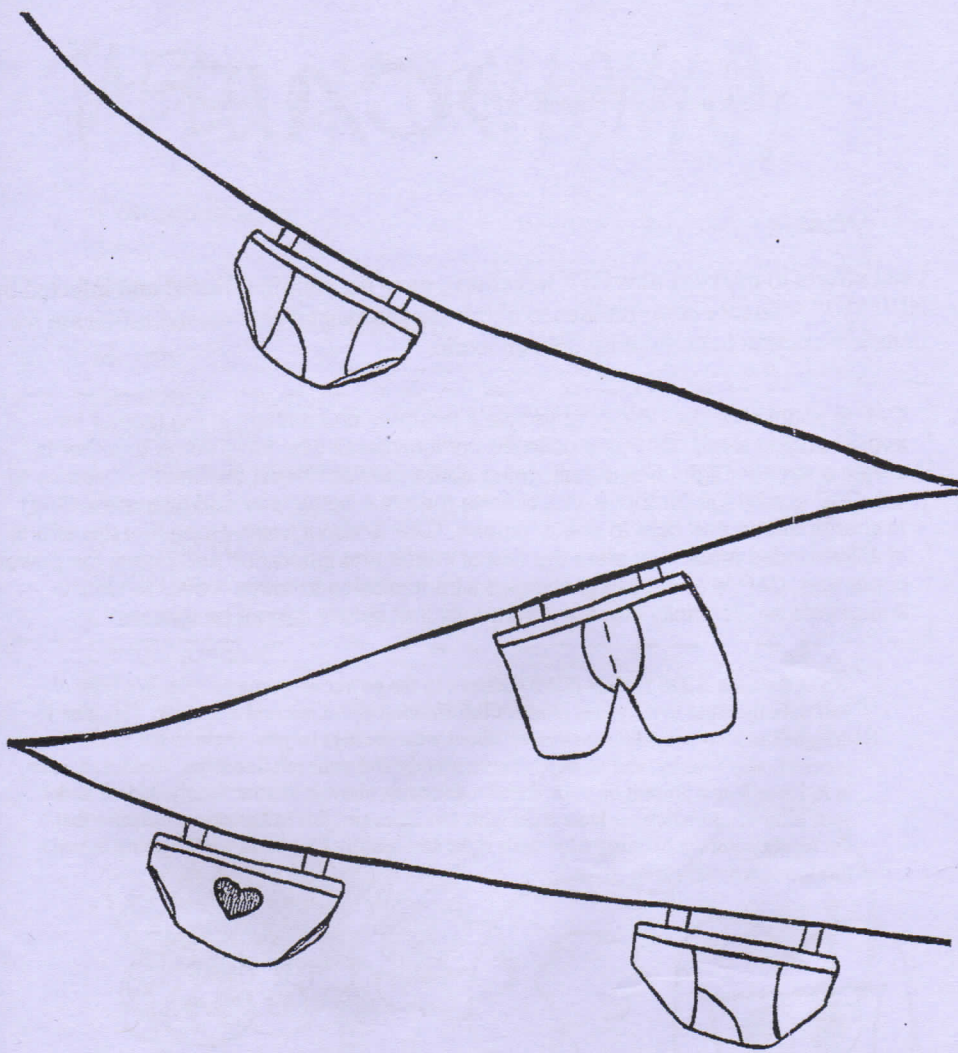




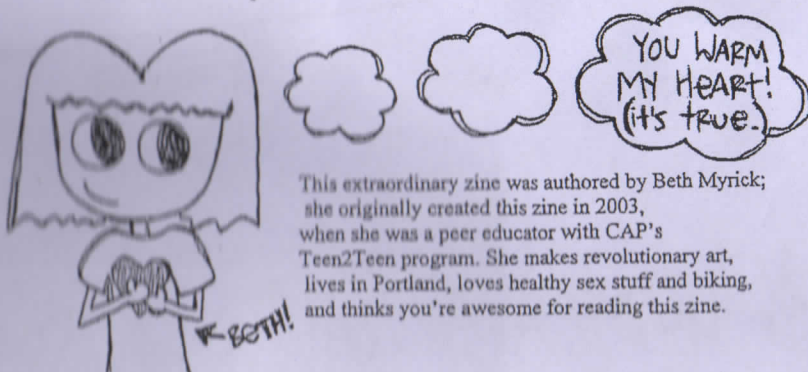
♡ DRY HUMMING SAVES LIVES. ♡
A REVOLUTIONARY SEXUAL HEALTH guide FOR YOUTH. ♡

Mission

Lead efforts to **prevent** new HIV infections, **care** for people affected and infected by HIV/AIDS, **educate** communities to eliminate stigma and shame, and **advocate** for immediate action in combating the pandemic.

CAP is about change. Changing people's thoughts and actions in the face of an ever-changing world. CAP is a collection of luminaries who have come together to create a stronger light. Not quietly going about their business, but inspiring people to act. CAP is a badge for those who believe there's a better way and who are willing to charge ahead and fight to see it happen. CAP is about hope. Hope that the efforts of a likeminded group can stem the tide of inertia and ignorance and reveal the power of passion. CAP is about being charged with a mission to move > ever forward > and radiate an electricity into the community that simply cannot be ignored.

We at Cascade AIDS Project (CAP) believe in the power of young people. We believe you have the right to accurate, relevant information about sex and sexuality. This zine is designed to help you educate yourself about what matters to you—how to get to know yourself, stay healthy, and be happy in your body and your relationships. Read it, doodle in it, leave it as a present on your friend's doorstep, show it to your family, hide it under your pillow... do whatever feels right with this zine, and this information. Because that's the whole point-- you doing what feels right and healthy for you is what's going to make this world a better place.



This extraordinary zine was authored by Beth Myrick; she originally created this zine in 2003, when she was a peer educator with CAP's Teen2Teen program. She makes revolutionary art, lives in Portland, loves healthy sex stuff and biking, and thinks you're awesome for reading this zine.

For more information, to tell us your stories or ask us questions, write to us at teen2teen@cascadeaids.org. We love to hear from you!

Cascade AIDS Project
www.cascadeaids.org

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Please do not reproduce without permission. That's a good rule in general.

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For more copies of the zine, please contact

Teen2Teen@cascadeaids.org.

TEST YOUR KNOWLEDGE.

USE THIS LITTLE QUIZ TO SEE WHERE YOUR KNOWLEDGE STANDS ON SEXUALITY AND EVERYTHING IT ENCOMPASSES. ANSWER AS MANY QUESTIONS AS YOU CAN BEFORE READING THIS ZINE. DON'T FREAK OUT!... YOU'RE NOT BEING GRADED.

• NAME THREE WAYS TO AVOID AN UNINTENDED PREGNANCY: 1.

2.

3.

• WHAT'S THE MOST POPULAR FORM OF PROTECTION FROM STI'S, INCLUDING HIV?

• WHAT DOES HIV STAND FOR?

H:
I:
V:

• WHY IS COMMUNICATION IMPORTANT?

• WHAT IS THE MOST COMMON SEXUALLY TRANSMITTED INFECTION?

• NAME ONE SIMPLE WAY YOU CAN HELP SAVE THE WORLD:

♥♥♥ THERE IS NO ANSWER SHEET TO THIS QUIZ...
ALL THE ANSWERS ARE IN THIS ZINE.

