking openly and honestly with your date will help prevent miscommunications that leads to anger, jealousy and broken hearts.

When Relationships End: Coping with a break-up

- ◆ **Talk about how you feel** to your friends, family or school counselor. The more you talk about it, the better you'll feel.
- ◆ **Stay active.** Workout, go out with friends and be involved in school. It can be unhealthy to isolate yourself for too long after a breakup. Getting out can help to vent out those frustrations and feelings that you have after a breakup.
- ◆ **Let out your emotions.** There is no shame in crying or talking about your feelings with a person you trust.
- ◆ **Make a list of pros and cons** of the relationship. Sometimes you'll realize that the relationship may have had problems that you hadn't seen before.
- ◆ **No breakup is important enough to end your life.** Breakups are often difficult and hurtful, but **remember that your life is important and meaningful with or without them!**



The best way to break it off

- Find a private setting and tell the person face-to-face.
- Don't tell the person all the things you don't like about them. Just be honest with them, but not brutally honest.
- If being friends after a breakup is what you want, understand it might take awhile. It most likely won't happen overnight.
- Make sure your body language is consistent with what you are saying. Don't touch the person affectionately when breaking up with them, it may send the wrong message.



Our Sexual Selves

There are many ways to define who we are as sexual beings, and all of them help us better understand our own identity, as well as the sexuality of others.

Sexual Identity

The labels or words we give ourselves to define our sexuality including gay, lesbian, bisexual, asexual, heterosexual and questioning.

Sexual Behaviors

These are the things people do including touching, kissing and sexual intercourse.

Gender Identity

This is the gender we feel we are. Most males feel they are men, and most females feel they are women. However, some people who are born one gender may feel they are the other—like a biological male who feels like a woman (a male-to-female transgender identity). Gender role and identity are separate from sexual orientation. Don't assume anything about people's sexual orientations because of their gender.

Biological Sex

This is determined by one's chromosomes and genital anatomy, and is listed on a person's birth certificate. Most individuals are male or female; however, some people are intersex, not 100% male nor 100% female.

Sexual Orientation

This is whom we are emotionally and physically attracted to. It includes feelings and desires toward the same, opposite or both sexes. You can also experience no feelings towards either sex (asexuality). Orientation is an internal part of who we are as sexual beings and does not require any behavior or social declaration to confirm that orientation. Orientation typically matches an individual's sexual behavior and sexual identity. However, due to homophobia, not everyone with same-sex attraction acts on their feeling or identities.

Remember: We all have the right to our own beliefs and opinions about sexuality; however, nobody has the right to treat someone unfairly because of those beliefs.

How Stereotypes Hurt Men and Women

Stereotype:

An overly simplified judgment or bias regarding a person or group.

Gender Role:

Society's expectations of how individuals should act according to their biological sex. Men are expected to be masculine; women are expected to be feminine.

Because of stereotypes,

Men are...

- ...more likely to take physical risks.
- ...more likely to be heavy users of alcohol and drugs.
- ...more often engaged in physical fights.
- ...more involved in serious crime offenses.
- ...more likely to die from suicide.
- ...less willing to seek help.
- ...more likely to engage in risk-taking behaviors (early sexual intercourse with many partners, reckless driving, etc.).
- ...more likely to experience heart disease and alcoholism.
- ...less concerned about their health and getting checkups.

Women are...

- ...less likely to take physical risks.
- ...more at risk for nutritionally-based diseases (obesity, anorexia nervosa, bulimia, etc.).
- ...more likely to contemplate suicide.
- ...more likely to abandon educational aspirations.
- ...less likely to pursue advanced courses in math, physical sciences and computer technology.
- ...often paid less for the same work.
- ...less assertive and more accommodating.
- ...more often victims of physical and sexual abuse.

If you allow yourself to go outside stereotypical gender boundaries, your individuality and unique personality will shine. Don't let gender roles and stereotypes get in the way of reaching your full potential!

More Than Just Waiting: All about abstinence

Abstinence

Not having any genital contact (manual, vaginal, oral and anal sex). Abstinence is the only 100% effective method in protecting against unwanted pregnancy and sexually transmitted infections.

- Make sure your partner is clear on your decision ahead of time.
- Be aware that drugs and alcohol can affect your thoughts.
- Plan ahead of time.
- If you are approached and your partner does not accept “no,” here are some ways to respond:
 - “I do not need to prove my love by having sex with you.”
 - “If *you* really respected me you would wait.”
 - “I have the right to set my own pace, I’m worth the wait.”
 - “I am not everyone, so I don’t have to have sex.”

Think about it ..

When the time comes that you want to be sexually active, how will you protect yourself? Birth control? Condoms?

The What and Why

Abstinence is a health-based definition. Virginity is a social and spiritual definition. Losing your virginity does not make you a man or a woman.

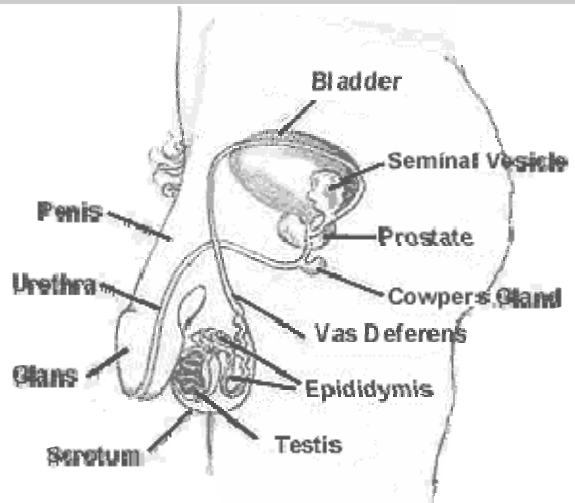
If you decide to abstain from sexual activity, decide when and under what circumstances you will no longer be abstinent. Who (someone you love, a spouse)? When? Where? What (How far will you go before you draw the line)?

Other ways to show your love:

- Talk openly about your feelings.
- Cook a meal together.
- Meet each other’s family and friends.
- Kiss and hug.
- Play a game.
- Send cards and notes to each other.
- Go to places you haven’t been before (museum, park, etc.).
- Make mix CDs for each other.

