



Planned Parenthood® of Indiana  
**There's No Place Like Home...**

FOR SEXUALITY EDUCATION

**INSIDE**

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 YOUNG PEOPLE  
 ABOUT SEXUALLY  
 TRANSMITTED  
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**Should My Daughter Receive the HPV Vaccine?**

Human papillomavirus (HPV) is a virus with about 100 strains, a number of which are harmless. Approximately 30 strains of HPV are sexually transmitted, some of these cause genital warts and some cause cervical cancer. It is estimated that one quarter of all American women are currently infected with some strain of HPV. In fact, women ages 20 to 24 test positive for HPV 45 percent of the time. Most people who are infected with HPV are unaware they carry the virus and can still transmit it through skin-to-skin contact.

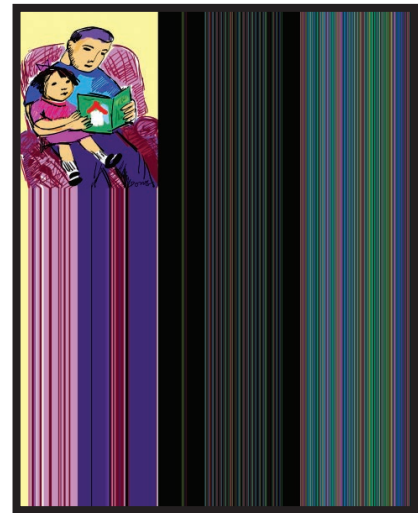
Almost all cases of cervical cancer are caused by HPV strains. Each year in the U.S., approximately 10,000 cases of cervical cancer are diagnosed, and 4,000 women die of the disease. Worldwide, it is the second leading cause of cancer deaths among women. While the widespread use of Pap tests has lowered the incidence of cervical cancer in the U.S., it is still a significant problem.

Gardasil is a vaccine that was recently approved by the FDA for girls and women between the ages of 9 and 26. It provides protection against four strains of HPV: two of the strains are responsible for 70 percent of all cases of cervical cancer, and the other two strains are responsible for 90 percent of all cases of genital warts.

Gardasil is most effective when administered to girls and young women who have not been infected with any of the four types of HPV covered by the vaccine. For that reason, it is recommended that girls receive the vaccine before they become sexually active. The CDC's Advisory Committee on Immunization Practices recommends that the vaccine be routinely administered to girls ages 11 to 12 and that young women up to age 26 receive the vaccine if it was not given earlier.

Studies have found the vaccine to be nearly 100 percent effective in preventing diseases caused by the four types of HPV covered by the vaccine, including genital warts and precancerous lesions of the cervix, vulva and vagina. Gardasil does not protect against all strains of HPV. Therefore, it will not prevent all cases of cervical cancer or genital warts, nor will it prevent other types of sexually transmitted diseases (STDs). It is important for vaccinated women to continue getting Pap tests to screen for cervical cancer and to practice safer sex to reduce their exposure to all types of STDs.

The HPV vaccine is given as a series of three injections over the course of six months. The vaccine is included in the federal Vaccines for Children program, which makes vaccines available to individuals who are eligible for Medicaid but have no health insurance. Some



## Should My Daughter Receive the HPV Vaccine? *(continued from page 1)*

insurance companies also cover the vaccine.

Planned Parenthood of Indiana joins the American Cancer Society, the American Academy of Pediatrics, the American Family

of Physicians, as well as many other medical organizations in recommending that parents make sure their daughters get this valuable vaccine.

Planned Parenthood of Indiana

offers Gardasil at two of its health centers: Castleton (317-849-9304) and Lafayette (765-446-8078). If you are interested in getting the vaccine at either location, please call the health center directly for more information.

## Talking with Young People about Sexually Transmitted Diseases

There are more than 19 million new cases of sexually transmitted diseases (STDs) in the United States every year. Fifty percent of those occur among young people between the ages of 15 and 24. Children today get lots of messages about STDs, especially HIV/AIDS. But they rely on you to give them accurate, age-appropriate information.

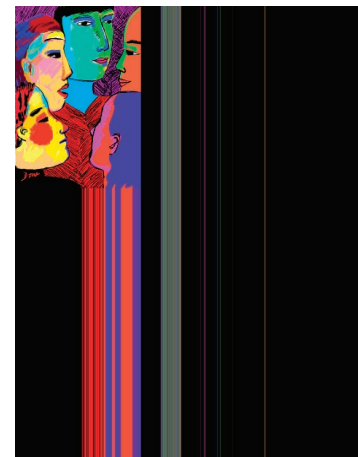
Very young children are busy learning about their bodies. You can teach them appropriate body-part names. They are also ready to learn that there are behaviors that promote good health, such as eating healthy foods, washing hands and covering their mouths when they sneeze. Most importantly provide an environment where children feel free to ask questions about their bodies, health or anything else on their minds. Try to react calmly to questions they ask and if you don't know the answer, look it up together.

School-age children often learn about HIV/AIDS at school, from TV or from their friends. It is a good idea to find out what they have heard and to correct any misinformation they may have received. Find out what they are

learning about HIV/AIDS at school and use that as a way to start a conversation about HIV/AIDS and, if appropriate, STDs in general. When children first learn about HIV/AIDS, they often worry that they will catch it. Reassure them that they do not catch it from everyday activities.