MY PERFECT LOVER'S
PERSONALITY CAN BE
DESCRIBED AS:



MY PERFECT LOVER
IS AWESOME AT:



MY PERFECT LOVER
MAKES ME LAUGH
WHEN THEY:



MY PERFECT LOVER
HAS A HEART AS BIG AS:

COMMUNICATION...

OPEN COMMUNICATION IS KEY FOR ANY HEALTHY RELATIONSHIP. (FRIENDSHIPS, TOO.) IT'S NECESSARY TO SET BOUNDARIES, GAIN UNDERSTANDING OF WANTS & NEEDS AND TO BUILD TRUST.

♥ **BOUNDARIES** ARE GENERALLY DEFINED AS HOW "FAR" ONE WILL GO. THEY CAN BE FORMED BY INFLUENCE OF FRIENDS, FAMILY, RELIGION AND/OR MEDIA. BOUNDARIES ARE SIMPLY WHAT YOU FEEL COMFORTABLE DOING.

♥ **WANTS & NEEDS** ARE CHAOS WHAT YOU WANT, NEED AND EXPECT OUT OF THE RELATIONSHIP. WITHOUT KNOWLEDGE OF WHERE YOU AND YOUR PARTNER STAND ON DIFFERENT ISSUES IT COULD LEAD TO EMBARRASSING SITUATIONS OR BROKEN HEARTS.

♥ **TRUST** IS THE FOUNDATION OF ANY RELATIONSHIP OR FRIENDSHIP. A DEMONSTRATION OF TRUST BUILDS TOGETHERNESS AND INTIMACY.

COMMUNICATION DOESN'T ALWAYS HAVE TO BE VERBAL. THERE ARE PLENTY OF OTHER WAYS TO EXPRESS HOW YOU FEEL... YOU CAN WRITE A LETTER. DRAW A PICTURE. MAKE A LIST. DO IT IN SONG. ...WHATEVER MAKES YOU COMFORTABLE!

(CHECK OUT THE LIST ON THE NEXT PAGE.)



CHECK OUT THIS LIST FOR IDEAS ON STARTING CONVERSATIONS... USE THE BOTTOM TO FILL IN YOUR OWN GENIUS IDEAS!

- CHAT OVER COFFEE OR TEA.
- SHARE EMBARRASSING STORIES.
- CUT OUT AN ARTICLE AND DISCUSS IT.
- MAKE UP "HYPOTHETICAL" SITUATIONS, EVEN IF THEY AREN'T SO "HYPOTHETICAL" AFTER ALL.
- CHANGE THE TOPIC AT DINNER.
- USE THE TELEVISION OR MOVIES AS PROPS TO ASK QUESTIONS.
- LEAVE NOTES IN THEIR WALLET, COAT POCKET, OR AROUND THE HOUSE.
- TALK ABOUT A FRIEND'S PREGNANCY OR BAD BREAK UP.
- BRING THINGS UP IN THE CAR.
- SET UP A WEEKLY MEETING TIME... EVEN IF YOU DON'T HAVE ANYTHING TO TALK ABOUT, YOU'RE GUARANTEED THAT TIME.
- DRAW A PICTURE.
- ACT IT OUT.
- WRITE A SONG OR POEM.
- DISCUSS YOUR "YUCKS AND YUMS."
- START A CONVERSATION BY SAYING, "DID YOU KNOW..." (INSERT RANDOM FACT HERE.)
- USE TEXT MESSAGES OR EMAILS.
- CHECK OUT BOOKS FROM THE LIBRARY TOGETHER.

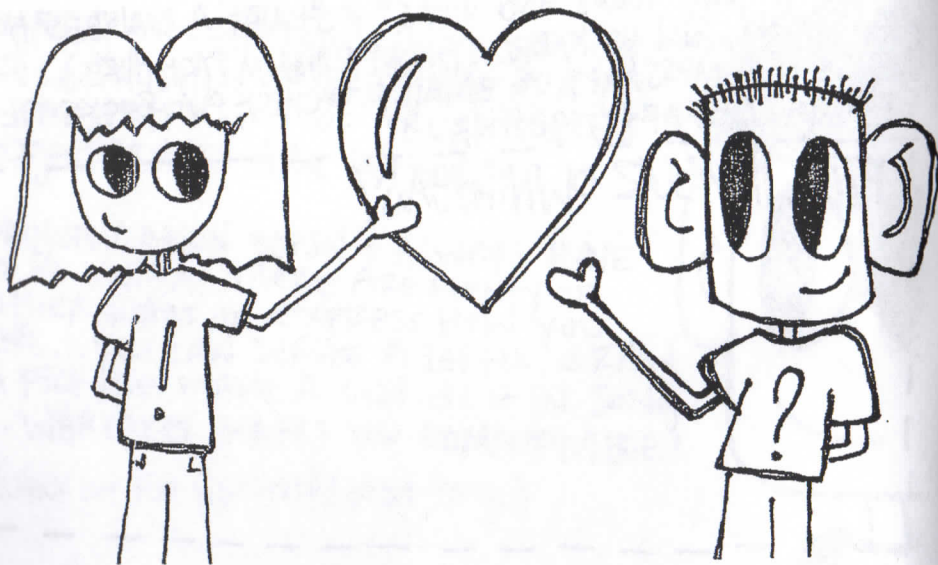
FILL IN YOUR OWN IDEAS!

SOMETIMES WE JUST NEED A LITTLE BIT OF LOVE...

HERE'S THE DEAL... AT SOME POINT IN YOUR LIFE (IF IT HASN'T HAPPENED ALREADY) YOU'RE GONNA BE IN A RELATIONSHIP WITH SOMEONE THAT IS DIFFERENT THAN YOU. IT DOESN'T MATTER IF THIS RELATIONSHIP LASTS 24 HOURS OR 2 YEARS. AND IT DOESN'T MATTER IF YOUR DIFFERENCES ARE BETWEEN CHOICE OF MUSIC, RELIGION, POLITICAL VIEWS OR HIV/STI STATUS...

IT DOESN'T MATTER! REALLY. THE SOONER WE START GETTING OVER ISSUES LIKE THESE, THE SOONER STIGMAS ARE ERASED. WANNA KNOW THE SECRET TO GETTING OVER OUR DIFFERENCES?... IT'S A LITTLE THING CALLED COMMUNICATION. (YEP. IT'S THAT EASY.)

ACKNOWLEDGE THAT WE'RE HUMAN AND MOVE ON.
YOU CAN CALL IT LOVE, ACCEPTANCE, PASSION... WHATEVER.
JUST MAKE SURE YOU TRY TO PRACTICE IT DAILY.



BODY IMAGE...

... THINK ABOUT HOW MUCH ENERGY YOU'D HAVE IF YOU WEREN'T CONSTANTLY STRESSING OVER:
YOUR FEET. YOUR HAIR. YOUR WEIGHT. YOUR MAKEUP.
WHAT IF YOU SPENT YOUR MORNINGS BEING EXCITED ABOUT THE DAY, INSTEAD OF WISHING YOU WERE JUST FIVE POUNDS LIGHTER?...

... **HERE'S YOUR ASSIGNMENT:** ON THE MAP, ON THE NEXT PAGE, CIRCLE THE PARTS OF YOUR BODY YOU DON'T LIKE. DRAW HEARTS AROUND THE PARTS YOU DO LIKE.