Introducing ...

The Male Reproductive System



Bladder

The organ where your urine is stored. The bladder empties into the urethra.

Cowper's Gland

This gland makes a substance called "pre-ejaculate," which prepares the urethra for the cum that goes through it during ejaculation.

Epididymis

The tube where sperm grow and develop. It is tightly coiled on top of and behind the testicles.

Glans

The soft, highly sensitive and pleasurable tip of the penis. Your urethral opening ("pee hole") ends at the glans ("head").

Penis

A male's sex organ. When blood rushes to the penis, it grows and becomes hard, otherwise known as an erection.

Prostate

An organ that makes a fluid that helps sperm move through the penis.

Scrotum

A sac of skin that holds the testes, epididymis and part of the vas deferens.

Testes

Otherwise known as "balls," these glands are inside the scrotum and make sperm.

Seminal Vesicle

An organ that makes seminal fluid, part of ejaculate.

Urethra

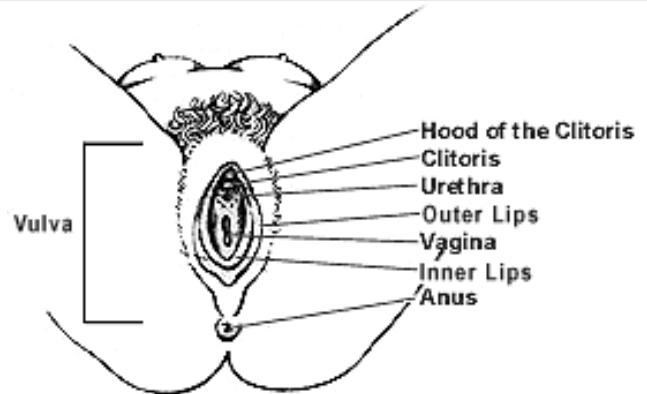
The urethra runs through the penis, and carries ejaculate and "pre-ejaculate" during sex play. This is also the tube that men urinate through. The urethra empties the bladder and carries urine to the urethral opening.

Vas Deferens

A long, narrow tube that carries sperm from each testicle to the seminal vesicles and becomes the urethra.

Introducing ...

The Female Reproductive System



Cervix

The passageway between the uterus and the vagina.

Clitoris

The female sex organ that's sole purpose is pleasure.

Fallopian Tubes

Two narrow tubes that carry eggs from the ovaries to the uterus.

Hood of the Clitoris

A small flap of skin that covers and protects the clitoris.

Outer Lips

Also known as the labia majora, the outer lips of the vulva.

Inner Lips

Also known as the labia minora, the inner lips of the vulva.

(Both the outer lips and the inner lips are sensitive and important in arousal.)

Ovaries

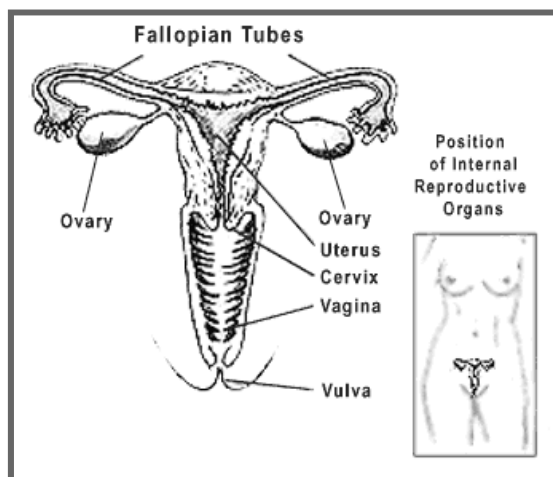
The two organs that store eggs and make some of the hormones in a female's body.

Uterus

The lining of the uterus is what comes out during a woman's period. If a woman is pregnant, this is where the growing fetus develops. It is also known as "the womb."

Vagina

The passage between the vulva, and the cervix and uterus. During sex between a man and woman, this is where the man inserts his penis. The vagina is where the baby passes through during childbirth.



Urethra

The tube that females urinate through. The urethra goes from the bladder to the urethral opening ("pee hole") outside of the body.

Vulva

The female external sex organs, including the clitoris, the inner and outer lips, urethral opening, and the opening to the vagina.

Clean Up Your Act

What's healthy and unhealthy when it comes to cleanliness and hygiene?

Cleanliness and hygiene mean different things to different people. There are healthy and unhealthy ways to stay clean. Read the following information to make sure that you have healthy hygiene practices.



Deodorant

There is deodorant made for your armpits, but there are also deodorants that are sold to make your genitals smell “better.” These deodorants can be harmful to the natural environment of your genitals. If you use water to clean your genitals regularly, you do not need a genital deodorant—it can be more harmful than beneficial.

Douche

Like female deodorant sprays, douching is also harmful to a woman's genitals. Douching is when water, or water mixed with other materials or chemicals, is shot in a stream up into the vagina. This can disturb the healthy bacteria in the vagina, which work to naturally clean and protect the vaginal environment. Douching can lead to irritation or infection, and if douching equipment isn't clean, it too can cause further infection.

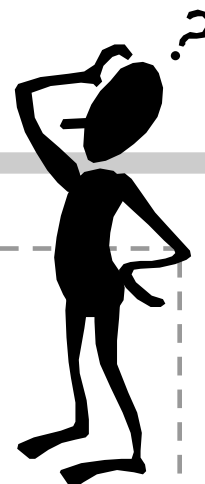
Cleaning Your Genitals

When cleaning your genitals, only use water—not soaps or other cleansers. It is important to know how to properly clean yourself. Guys, if you are not circumcised (you still have a foreskin), make sure to clean on, around and under the foreskin, or else there can be a buildup of a gunky substance called smegma, which can cause irritation. Girls, when cleaning your vulva, it is important to clean around your labia and clitoris.

Perfume and Cologne

It is natural to want to smell good, for yourself and others. However, remember that perfume and cologne are made for external, non-genital use. If you spray perfume or cologne on your genitals, it can lead to irritation and infection. Also, make sure to not overuse your perfume or cologne, because too much of it can be unpleasant for those around you.