As they approach puberty, preteens are increasingly interested in sexuality and are ready for more information about safer sex and the consequences of sexual behavior. Not having intercourse, of any kind, until they are in a monogamous relationship with an uninfected partner is the surest way to not become infected. Be sure they understand what your values are about sexuality, but also understand that they may be starting to question your values and form their own. Remind them that they can come to you with any questions they may have.

Teens often experiment with sexual behavior. Make sure they understand that many types of sexual activity put them at risk for STDs. Talk to them about safer sex and activities that may be sexual, but do not put them in danger for STDs. Teens should also understand



that people infected with STDs may not have any symptoms and that it is important to be tested for STDs if they have had a possible exposure.

Talk to teens and preteens about the role drugs can play in the transmission of STDs. HIV/AIDS is transmitted through the exchange of body fluids. This can happen during sexual intercourse, but it can also happen while sharing needles used for injecting drugs, piercing body parts and receiving tattoos. Drugs, especially alcohol, frequently are involved when teens engage in sexual behaviors. Encourage your teens to avoid drugs and alcohol, which can loosen their inhibitions and impair their judgment.



## Teen Perspective by Sakura Fuqua\*

### *Sexually Transmitted Diseases*

The subject of sexually transmitted diseases (STDs) can bring great stress into someone's life, but STDs exist, and we need to understand how to protect ourselves against them. STDs, also known as sexually transmitted infections (STIs) or venereal diseases (VD), are infections that are transmitted through sexual contact: vaginal, oral and anal sex. Some are transmitted by bodily fluids (semen, blood, vaginal fluids, etc.) and some are transmitted by skin-to-skin contact with an infected person. STDs can also be spread through sharing needles, not only from drug use but also unclean tattoo or body-piercing needles.

There are two different kinds of STDs:

1. bacterial, the kind you CAN get rid of, and
2. viral, the kind that you CANNOT get rid of.

Bacterial STDs can be cured with antibiotics. Even though they can be cured, it doesn't mean that a person should be less careful about trying to prevent them. Gonorrhea, syphilis and chlamydia are all bacterial STDs.

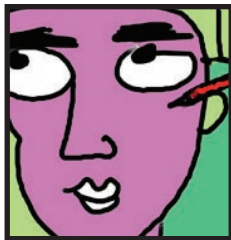
To remember which are the viral STDs, keep in mind the four H's—HIV, HPV (human papillomavirus), herpes and hepatitis. Viral STDs cannot be cured with antibiotics or other treatments.

No person should have to experience an STD, because they are preventable. The best way to avoid contracting an STD is to abstain from unsafe sexual activity with an infected person. Ideally, both partners should get tested before becoming sexually involved. If you do engage in sexual activity, make sure to protect yourself by using safer sex practices. These include using condoms, dental dams and engaging in activities that are less likely to transmit STDs.

Another way to protect yourself is to get annual checkups by a health care practitioner. If there is a scare where you or someone you know believes you may have an STD, don't think twice about getting checked. The best decision is to visit your doctor or a health center, and get tested immediately. Some people assume that when they get a Pap test or a general checkup, they will be tested for STDs. This is not true. You have to specifically request to be tested for STDs.

Some people choose not to get themselves checked because they feel they do not have the time, they are scared of what the results may be, or they don't care. An STD doesn't care if a person uses any of these excuses; so, you have to care about it to make sure that it doesn't grow worse in your body and also that it's not passed on to others.

\* Sakura is a college student and peer educator at Planned Parenthood of Indiana.



*There's No Place Like Home... for Sexuality Education* is a publication for families by the staff of the education and training department at Planned Parenthood of Indiana.

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**317-637-4340** for educational information  
**1-800-230-PLAN** for medical appointments  
[www.ppin.org](http://www.ppin.org)

## Resources for Parents

Need some help talking with your children about sexually transmitted diseases or other sexuality-related issues? Want some factual information to share with your teen? Planned Parenthood of Indiana's Resource Center can help. The resources listed below are a few of the items available for loan for a nominal fee at our downtown Indianapolis location. Call us at 317-637-4377 or visit our Family Pages at [www.ppin.org](http://www.ppin.org).

### Books

*20 Tough Questions Teenagers Ask ... And 20 Tough Answers* by Lois Leiderman Davitz and Joel R. Davitz.

*Be a Force for Change: Talk with Young People about HIV* by The American Social Health Association.

*Let's Talk about ... S-E-X: A Guide for Kids 9-to-12 and Their Parents* by Sam Gitchel and Lorri Foster.

*Now What Do I Do? How to Give Your Preteens Your Messages* by Robert Selverstone.

*Sex and Sensibility: A Parent's Guide to Talking Sense about Sex* by Deborah Roffman.

*Ten Talks Parents Must Have with Their Children about Sex and Character* by Pepper Schwartz and Dominic Cappello.

*Words Can Work When Talking with Kids about Sexual Health* by Jeanne Blake.

### Pamphlets

*The Facts of Life: A Guide for Teens and Their Families*

*Human Sexuality: What Children Should Know and When They Should Know It*

*Sexual Responsibility: Talking with Your Teen*

### Videos

*Can We Talk: Helping Families Talk about Self-Esteem, Sex, and Peer Pressure.*

*Raising Healthy Kids: Families Talk about Sexual Health*