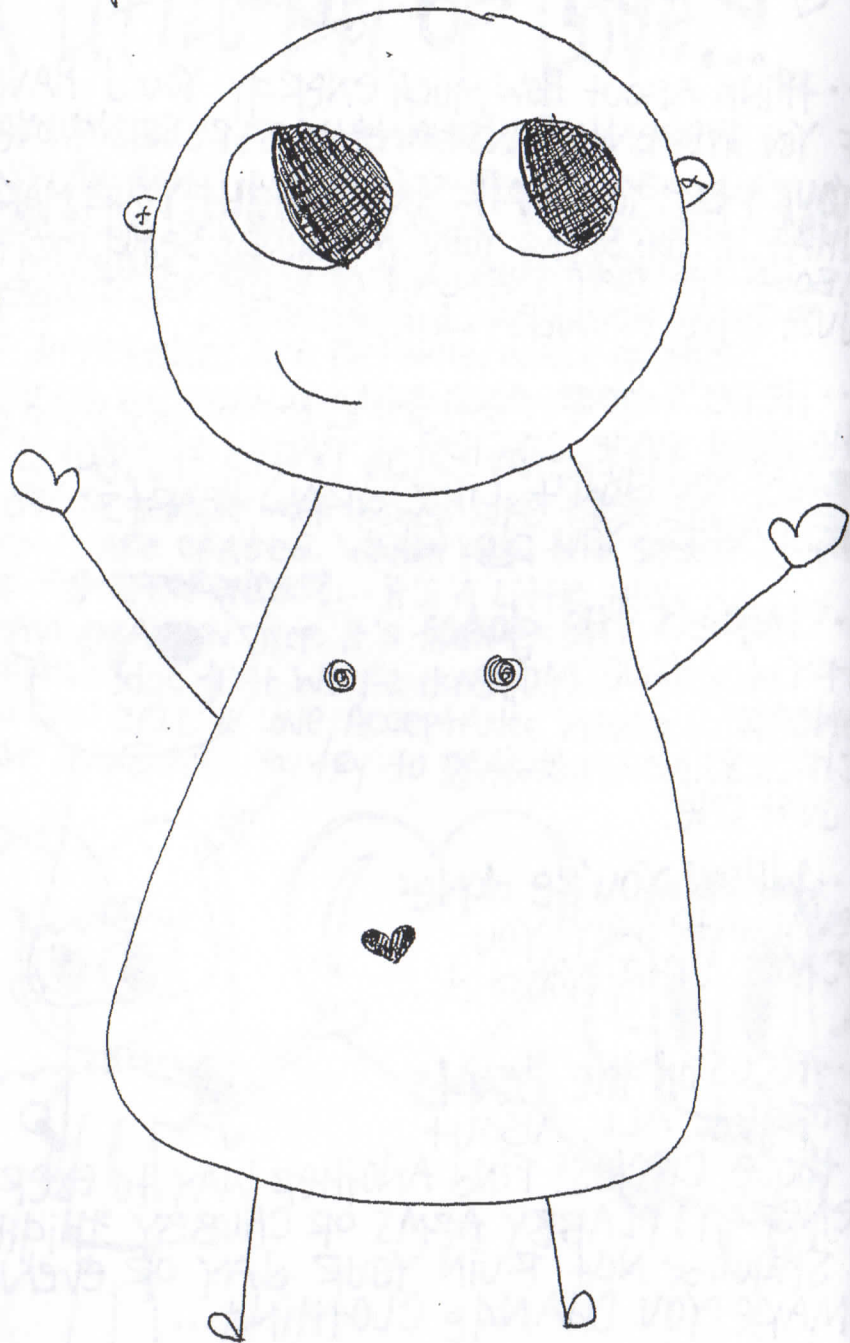
... **HERE'S THE GOAL:**
TRY TO HAVE MORE HEARTS THAN CIRCLES... EVEN IF IT'S JUST ONE!

... **WHEN YOU'RE DONE:**
EVALUATE WHY YOU CHOSE WHAT YOU DID...

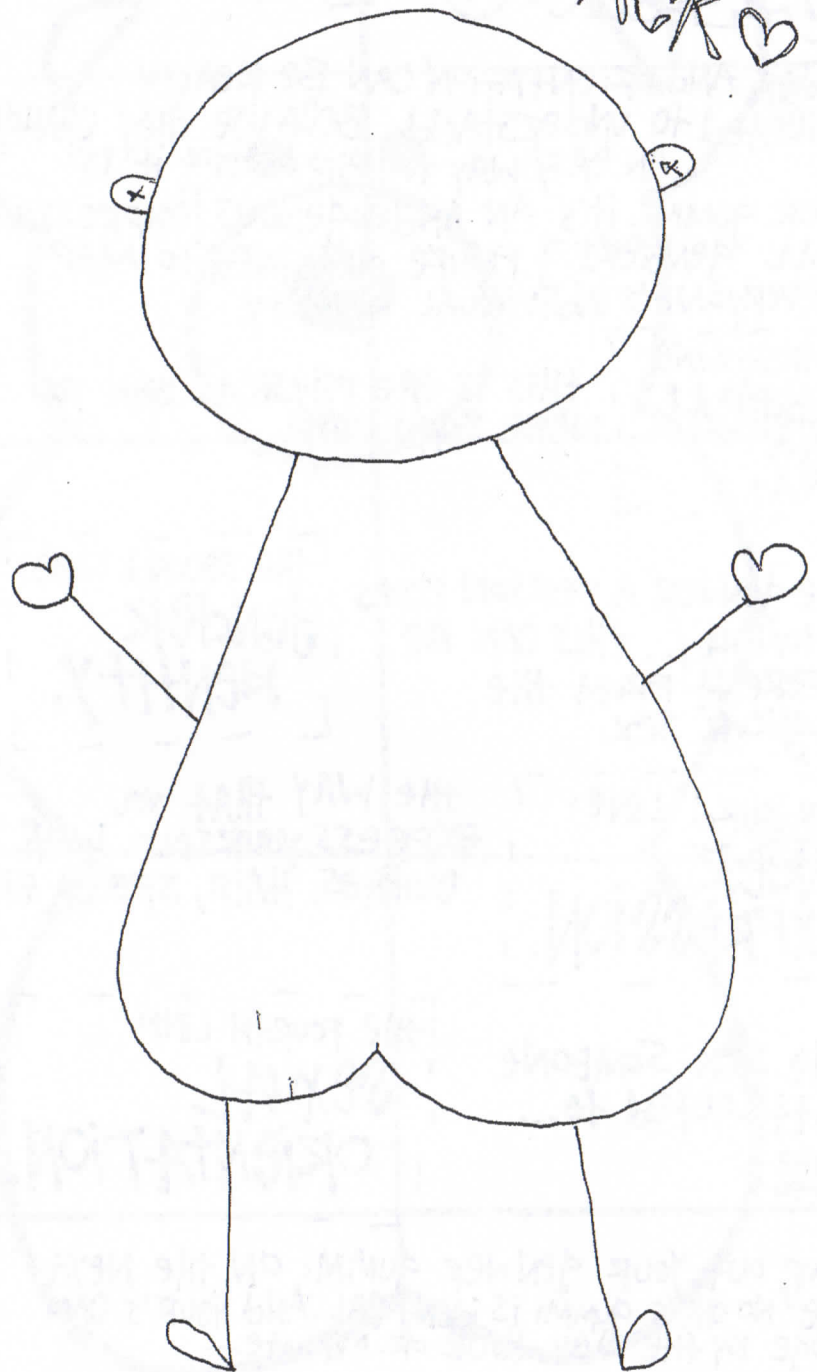
... **FOCUS ON THE HEARTS:**
FORGET ALL ABOUT THOSE CIRCLES! FIND ANOTHER WAY TO EXERT ENERGY! FLABBY ARMS OR CHUBBY THIGHS SHOULD NOT RUIN YOUR DAY OR EVEN MAKE YOU CHANGE CLOTHING...