Am I Normal?



Q: What are hormones?

A: Hormones are chemicals made by the body that guide our growth into women and men. With the production of these hormones, girls' breasts begin to get fuller. Often one breast grows faster than the other. Girls' hips get rounder, and their vulvas and clitorises grow slightly.

Hormones cause boys' testicles to get bigger and hang lower (usually one hangs lower than the other). Their penises grow larger and get hard more often—and unexpectedly. Boys gradually start growing beards after their voices change. Sometimes boys' breasts become tender and somewhat enlarged. However, this usually lasts only a year or two, and then the size of the breasts returns to normal. Both boys and girls grow hair in their armpits and around their genitals.

Q: Do I masturbate too much? Do I masturbate too little?

A: Masturbation, or touching the sex organs for pleasure, is a normal, healthy part of life. Masturbation can lead to orgasm—an intense feeling of pleasure that happens when the tension that builds up during sex play is suddenly released.

Masturbating can help you learn more about yourself—what you like, what you dislike. There is no “normal” amount of masturbation. Some people do not masturbate, while others masturbate multiple times in a day. It all depends on what makes YOU feel good. But if you are skipping class to masturbate, or your body gets sore because of your intensity or frequency, you might want to stop masturbating as much.

Am I Normal?

(continued)

Q: Am I the right size? Shape? Color?

A: As mentioned earlier, everybody grows at a different rate. Even when we are finished growing and developing, every person's body parts are different sizes. It is okay to want to compare your body to other bodies, but just remember that no two people are going to grow and develop in the same way or at the same pace.

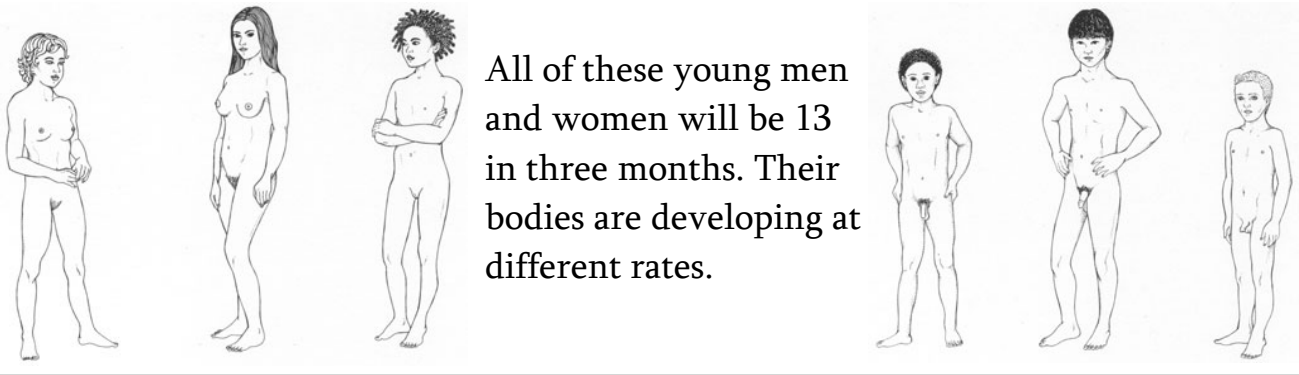
On a female body:

- Breasts are different in shape and size. The nipples may be flat or raised. Nipples and the area around them, the areola, differ in color from woman to woman. A woman's breasts can give her sexual pleasure when touched. Small or large, her breasts can also produce milk after she has a baby.

On a male body:

- Soft adult penises are usually between 3 1/4 and 4 1/4 inches long. Some may be shorter, longer, thinner or thicker. Four to six inches is the average length of a hard penis.
- The images of body-builders and male models you see on TV and in magazines are almost always the product of airbrushing or steroids. Every person has a limit to how much muscle they can build, depending on height and body type. Taking supplements or drugs to increase body mass can be dangerous.

While some people prefer big penises or big breasts, being attractive depends more on personality—how we think of ourselves, present ourselves, take care of ourselves, and respect ourselves and others.

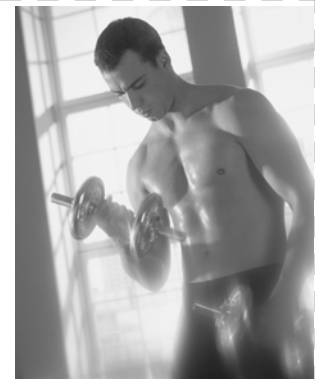


Mirror, Mirror on the Wall ...

How body image affects our everyday lives

The society we live in is very competitive, it is hard to not compare yourself to others. We are constantly being bombarded with images and descriptions of how we should look and act, but these messages can lead to negative body image. It is important to know the difference between being healthy and being too caught up with looks. We are all born with different body types, and it is nearly impossible to look like the models in magazines and on TV.

Body Image is what you think your body looks like. It can change depending on how you are feeling, and the people you are with.



It is not realistic to think that you should look like the woman or man in these images. The media uses pictures such as these to grab your attention and sell products, but remember that it is almost impossible (and often unhealthy) to look like this.

What influences how you look at your body?

Friends and Family ◇ Magazines ◇ Music ◇ Movies ◇ TV Shows ◇ Music ◇ Yourself

Eating Disorders

◇ **Anorexia Nervosa:** When a guy or girl doesn't eat or eats very little to remain or become thin. People with anorexia often exercise too much, in addition to not eating enough.

◇ **Bulimia:** When a guy or girl binge eats (eats a lot of food), then purges (throws up or forces diarrhea) with laxatives or self-induced vomiting.

Eating disorders can have many harmful health effects such as dehydration, malnutrition, tearing and ripping of the digestive track, and even death.

Healthy Dieting

- ◆ Do not deprive yourself. You can eat a healthy, well-balanced diet without starving yourself. Be sure to have a diet high in lean protein, whole grains, and fruits and vegetables. Allow yourself to have a moderate amount of snacks and junk food. Moderation is key!
- ◆ Steer clear of high-sugar and high-fat foods. If you're craving a snack, eat fruit instead of sweets. Eating small meals or snacks throughout the day, especially if you are physically active, can speed up metabolism.