FRONT♡



BACK♡



GENDER GUMMI!

GENDER AND ORIENTATION CAN BE REALLY COMPLICATED TO UNDERSTAND... BECAUSE THEY CHANGE.
AN EASY WAY TO HELP ACCEPT IT IS:

gender gummi. it's AN ANDROGENOUS [expressive of ALL GENDERS.] FIGURE, designed to MAP out everyone's individual identity.

[THE FIRST LINE:]

BIOLOGICAL SEX.

this is the PHYSICAL sex you WERE BORN WITH...

the gender A PERSON FEELS EMOTIONALLY... THIS CAN BE DIFFERENT FROM THE BIOLOGICAL SEX.

[THE SECOND LINE:]
GENDER IDENTITY.

[THE THIRD LINE:]
GENDER EXPRESSION.

the WAY THAT you EXPRESS YOURSELF WITH CLOTHES, HAIR, SPEECH, etc

the sex someone IS ATTRACTED to...

[THE FOURTH LINE:]
SEXUAL ORIENTATION.

♥ MAP OUT YOUR GENDER GUMMI ON THE NEXT PAGE! NO ONE'S GUMMI IS IDENTICAL. AND YOUR'S CAN CHANGE BY THE DAY, HOUR OR MINUTE...

9

♂ MALE

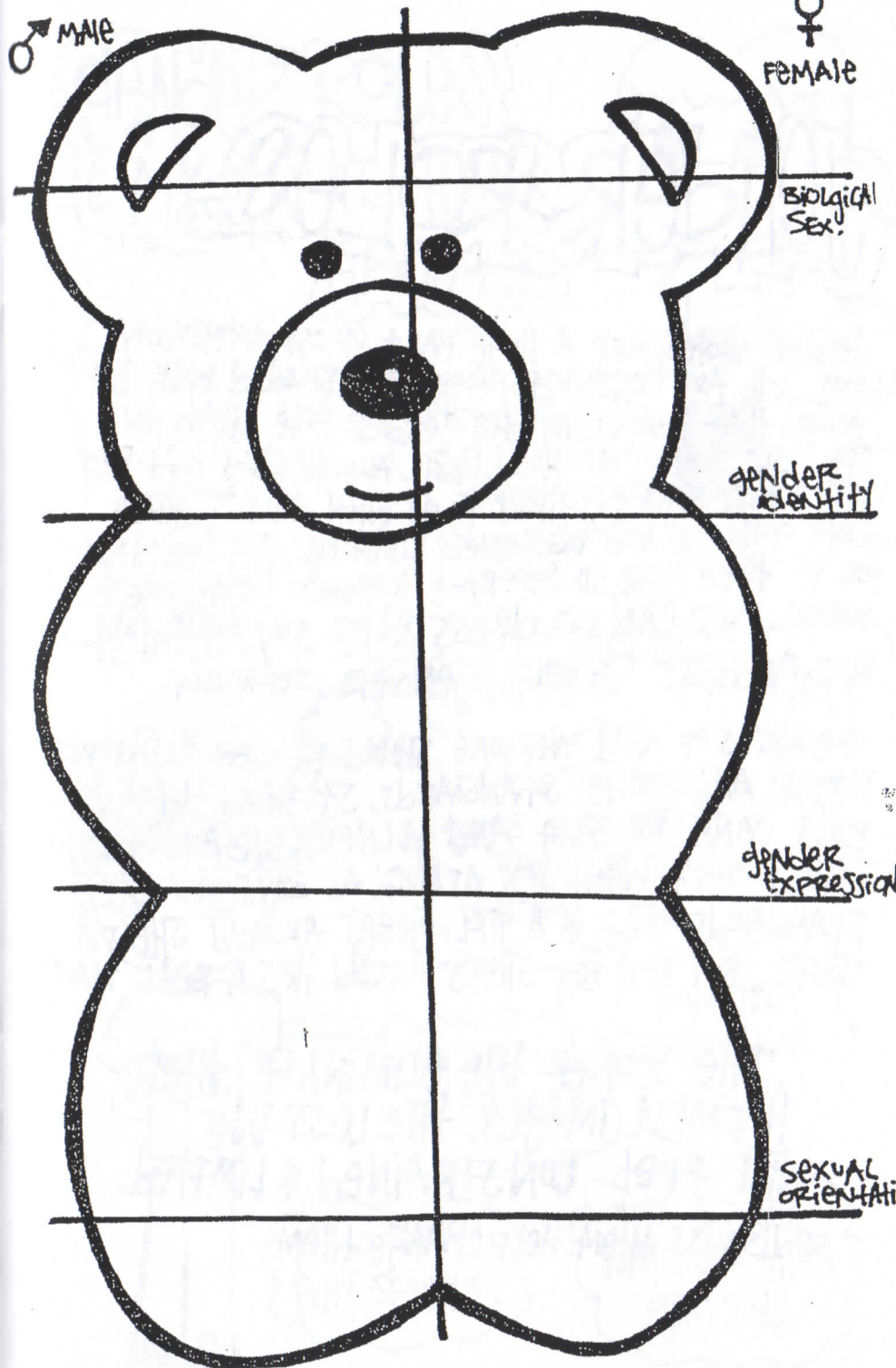
♀ FEMALE

BIOLOGICAL SEX

GENDER IDENTITY

GENDER EXPRESSION

SEXUAL ORIENTATION



GENDER ROLES...

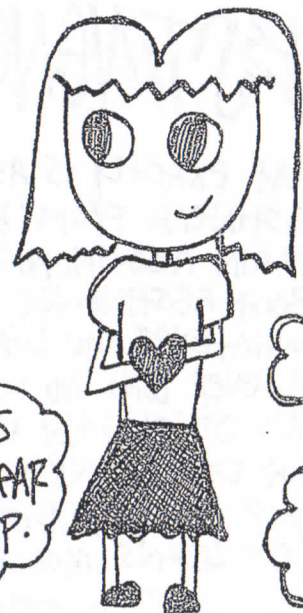
gender roles are a huge part of our everyday lives... We are constantly being bombarded with images that reaffirm the gender role that you are "supposed" to hold. [Boys are the ones that play with action figures, girls play with dolls.]... these sorts of ideas are extremely limiting. it's important for you to be able to separate yourself from these images... **YOU CAN DO, DRESS IN OR SAY ANYTHING REGARDLESS OF YOUR GENDER. SERIOUSLY.**

the ideals of what everyone should be can reinforce stigmas and double standards. stigmas that boys can't be soft and vulnerable and that girls can't want sex as much as boys. double standards that if a girl sleeps around she's a "slut"... but if a boy sleeps around he's a real "man."

THE SOONER WE ELIMINATE THESE HARMFUL IMAGES, THE LESS WE WILL FEEL CONSTRAINED & LIMITED.

♥ discuss them. help change them.

GENDER ROLES & MYTHS TO THINK ABOUT...



ALL BOYS ARE MACHO.

ONLY GIRLS SHOULD WEAR MAKE UP.

GIRLS INNATELY LOVE PINK.

GUYS INNATELY HATE PINK.

GIRLS ARE WEAK.

GUYS SHOULD PAY FOR DINNER.

ONLY GIRLS LOVE BARBIES.

BOYS LOVE COMPETITION. ALWAYS.

GIRLS CAN'T PLAY SPORTS.

GUYS LIKE SEX WAY MORE THAN GIRLS DO.



ABSTINENCE IS... ABSTINENCE

WHAT EXACTLY IS ABSTINENCE? WHAT SHOULD YOU BE ABSTINENT FROM? HOW LONG SHOULD YOU REMAIN ABSTINENT? THE BEAUTY ABOUT ABSTINENCE IS THAT YOU MAKE IT WHATEVER YOU WANT IT TO BE, FOR HOWEVER LONG YOU WANT IT TO LAST.

IT'S COMPLETELY UP TO YOU TO MAKE THE BEST DECISIONS FOR YOURSELF BASED ON YOUR OPTIONS, INFORMATION, MATURITY, HEALTH CONCERNS, MORAL AND/OR RELIGIOUS BELIEFS.

"I REALLY WANT TO WAIT TIL I GET MARRIED TO HAVE SEX."

THERE IS NO "UNIVERSAL" RIGHT OR WRONG... EVERYTHING DIFFERS FROM PERSON TO PERSON.

IF YOU DISAGREE WITH A PARTNER'S VIEWS... COMMUNICATE ABOUT IT. NEVER PRESSURE AND NEVER SACRIFICE YOUR OWN SEXUAL CHOICES AND BOUNDARIES UNTIL YOU'RE READY. ABSTINENCE IS THE POWER THAT YOU HAVE TO DO OR NOT DO

SOMETHING BECAUSE IT'S HEALTHY AND RIGHT FOR YOU.

"MY PARENTS SAY SEX IS A BAD IDEA... WHAT'S RIGHT FOR ME?"

"I'M ABSTINENT FROM ANY UNPROTECTED SEX."

"MY PARTNER & I HAVE FUN WITH DRY HUMMING AND MAKING OUT!"

USE THIS PAGE TO DEFINE ☆
☆ WHAT ABSTINENCE MEANS TO YOU...
(IT COULD BE A DRAWING, LIST, COLLAGE, PICTURE... WHATEVER!)

How to get your groove ON...

(Without Actually groovin')

☆ Fluid free groovin' pushes people to be more creative when it comes to intimacy and having a satisfying sexual experience. it's a great thing for those who are post PONEING or ABSTAINING FROM SEX. it offers an opportunity to BREAK OUT OF ROUTINE AND it's ALL SAFE & LOW RISK ACTIVITIES.
(LOW RISK = NO FLUID EXCHANGE. i.e. VAGINAL / SEMEN)

♥♥♥ CREATE YOUR OWN IDEAS ♥♥♥



NEAT PLACES TO MAKE OUT!

~~X~~ CROSS OUT ALL OF THE PLACES THAT YOU'VE MADE OUT... TRY TO ACCOMPLISH THEM ALL!

♥ ON A TABLE. ♥ ESCALATOR. ♥ IN A PARK.
♥ AGAINST A BRICK WALL. ♥ IN A SHOPPING CART.
♥ IN A CLOSET. ♥ ON A ROOF. ♥ DOWN A SLIDE.
♥ IN THE SNOW. ♥ ON A BOAT. ♥ ON A BEACH ♥ A FARM
♥ IN EACH OTHERS CLOTHES. ♥ ON A MERRY-GO-ROUND.
♥ A BIKE. ♥ IN A GARDEN. ♥ UNDER A TABLE ♥ IN
A FORT. ♥ THE MALL. ♥ ON A SWING. ♥ YOUR
PARENT'S ROOM. ♥ IN THE RAIN. ♥ ELEVATOR.
♥ IN A CAR. ♥ AT THE ZOO. ♥ ON A HORSE.
♥ IN THE GRASS. ♥ A TREE. ♥ A POOL. ♥ THE
SUPERMARKET. ♥ THE BUS. ♥ A MOVIE THEATER.
♥ DRESSING ROOM. ♥ UPSIDE DOWN. ♥ ROLLER
SKATING RINK. ♥ COFFEE SHOP. ♥ THROUGH A
WINDOW. ♥ PET STORE. ♥ AIRPLANE. ♥ IN A
CANOE. ♥ ON TOP OF THE TALLEST BUILDING IN TOWN.
♥ ON A TRAIN. ♥ IN A CONSTRUCTION ZONE.
♥ A FIELD OF FLOWERS. ♥ CLASSROOM ♥ IN
A HOT TUB OR SAUNA ♥ AT A CONCERT. ♥ WHILE
WEARING ROLLER BLADES. ♥ UNDER A BRIDGE.
♥ FERRIS WHEEL. ♥ IN A TENT. ♥ THE LIBRARY.
♥ UNDERWATER. ♥ A DONUT SHOP. ♥ BY ONLY
CANDLELIGHT. ♥ UNDERNEATH A MIRROR. ♥ ALL THE
ROOMS OF YOUR HOUSE. ♥ IN A PARKING LOT. ♥ AT
THE GYM. ♥ BARBERSHOP. ♥ CARNIVAL ♥ ON
VIDEOTAPE. ♥ IN EACH OTHER'S ARMS. ♥ IN AN
INTERSECTION. ♥ IN FRONT OF A FIREPLACE.

PHONE SEX. TEXT FLIRTING. EROTIC TEXT MESSAGING.

...WHATEVER YOU WANNA CALL IT,
TEXT MESSAGES CAN PLAY A HUGE ROLE IN
RELATIONSHIPS. TEXTING gives you AN
OPPORTUNITY TO SAY THINGS YOU NORMALLY WOULDN'T
SAY, TAKE ON A NEW PERSONA, END THE CONVERSATION
AT YOUR LEISURE, gives you MORE TIME TO THINK OF
SOMETHING TO SAY AND NOT TO MENTION THE
BONUS OF SENDING PICTURES.

A SUCCESSFUL TEXT MESSAGE RELATIONSHIP
CONSISTS OF YOU, YOUR CREATIVITY, THAT
SPECIAL SOMEONE AND LOTS OF STEAMY DIALOGUE.
JUST LIKE EVERYTHING ELSE, IT SHOULD BE
CONSENSUAL. NO ONE WANTS TO GET UNWANTED
OBSCENE MESSAGES... THAT'S NOT HOT. START OUT
SLOW... GET THE OTHER PERSON INVOLVED.

...HERE ARE SOME POINTERS:

- BE DESCRIPTIVE. Adjectives ARE YOUR FRIEND.
- MAKE EM' WAIT. Holding BACK on the REPLY CAN MAKE IT INTERESTING.
- SHORT & JUICY. get 'em going IN 10 WORDS OR LESS.
- SWITCH ROLES. BE SOMEONE YOU'RE USUALLY NOT.
- PACE YOURSELF. DON'T USE ALL OF YOUR TRICKS AT ONCE.



...GO CHARGE YOUR PHONE AND
PUT YOUR THUMBS TO GOOD USE!