Remember: Don't focus on how your body looks and how you feel about your appearance. Instead ask yourself: **What has my body done for me lately?**

Meet “Aunt Flo”

Your guide to menstruation

Girls have two ovaries. Each one holds hundreds of thousands of very tiny eggs. Girls are born with all the eggs they will ever have. An ovary releases one egg about once a month. This is called **ovulation**.

The egg moves through the fallopian tube toward the uterus. If sperm meets the egg on its way to the uterus, they can join together. The joining of an egg and a sperm is called **fertilization**. Pregnancy begins if a fertilized egg attaches itself to the lining of the uterus.

If fertilization does not occur, the egg breaks apart, and the lining that builds up in the uterus is not needed. This lining flows out of the uterus, through the cervix and vagina, and out of the body. This is called **menstrual flow**. A woman will be having her period when this happens.

The time from the first day of one period to the first day of the next is called a menstrual cycle. Menstrual cycles will likely start between ages 8 and 14. If a girl does not get her period in this age range, she will want to talk to her doctor. Menstrual cycles usually continue on until a woman is between 45 and 55 years old. When a woman’s periods stop, it is called “the change of life” or **menopause**.

Sometimes a girl will have spotting of blood for a day or two after ovulation. This is normal, but it is not her period. It is also normal for a girl to get cramps in her lower abdominal area during her period. Cramps can be uncomfortable, but should not be unbearable. If these cramps become too painful for a girl, she should talk to her doctor or contact the nearest Planned Parenthood health center.

Some women choose to take continuous cycles of birth control, meaning they take the hormone pills continuously, without a “week off.” This prevents your period from happening. Once a woman stops the continuous cycle of birth control, she will get her period again. A woman should always talk to her doctor before changing the way she takes birth control.

When a girl is on her period, she will use tampons, menstrual cups or pads. She should change her tampons and pads regularly, because too many bacteria can develop if a tampon is left in place for too long, resulting in a rare illness called “toxic shock syndrome” (TSS). Girls can reduce their risk for TSS by wearing a pad instead of a tampon while they sleep.

Every girl is different. Their periods and menstrual cycles will be different, too. What is normal for one girl, may not be normal for anyone else. Cycles may not always last the same number of days when they first begin. A girl’s first few periods may not all be the same either. Sometimes when a group of girls spend a lot of time together, they begin to have similar cycles.



Breast Self-Exam

Breast cancer affects many individuals, families and communities. The good news is that you can make lifestyle changes to help decrease your risk of breast cancer, as well as perform monthly self-exams to help detect cancer if it appears.

What should I know about regular breast self-exams?

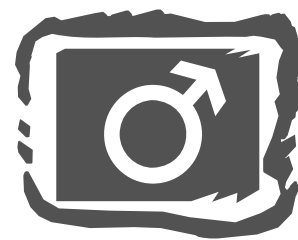
First, you should know what is normal for your breasts and what is not. Spend time getting to know the feel and shape of your own breasts, so that you will know if any changes occur. When performing a self-exam, you can use instructional materials in order to learn the breast self-exam technique. You can usually get these materials from your doctor, a Planned Parenthood health center or your local American Cancer Society. Finally, you should examine your breasts at the same time each month. It is best to record your self-exams on a calendar so you do not forget.

What if I feel a lump during a self-exam?

If you are performing a breast self-exam and feel a lump or other abnormality, do not assume that it is cancer. In fact, 80-90% of lumps that form before menopause are **not** cancerous. If you feel a lump, wait to call your doctor. Examine the lump again 3-4 days before your next period, then 3-4 days after your period. If the lump does not go away, you should contact your doctor.

Men:

Grab hold of your health



Testicular Self-Exam

1. Grab hold in the shower (hot water relaxes the scrotum).
2. Hold your testicles in your palm. Notice the weight and size. Is it different?



3. Next, rotate each testicle between your thumb and forefinger. Check for lumps or swelling.

4. Now, check your epididymus for lumps or soreness. Your epididymus is the comma-shaped cord behind your testicles.

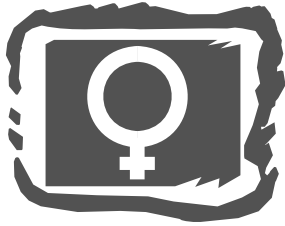
5. Continue the exam by feeling the vas deferens. The vas deferens should feel like a firm, movable smooth tube.



6. You should do a testicular self-exam every month.
7. If you find anything odd or abnormal, contact your doctor.

Testicular Self-Exam Facts:

- Testicular cancer is the most common cancer found in young men between the ages of 15 and 35.
- 90% of early self-discovered cases end with a cure.
- Regularly doing a testicular self-exam is part of being in charge of your body and your sexuality.



Hey Ladies!

Have you had a gynecological exam?

What is it?

A gynecological exam is a three-part medical examination and assessment. It includes a consultation about your health, a pelvic and breast exam and a Pap test.

Why do I need one?

A gynecological exam is needed to check sexual health, screen for cervical and breast cancer, prescribe birth control, if requested, and screen for sexually transmitted infections.

Who needs one?

Any female, who is sexually active or at least 18 years old, needs one to protect her health. Also, any woman who has any discomfort in her pelvic area should have one.

Are they uncomfortable?

The idea of the exam is usually much more uncomfortable than the actual exam. Many people find them relatively quick and painless procedures. If you need one but are afraid, go with a friend or parent for support.

To schedule a gynecological exam, talk to your doctor or contact the nearest Planned Parenthood health center by calling
1-800-230-PLAN.

Am I Ready to Have Sex?

Sexuality is a natural and normal part of life. And so is sex. Having sex play—from masturbation to flirting, kissing to fondling, and oral sex to intercourse—is a big decision. It involves many feelings and responsibilities.

Choosing to be in an ongoing sexual relationship is another big decision. There is a lot to consider. Figuring out when you're ready for sex continues through life. People need to make decisions about sex in their teens, 20s, 30s, 40s, 50s and beyond—every time a sexual situation develops.