A FEW BONUSES TO YOUR ♥ CELL PHONE... ♥

- ★ PICTURES!... they're FUN BUT BE CAREFUL BECAUSE they CAN BE SAVED OR SHOWN TO OTHER PEOPLE. ★ YOU CAN SEND THE SAME TEXT TO MULTIPLE PEOPLE... IT'LL INCREASE YOUR CHANCE OF A RESPONSE AND IT WORKS IF YOU'RE TIRED OF THINKING OF NEW THINGS TO SAY. ★ YOU CAN PERSONALIZE RING TONES FOR DIFFERENT PEOPLE. ★ YOU CAN TEXT YOUR FRIENDS WHEN YOU'RE AT A PARTY. ★ PREDICTIVE TEXT IS COOL IF YOU CAN FIGURE IT OUT. ★ CELL PHONES ARE HANDY FOR DATES... YOU CAN SET UP A TIME FOR YOUR FRIENDS TO CHECK IN WITH YOU AND SEE IF THEY HAVE TO CRASH YOUR DATE OR NOT. ★ ONE WORD: VIBRATE
- ★ YOU CAN CHECK IN WITH YOUR MOM. ♥ ★ SEND YOURSELF NOTES, REMINDERS OR TEXTS TO USE LATER.
- ★ SOME PHONES COME WITH CUTE COVERS... AWW! ★ YOU CAN CHECK EMAILS OR CHAT ON INSTANT MESSENGER.
- ★ SAVE RECEIVED MESSAGES FOR LATER... WHEN YOU CAN'T SLEEP OR NEED A QUICK SMILE. ★ YOU CAN CHAT WITH MULTIPLE PEOPLE AT THE SAME TIME. ★ GO AHEAD... TEXT WITH YOUR MOUTH FULL... THEY'LL NEVER KNOW.
- ★ TEXT MESSAGES = NO LONG DISTANCE CHARGES... CAN YOU SAY INTERNATIONAL LOVE AFFAIR?!
- ★ FROGGER... TETRIS... ALL SORTS OF COOL GAMES.

LIFE BEHAVIORS OF A SEXUALLY HEALTHY PERSON...

BEING SEXUALLY HEALTHY IS A LIFELONG PROCESS... EVERYONE DEVELOPS SKILLS AND CHARACTERISTICS AT THEIR OWN RATE, LEVEL, TIME, ETC.

♥ MAYBE YOU EXHIBIT A CHARACTERISTIC TODAY, BUT YOU DON'T FEEL THE SAME WAY TOMORROW...

♥ MAYBE YOU DON'T HAVE AS MANY SKILLS AS YOU'D LIKE...

RELAX! IT'S A PROCESS! (THAT'S THE BEAUTY OF IT!) THE CHECKLIST BELOW WILL NEVER BE COMPLETE... ABOVE ALL IT'S ABOUT RESPECT, ACCEPTANCE, HEALTH, KNOWLEDGE AND AWARENESS. KEEP AN OPEN MIND AND MOST OF THESE CHARACTERISTICS WILL COME NATURALLY. STAY PATIENT FOR THE OTHERS...

- Engage in sexual relationships that are honest, consensual, non-exploitative, pleasurable & protected.
- Practice health-promoting behaviors.
- Reject stereotypes about the sexuality of different populations.
- Enjoy sexual feelings without always acting on them.
- Interact with all genders in respectful & appropriate ways.
- Demonstrate respect for people with different sexual values.
- Enjoy & express your sexuality throughout life.
- Help prevent sexual abuse.
- Express love & intimacy in appropriate ways.

- Assess the impact of family, culture, media & society's message on your thoughts, feelings, values & behaviors related to sexuality.
- Promote the rights of all people to accurate sexuality information.
- Develop & maintain meaningful relationships.
- Seek further information about reproduction.
- Affirm your own sexual orientation & respect the orientation of others.
- Avoid contracting or transmitting a sexually transmitted infection, including HIV.
- Educate others about sexuality.
- Identify & live according to your own values.
- Take responsibility for your behavior.
- Seek new information to enhance your sexuality.
- Develop critical thinking skills.
- Avoid exploitative or manipulative relationships.
- Appreciate your own body.
- Practice effective decision making.
- Avoid behaviors that exhibit bigotry.
- Use contraception effectively to avoid unintended pregnancy.
- Express your sexuality while respecting others.

MENTAL HEALTH!

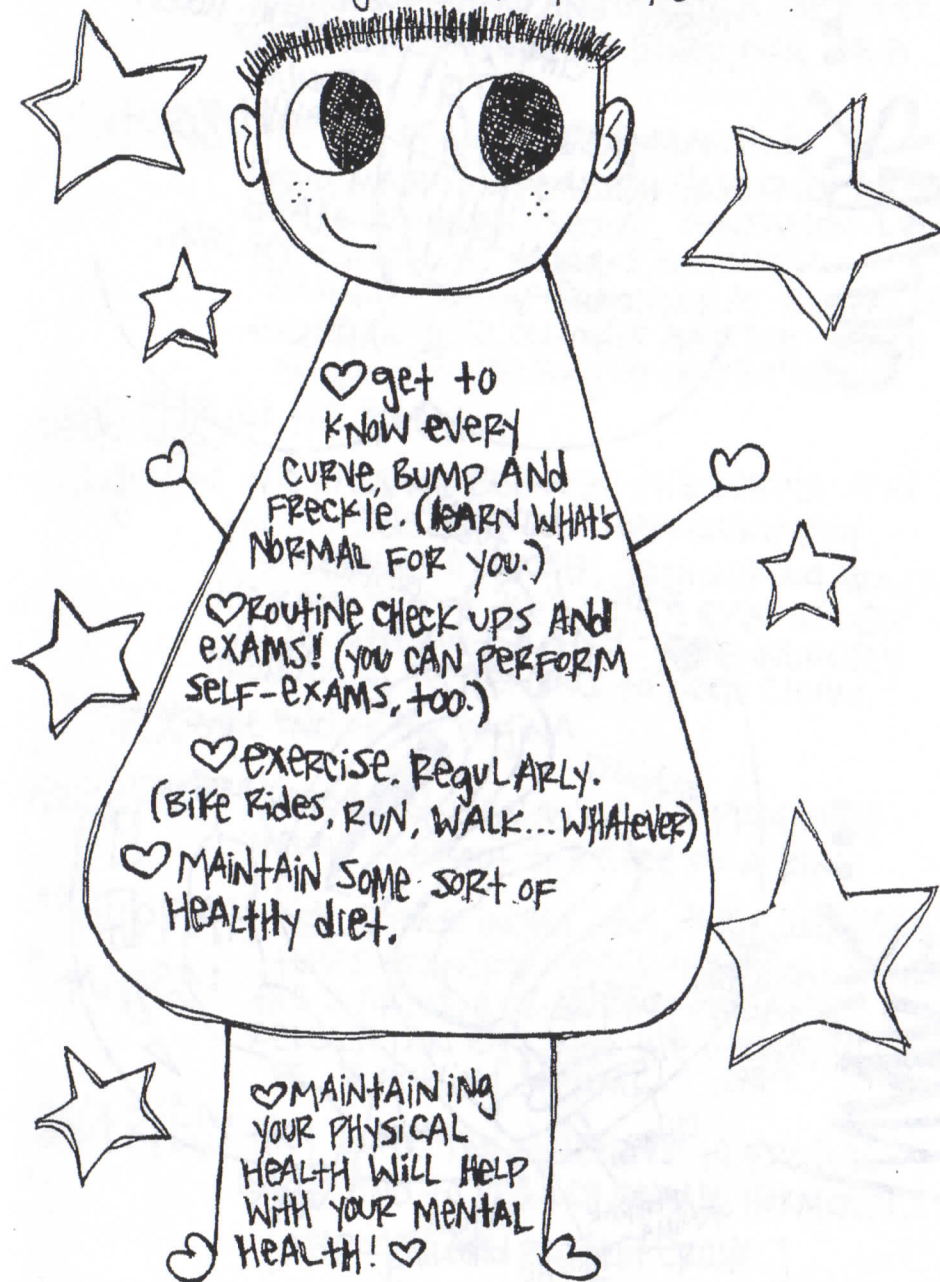
MENTAL HEALTH IS JUST AS IMPORTANT AS THE PHYSICAL STUFF. HERE ARE SOME SUPER SIMPLE WAYS TO TAKE ACTION. SEE HOW MANY YOU CAN ACCOMPLISH ON A REGULAR BASIS. DON'T WORRY IF YOU DON'T COMPLETE THE LIST... YOU CAN'T CONQUER THE WORLD OVERNIGHT. BE PATIENT.