Some important things to consider are

- ◆ your personal values and goals
- ◆ your feelings about the kinds of emotional and physical risks you are willing to take
- ◆ whether you are feeling pressured
- ◆ how clear you are being with your partner about what you do and don't want to happen
- ◆ what you want out of the relationship

Emotional Risks

Having sex can be wonderful, whether or not it includes intercourse. But it can make people feel very vulnerable, and they can get hurt.

Think about how it may make you feel:

- ◆ Will having sex make you feel differently about yourself? If so, how?
- ◆ How might your feelings about your partner change?
- ◆ Will you expect more commitment from your partner? What if you don't get it?
- ◆ What if having sex turns out to be different than you expect?
- ◆ What if having sex ends your relationship?
- ◆ What if having sex changes your relationship with your family and friends?

Physical Risks

Having sex with a partner can be a meaningful way to express yourself. But there are two important physical risks—sexually transmitted diseases and unintended pregnancy.

Can you answer “yes” to the following questions:

- ◆ Do you know how to reduce the risk of infection with safer sex?
- ◆ Do you have birth control and know how to use it?
- ◆ Do you have condoms and know how to use them?
- ◆ Do you know how to reduce the risk of pregnancy?
- ◆ Do you know how your partner would feel about an unintended pregnancy?
- ◆ Will you go for checkups for STDs when you take risks?
- ◆ Have you discussed these issues with your partner?

Get the Facts!

All about oral sex

Oral sex is ...

... using the mouth and tongue to turn on someone sexually, usually by kissing and/or sucking his/her genitals.

Can people have oral sex and still be virgins?

ASK IT!

Can someone get pregnant from oral sex?

Pregnancy cannot be caused by oral sex behavior. Any fluids swallowed will continue down the gastrointestinal (GI) tract and whatever the body does not absorb will eventually be excreted. Sperm die during this process, but even if they did live, it would never make it to the reproductive system.

Many say that abstinence is 100% safe. However, vaginal intercourse is not the only way HIV and other sexually transmitted infections (STIs) are transmitted. Oral, anal and manual (using hands to stimulate a partner) sex are capable of transmitting infection. So if your definition of abstinence includes no disease transmission, then participating in oral sex behavior is not abstinence.

Traditionally people have thought of a virgin as someone who has not had sexual intercourse (penis in vagina). However, by engaging in oral sex (or “everything-but” sexual intercourse) one can feel confused. While technically still a virgin, you may find that you have become as emotionally and physically involved as if you had engaged in sexual intercourse.

Barrier Methods

There are various ways to protect yourself from pregnancy, but to reduce the risk of sexually transmitted diseases (STDs) use a barrier method. To decrease chances of pregnancy use a barrier method alongside a hormonal method. Never use two barrier methods at the same time (for example, a male condom and a female condom), as the friction between the materials can cause them to tear.

Male Condoms

Male condoms are sheaths of thin latex or polyurethane (plastic) worn on the penis during intercourse. They collect semen before, during and after a man ejaculates (“cums”). This can keep sperm from entering the vagina or anus.

Female Condoms

The female condom is a polyurethane (plastic) pouch with flexible rings at each end. The closed end is inserted into the vagina or anus and collects semen during intercourse. The female condom stays in place even if a guy loses his erection, and the external ring may stimulate the clitoris. This method can be used by people who are allergic to latex.

Dental Dams

A dental dam is a small, square sheet of latex or plastic that is placed over the vagina or anus during oral contact to protect against STDs. Dental dams come in various colors and flavors. A condom can be cut open to create a dental dam, or you can use plastic wrap.

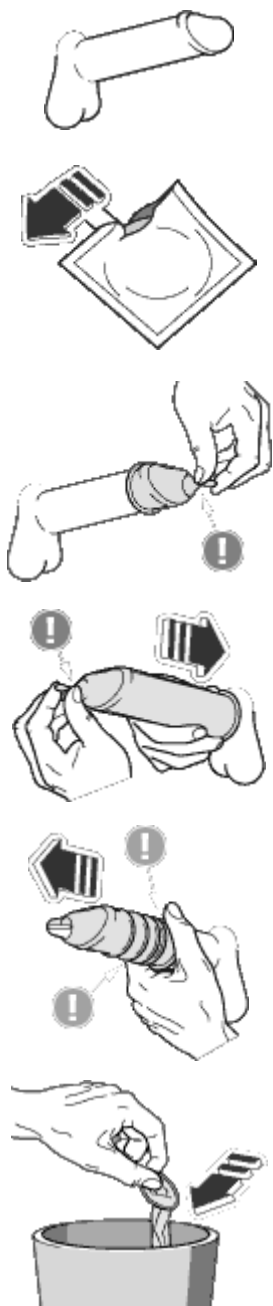
Gloves

STDs can be spread through cuts or hangnails on fingers during manual penetration (“fingering” or “jerking off”). Put on a latex gloves to reduce this risk.

Wrap it up!

The how-to's of condom use

Condoms are the *only* method that decrease both sexually transmitted diseases and pregnancy. Read more to find out how to safely use a condom.



1. Check the expiration date.
2. Carefully remove the condom from the package by first sliding the condom to the bottom of the package, then tearing open the top. Check to feel the condom for brittleness, odd smells, stickiness or cracking.
3. Put on a condom only when a penis is erect, but ALWAYS before any sexual contact. “Pre-ejaculate” can contain sperm, STDs and HIV.
4. If the condom is placed on the penis backward (it won't roll down) do not flip the condom over and try again. Use a new condom to avoid any contact with “pre-ejaculate.”
5. Leave room at the tip of the condom (at least a 1/2 inch). Condoms applied without the extra room at the tip frequently break. This user error is a common cause of condom failure.
6. Unroll the condom all the way down to the base of the penis. STDs are often transmitted because of inadequate coverage.
7. During sexual activity, check the condom often to make sure it is still in place.
8. After sexual activity, hold on to the rim of the condom and pull out before loss of erection. This helps ensure that the condom stays on until safe removal.
9. Always use a new condom for each new sexual activity, after each ejaculation and if the condom becomes dry.
10. Once the condom is removed it should be tied in a knot and disposed of in the trash (never flushed down the toilet).

Women, Take Control!