- ♥ KEEP A SOCIAL NETWORK. (EVEN JUST ONE PERSON THAT YOU CAN TALK TO.)
- ♥ INVOLVE YOURSELF IN THE COMMUNITY. OR SCHOOL ACTIVITIES.
- ♥ STAY ACTIVE.
- ♥ TALK OPENLY AND HONESTLY WITH YOUR PARTNER(S).
- ♥ WRITE YOURSELF A LOVE LETTER. (READ IT WHEN YOU'RE HAVING A BAD DAY.)
- ♥ MAKE A LIST OF THINGS TO DO BEFORE YOU DIE.
- ♥ COMPLIMENT A STRANGER.
- ♥ PLANT FLOWERS FOR SOMEONE YOU MISS.
- ♥ TAKE RESPONSIBILITY FOR YOUR ACTIONS.
- ♥ APPRECIATE YOUR BODY... EVEN THE "FLAWS."
- ♥ SEEK NEW KNOWLEDGE AROUND SEXUALITY.
- ♥ AVOID SAYING ANY NEGATIVE COMMENTS ABOUT YOURSELF TODAY.
- ♥ LEARN A NEW RECIPE AND COOK IT FOR SOMEONE SPECIAL.
- ♥ WRITE AN INSPIRATIONAL MESSAGE ON THE INSIDE OF YOUR SHOE.
- ♥ GET TESTED FOR STD'S. (GET A FRIEND TO GO WITH YOU.)
- ♥ VOLUNTEER.
- ♥ RESPECT PEOPLE'S DIFFERENCES.
- ♥ SHARE KNOWLEDGE AROUND SEXUALITY.
- ♥ WRITE DOWN SOME OF YOUR FAVORITE QUOTES AND LEAVE THEM IN PUBLIC PLACES.
- ♥ DEDICATE AT LEAST ONE DAY A MONTH TO YOU. (TAKE YOURSELF TO LUNCH. BUY A NEW OUTFIT. ETC.)
- ♥ HUG YOUR PARENTS FOR CREATING YOU.
- ♥ DON'T PUT UP WITH DISCRIMINATING COMMENTS AROUND GENDER, SEXUALITY, STD STATUS, ETC.
- ♥ BE HONEST.

...THIS LIST WILL NEVER BE COMPLETE. YOU CAN ADD TO IT OR ELABORATE ON THE IDEAS. WHATEVER YOU WANT TO DO.

PIECES AND PARTS!

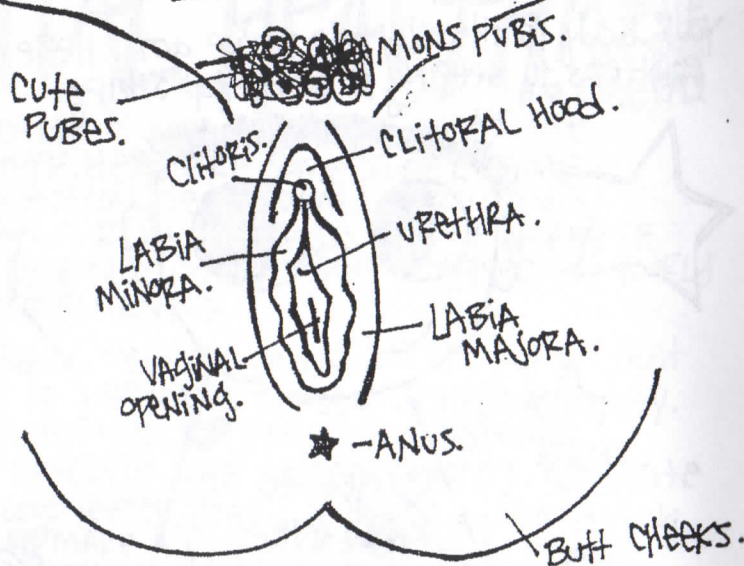
TAKING CARE OF YOUR BODY IS REALLY IMPORTANT. (DUH.)
YOUR BODY IS THE ONLY ONE YOU'VE GOT... HERE ARE A FEW POINTERS TO KEEPING IT IN TIP-TOP SHAPE.



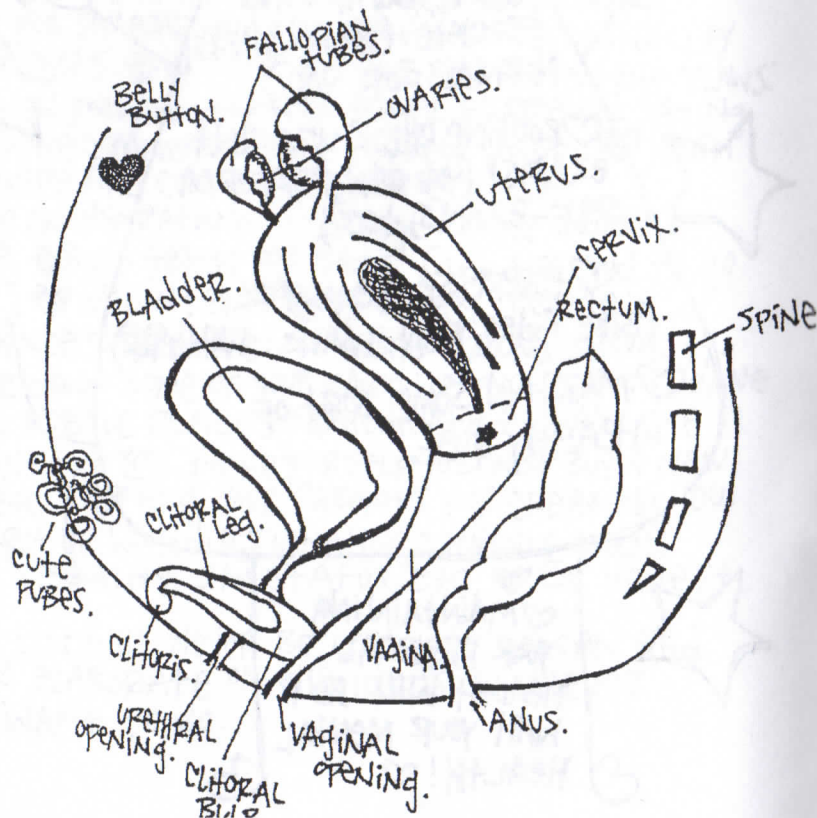
FEMALE ANATOMY 10%

(23)

OUTER...