Hormonal birth control methods

Hormonal birth control can be used with barrier methods or by themselves. When used alone, they greatly reduce the chances of pregnancy, but not STDs. The hormones in these methods work by preventing eggs from being released (ovulation) and thickening cervical mucus so that it is difficult for sperm to pass through. Hormonal methods must be prescribed by a doctor or nurse, as opposed to barrier methods which can be purchased over-the-counter.

Certain hormonal birth control methods have specific health risks associated with them such as increased risk for heart attack or stroke. These risks increase slightly with age and more dramatically for smokers. Hormonal birth control can also have benefits such as regulating a girl's menstrual cycle, less-severe cramps and a decrease in acne.

<p style="text-align: center;"><u>THE PILL</u></p> <p>If you choose the Pill, you will take one pill each day and complete one pack each month. The pill is 92% effective with typical use and 99% effective with perfect use.</p>	<p style="text-align: center;"><u>THE RING</u></p> <p>If you choose the Ring (NuvaRing®), you will insert a small, flexible ring into the vagina for three weeks and take it out for the fourth week, when you will get your period. It is over 99% effective.</p>
<p style="text-align: center;"><u>THE PATCH</u></p> <p>If you choose the Patch (Ortho Evra®), you will place a thin plastic patch on the skin of the buttocks, stomach, upper outer arm or upper torso once a week for three weeks in a row. The woman removes her patch and gets her period during the fourth week. It is 99% effective.</p>	<p style="text-align: center;"><u>THE SHOT</u></p> <p>If you choose the Shot (Depo-Provera®), you will get a shot of a hormone that can prevent pregnancy for 12 weeks. You must receive a shot once every three months. The shot is 99% effective and works within 24 hours of injection.</p>

Emergency Contraception (EC)

Otherwise known as “the morning after pill,” EC prevents pregnancy after unprotected sexual intercourse. EC does not protect against STDs. Most EC pills are taken in two doses, twelve hours apart and can reduce the risk of pregnancy if started within 120 hours (5 days) after unprotected vaginal intercourse. EC works best when taken within the first 72 hours—the sooner, the better. EC is available at Planned Parenthood health centers, doctors and hospital emergency rooms. EC is also now available over-the-counter (without a prescription) to those 18 and older at most Planned Parenthood health centers and local pharmacies.



Sexually Transmitted Diseases (STDs)

Two Rules to Reduce Your Risk:

Don't let any else's bodily fluids (semen, vaginal fluids, menstrual blood and blood) enter your body (via your vagina, anus, penis, mouth, eyes or injured skin).

Use a latex barrier (condom, dental dam or latex gloves) with a water-based lubricant for all acts of oral, anal, manual and vaginal sex.

There are two main categories of STDs:

- **Fluid Transferred:** (Gonorrhea, Chlamydia, Trichomoniasis and HIV) Latex condoms, when used consistently and correctly, are highly effective in preventing the transmission of these diseases.
- **Skin-to-Skin Transferred:** (Herpes, Syphilis and HPV) When used correctly and consistently, latex condoms can reduce the risk of skin-to-skin transferred diseases when the infected areas are covered or protected by the condom.

Risk reduction for when the condom slips or breaks:

- Both partners should urinate and wash up.
- Women should not douche. This may increase the risk.
- If pregnancy is not wanted, Emergency Contraception can be used for up to 5 days.
- Make an appointment at your local Planned Parenthood health center for STD and HIV testing.

HIV and AIDS



What does HIV stand for?

- **H = Human** (Can only be spread from human to human.)
- **I = Immunodeficiency** (A problem with your immune system, which is your body's shield from disease.)
- **V = Virus** (**Cannot be cured.** Viruses like the common cold and the flu run their course and leave your body, but HIV/AIDS does not leave.)

What does AIDS stand for?

- **A = Acquired** (The virus is transferred from person to person.)
- **I = Immune** (Referring to the immune system.)
- **D = Deficiency** (People become sick with infections that normally wouldn't affect them.)
- **S = Syndrome** (A combination of different ailments, from pneumonia to various infections.)

How are HIV and AIDS related?

HIV eventually develops into AIDS, when the immune system is highly damaged and vulnerable to infection.

How is HIV spread?

HIV is spread through certain fluids found in the human body (blood, semen, vaginal fluid, breast milk and other body fluids containing blood). If infected fluids get inside a person's body, they are at risk for contracting HIV. The most common ways HIV is spread are unprotected vaginal, oral or anal sex, sharing needles or syringes (including tattoo and piercing needles), and getting HIV-infected blood, semen or vaginal secretions into body openings.

Can I tell if someone has HIV or AIDS?

The simple answer is **no**. Some people develop symptoms shortly after being infected, while others can live for many years without seeing symptoms. The first symptoms are usually flu-like (swollen glands, slight fever, headaches and fatigue). The later symptoms can include thrush (an oral yeast infection), extreme fatigue, rapid weight loss, diarrhea, recurring or unusual skin rashes, numbness and mental deterioration.

How do I get tested for HIV?

There are two primary tests—blood and oral swab. One oral test gives results in 20 minutes. There is a “window” period of one to three months, meaning within the first one to three months after exposure to HIV, these tests may come back negative even if you have the virus. Testing can be confidential (you provide your name) or anonymous (you do not provide your name). Contact your doctor, health department or local Planned Parenthood health center to get tested. Everyone who is sexually active should be tested every year.

Can She Get Pregnant if ...?

There are many myths and facts floating around about whether or not a woman can get pregnant from certain situations. Get the facts straight, and remember to protect yourself if you are sexually active!

Can she get pregnant if she has sex when she has her period?

It's not likely, but it can happen. It is possible for a woman to get pregnant from intercourse during her period, especially if her menstrual cycle is brief.

In a 20-day cycle, for example, ovulation (the release of the egg) may very well occur on Day 6 of her cycle. Her period begins on Day 1. It can last up to 7 days, but usually about 3 to 4 days. But a guy's sperm can live inside a girl's body for up to six days. Let's say a couple has unprotected vaginal intercourse in the first two days of her period. The live sperm can wait to join with her egg when it is released on Day 6. This could cause a pregnancy.

Can she get pregnant from pre-ejaculate?

Yes, pregnancy is possible any time ejaculate or "pre-ejaculate" is spilled in the vagina, or on or near the vulva.

"Pre-ejaculate," also known as "pre-cum," is the liquid that seeps from the tip of the penis during sexual excitement before ejaculation happens. This fluid helps coat the urethra and helps sperm move. If there are sperm in the urethra from a previous ejaculation, then "pre-cum" could push them through the penis before a guy actually "cums."



Can she get pregnant during the "off" week of her hormonal birth control?

Hormonal birth control helps protect against pregnancy because it prevents the ovaries from releasing eggs and changes the uterine lining. So, as long as you are careful to take your hormonal birth control as prescribed, it is 97-99% effective at any time throughout the cycle.

Can she get pregnant if a man ejaculates in a chlorinated pool?

No. It's not possible for a woman to become pregnant if there is ejaculate or "pre-ejaculate" in the water of a pool. Sperm survive well in moist, warm places that are around body temperature. But pools are too cold, and have too much chlorine and too much water for sperm to survive. However, pregnancy is possible if ejaculate or "pre-ejaculate" comes into direct contact with a woman's vagina or vulva during vaginal intercourse or sex play under water.

Pregnancy

Three options

If a Teen Chooses Parenthood:

- A teen will need prenatal care as soon as possible to have a healthy pregnancy.
- Both “soon-to-be” parents will need to inform their parents of the pregnancy.
- If she names the father, he is obligated to provide child support, even if he is a teen and doesn’t yet have a job. However, a pregnant teen is not obligated, by law, to tell the father about the pregnancy.
- Teen mothers have the right to establish paternity to verify who is responsible for child support. For teen dads, paternity establishes their rights to visitation.

If a Teen Chooses Adoption:

- She will need to get prenatal care, contact an adoption agency and tell her parents.
- If she names the father, he will be informed by mail of her decision and will have 30 days from then to register, if he wishes, to raise the child. If she does not name the father, he has 30 days after the birth of the child to register to raise the child.
- The father cannot force the mother to raise the child herself or to have an abortion.
- Most birth moms choose the family where the child is placed. All contact (phone calls, photos, visits, etc.) is strictly voluntary on the part of the adoptive parents and can begin or cease at anytime.
- A birth mother can claim up to \$3,000 in expenses (clothing, food, prenatal care, etc.) to be paid for by adoptive family.

If a Teen Decides To Get an Abortion:

- Teens who are not yet 18 years old, who want an abortion must have the permission of one parent.
- If a teen cannot or does not want to tell her parent(s), she may go to a judge and ask for a “judicial bypass” to get an abortion. The judge will make the decision whether or not to allow the abortion.
- The law does not give any rights to the guy if she chooses to get an abortion.
- Abortions are safer and less expensive the earlier in the pregnancy they occur (less than 12 weeks).

If you or a friend are experiencing teen pregnancy, talk with people you trust, about these options. Pregnancy presents three challenging options, any of which is a huge decision.

What You Can Do ...

If you know someone who has been raped or sexually assaulted

DO NOT

- ... press them for details.
- ... tell other's their story.
- ... express your discomfort.
- ... say what you would have done.
- ... make decisions for the survivor.
- ... say "I know how you are feeling."
- ... ask if anything was done to lead the perpetrator on.

DO

- ...listen and believe them.
- ...tell them that what happened is not their fault.
- ...offer support.
- ...let them know that they are not alone.
- ...tell them that whatever they are feeling is okay.
- ...tell them that whatever decision they make is okay.
- ...let them decide who to tell.
- ...inform them of their legal rights.
- ...talk about their sexual health—including emergency contraception and STD/HIV testing.
- ...provide them with resources —such as a local rape crisis center or Planned Parenthood health center.

If you have been raped, make sure to first go to a safe place. If you choose, you can call 911 or a local rape crisis center to talk about your options. It is a good idea to go to the emergency room (ER) in case you are injured. In the ER, you can also meet with a counselor, let the police collect evidence, and get information about Emergency Contraception and preventing STDs. Remember that it is YOUR choice whether or not you want to prosecute.

What You Can Do...

To protect yourself from date rape drugs

“Date rape,” or acquaintance rape, is the victimization and sexual assault of a guy or girl by someone they know well or just as an acquaintance. It can happen on a first date, or by someone the guy or girl has come to know and trust.

Date rape drugs, such as Rohypnol, GHB, Ketamine and Ecstasy, are substances that have effects such as dizziness, intoxication, muscle relaxation, drowsiness, confusion, nausea, memory loss, deep sleep and no sense of touch. These drugs sometimes do not have any smell or color, so the victim is unaware that they are being drugged. The drugs can take as little as five minutes and no longer than half an hour to take effect.

Easy Ways to Reduce Your Risk:

- Do not leave a drink unattended or accept an open drink from anyone you do not see opening it and handing it to you.
- Be aware of any dramatic differences in the way you normally act.
- Use the buddy system when you go to parties.
Check in on the friends you came with on a regular basis and never leave a friend alone at a party. Be aware of any dramatic differences in the way your friends normally act.
- Get out of any situation where you think someone may have put something in your drink or given you drugs. Call your parents, a friend, relative, or taxi—whatever it takes for you to be safe and get out of there.
- Get tested. Go to the hospital or police station and ask to be tested. If you have been assaulted, positive drug tests give hard evidence for if you decide to press charges.



What's up, Doc?

When to go to the doctor



It is often difficult to decide when you should seek help, advice and care from your doctor. Many teens are nervous, embarrassed or scared to talk to their doctors about physical and mental changes, as well as sexual activity. Just use good judgment and follow these guidelines to decide when to go to the doctor.

Every person, guy or girl, who is sexually active or is considering having sex should go to the doctor.

Many people with sexually transmitted diseases (STDs) and/or HIV don't have any symptoms, meaning they could spread STDs without even knowing it. If you are sexually active, it is important to be tested for STDs regularly so that your sexual health stays in top shape. You can also discuss with your doctor the best ways to protect yourself from STDs and unwanted pregnancy.

Men, you should go to the doctor if ...

- ...you notice any lumps, bumps, warts or sores on your testicles or penis, or if you've had any unusual discharge from your penis.
- ...you have been experiencing severe and/or long-lasting pain from testicular injury.
- ...you start peeing more often, or you feel burning when you pee.
- ...you still have undescended testicles.
- ...there is persistent itching around your testicles, inside thighs or in the anal area.

Women, you should go to the doctor if ...

- ...you have an abnormal or unexplained change in vaginal bleeding or discharge.
- ...you have growths, lumps or thickening in the breast or armpit.
- ...you have increased pain or discomfort before your period.
- ...you are bleeding or have discharge from the nipple.
- ...you have discharge, burning, itching, bumps or warts on or around your vagina.
- ...you have severe pelvic or lower abdominal pain, sores, lumps or itching of the vulva or vagina.

These symptoms may indicate that something is wrong. If you have any of these symptoms, see a doctor.

Testicle and Penis Injuries

Men, if you have a lot of physical activity in your life, it is likely you have had a painful testicular injury before. Since the testicles reside outside of your body in the scrotum, they are not protected by any bones or muscles like other internal organs, making them more vulnerable to injury. To stay in top shape, educate yourself about the different types of injuries and conditions, as well as different ways to protect yourself.



- **Testicular Torsion:**

This injury usually happens in men ages 12 to 18, and it is when the testicles get twisted, causing a lack of blood supply. If you have testicular torsion, go to the doctor immediately. Without blood, the testicles could start to lose sperm production, and the injury may lead to loss of a testicle. The doctor may be able to fix the torsion without surgery, but if they can't, surgery will be necessary.

- **Testicular Rupture:**

This injury is very rare but can happen when a testicle gets crushed, either by getting directly smashed by an object, or against the pubic bone. This can cause horrible pain, swelling, nausea and vomiting, and requires surgery.

Protect Yourself!

Here are some ways to prevent testicular injury:

- Wear an athletic cup or supporter.
- Make sure your athletic cup or supporter is the right size.
- Talk to your doctor about any testicular pain you have.
- Educate yourself about the risk of injury in your sports and activities.

More common penis problems...

Blue Balls:

Some guys' genitals ache when they do not ejaculate (cum) after sexual stimulation. This ache should go away if they ejaculate or take a break from stimulation. This is less common than most guys think, and while uncomfortable, it will not cause permanent injury.

Athletic/Jock Itch:

Jock Itch is a very common fungal skin infection in the genital area caused by wearing tight clothes, sweating or not drying your genitals carefully after bathing. Jock Itch can cause a reddish, scaly rash that becomes inflamed, itchy and sometimes painful. You can usually treat it with a cream or ointment that is bought over-the-counter, but see your doctor if it does not go away after a few weeks of using antifungal cream.

How to talk to your parents about sexuality and relationships

Believe it or not, most parents would love to talk to their kids about anything, but especially about sex. They just don't know where to begin.



Here are some tips to get started:

- ◆ Tell them about what's going on in your life. Ask them what's going on in their life.
- ◆ Share your feelings about stuff with your parents. Had a bad day? Been dissed by your boyfriend or girlfriend? Chances are you'll find a sympathetic ear.
- ◆ Ask your parents questions about their opinions and values.
- ◆ Hear what they say. Even if you don't always agree, listen anyway. They may also just listen to you.

When talking to your parents about sex (or anything else), you might feel like their opinions and thoughts are very different than yours. It's easy to blame this difference on your parents' age. Try to put yourself in their shoes and have a good conversation about why they feel the way they do. You may find that your willingness to explore their values will lead them to try to understand your values and beliefs.

The key to talking to your parents is being open and honest. Don't see their values as right or wrong. Try to figure out where your values match, and where they are different.

Talking about the hard topics:

- ◆ Wait until your parents are calm and relaxed, and make sure you are ready to talk about the subject. Bring up the subject in a way that demonstrates you're responsible and you value what your parents have to say.
- ◆ If you feel a little bit nervous, it's okay to say so. For example, "This feels weird for me to talk about, and it may be for you too, but I want to talk to you about [whatever]."
- ◆ Not all parents are in the groove when it comes to talking about sex. If you know your parents are going to be outright hostile when it comes to talking about sex, it might be better to look for advice and information from another adult you can trust.

Health Center Locations

North

East Chicago

3723 Main St., Ste. 3

Hammond

7131 Indianapolis Blvd.

Gary

3500 Village Court

Merrillville

8645 Connecticut St.

Valparaiso

2803 Boilermaker Ct. #1-F

Michigan City

324 Dunes Plaza

Mishawaka

3005 Grape Road, #B

Elkhart

505 S. 3rd St., Ste. 160

Warsaw

630 Buffalo St. #1

Ft. Wayne

3914 W. Jefferson Blvd.

Logansport

300 E. Broadway, Ste. 421

Marion

319 E. 2nd St.

Kokomo

428 E. Southway Blvd.

Central

Lafayette

964 Mezzanine Dr.

Muncie

3550 W. Fox Ridge Ln.

Anderson

1825 E. 18th St.

Indianapolis:

Castleton

8121 Center Run Dr.

Northwest

8847 Commerce Park Pl. #J

Midtown

3750 N. Meridian St., #100

Georgetown

8590 Georgetown Rd.

Eastside

9385 E. Washington St.

Southside

4026 Madison Ave.

Richmond

1104 South "A" St.

Avon

7487 E. U.S. Hwy 36

Franklin

1178 N. Main St.

Shelbyville

1600 E. SR 33, Ste. 4

South

Columbus

3200 Sycamore Ct., Ste. 2C

Bloomington

421 S. College Ave.

Terre Haute

30 S. Third

Seymour

303 S. Walnut, Ste. 203

Bedford

717 Lincoln Ave., #G

Scottsburg

20 S. Hazzard St.

Madison

220 Clifty Dr., Unit H

Village Square Shopping Ctr.

New Albany

2708 Paoli Pike Pl., #J

Evansville

125 N. Weinbach, Ste. 120

Planned Parenthood[®] of Indiana

For more information, call
1-800-230-PLAN or visit
www.rtrl.org.