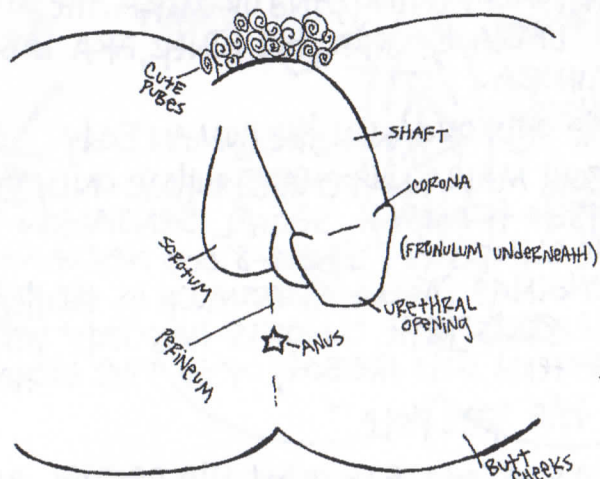
INNER...



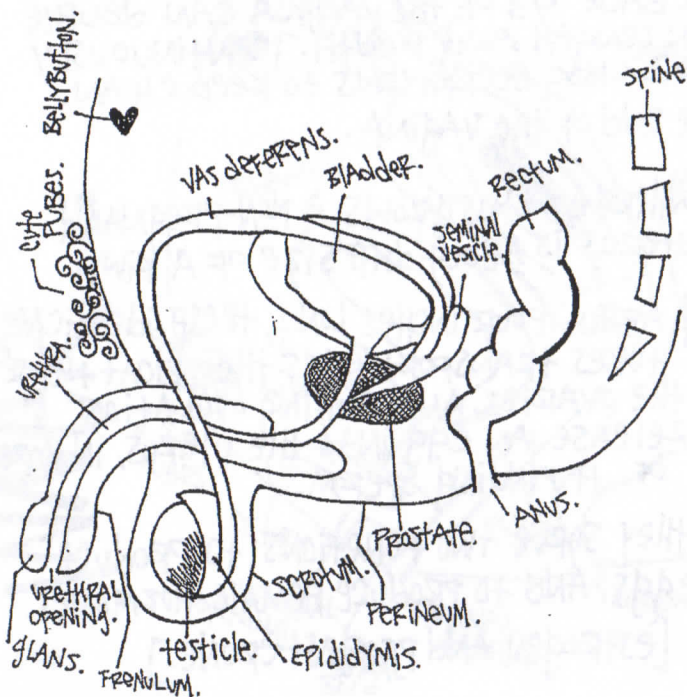
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- **MONS PUBIS:** the pad of fatty tissue covering the PUBIC BONE...USUALLY COVERED IN PUBES.
- **LABIA:** two sets of lips surrounding the CLITORIS, VAGINAL OPENING, AND URETHRA. THE OUTER, AKA LABIA MAJORA. THE INNER, AKA LABIA MINORA.
- **CLITORIS:** the ONLY ORGAN IN THE HUMAN BODY [BOTH MALE AND FEMALE] WHOSE ONLY PURPOSE IS TO TRANSMIT SEXUAL SENSATION. WOO! THE CLITORIS HAS 6,000-8,000 NERVE ENDINGS. [ABOUT 4x AS MUCH AS THE HEAD OF THE PENIS.] THE CLITORIS HAS "legs" WHICH extend INTO THE BODY UP TO FIVE INCHES.
- **URETHRA:** the "pee hole."
- **VAGINA:** the PASSAGE BETWEEN THE CERVIX AND the OUTSIDE WORLD...APPROXIMATELY 3-5 INCHES IN LENGTH. [BUT DURING AROUSAL, the BACK 2/3 OF THE VAGINA CAN DOUBLE IN LENGTH AND WIDTH.] CONTINUOUSLY PRODUCING SECRETIONS TO KEEP CLEAN.
- **CERVIX:** the end of the VAGINA.
- **UTERUS:** WHERE A FETUS GROWS. A NON-PREGNANT uterus IS ABOUT THE SIZE OF A KIWI.
- **FALLOPIAN TUBES:** ABOUT FOUR INCHES LONG, these IDENTICAL TUBES TRANSPORT EGGS. they FLOAT NEAR the OVARIES, AND DURING OVULATION RELEASE AN egg INTO the UTERUS, IN HOPES OF IT FINDING SPERM.
- **OVARIES:** they serve two FUNCTIONS: to PRODUCE eggs. AND to PRODUCE FEMALE HORMONES. [estrogen AND progesterone.]

MALE ANATOMY 101!



OUTER...



INNER...

• **FRENULEUM**: A VERY SENSITIVE THIN STRIP OF SKIN ON the underside of the penis. [CONNECTS the Head to the SHAFT!]

• **URETHRAL OPENING**: Your "pee hole." duh.

• **URETHRA**: thin tube that RUNS FROM the bladder to the URETHRAL opening... it TRANSPORTS URINE FROM the bladder AND PROSTATIC FLUID FROM the prostate & SEMEN FROM the testicles WHEN you ejaculate. Woo!

• **TESTICLES**: OR testes. these BAD BOYS produce testosterone AND SPERM. the SPERM exit the testicles INTO the EPIDIDYMIS... WHICH connects to the vas deferens.

• **SCROTUM**: the SACK that keeps your testicles COZY AND SAFE. [AWW!]

• **VAS DEFERENS**: two small tubes that connect to the epididymis to the URETHRA FOR SPERM expulsion. [collecting semen ingredients along the way.]

• **SEMINAL VESICLE**: produces nutrients for SEMEN.

• **SEMEN**: White gold. COME. MAN JUICE... A mixture of SPERM PROSTATIC FLUID, AND NUTRIENTS. expelled FROM the URETHRAL opening during ejaculation.

• **ANUS**: Your Bum-Hole. the external opening of the digestive tract. consists of two SPHINCTER muscles that form the inch-long, tube-like ANAL CANAL.

• **THE EXTERNAL SPHINCTER**: YOU CONTROL THIS... MOST of the time, at least.

• **THE INTERNAL SPHINCTER**: ABOUT AN INCH PAST the first SPHINCTER. typically responds involuntarily.

• **RECTUM**: TRANSPORTS food FROM the large intestine to the ANUS. [outta the body.] It's designed PURELY AS A PASSAGEWAY... it's the COLON where feces is stored. AKA POOP CHUTE.

MASTURBATION

DOESN'T
BREAK
HEARTS!



MASTURBATION IS THE ACT OF PLEASURING YOURSELF SEXUALLY. IT'S HEALTHY. IT'S NATURAL. IT'S A GREAT WAY TO KILL EXTRA TIME. IT'S A GREAT WAY TO PAMPER YOUR BODY AND BECOME MORE FAMILIAR WITH WHAT YOU LIKE WHEN IT COMES TO STIMULATION. EJACULATION FLUSHES OUT YOUR INSIDES, MAKING THEM ALL SHINY AND NEW. IT'S KINDA LIKE DOING SIT-UPS FOR YOUR CROTCH AND IT BUILDS STAMINA. THERE'S A TON OF REASONS WHY MASTURBATION CAN BE AWESOME.

♥ NOBODY KNOWS YOUR BODY LIKE YOU DO... BUT HERE ARE A FEW POINTERS TO SPICE THINGS UP.

♥ EXPERIMENT WITH YOUR BREATHING. TRY DIFFERENT LOCATIONS. SWITCH HANDS. TRY USING ACCESSORIES WITH DIFFERENT TEXTURES. (FEATHERS, TUBE SOCK, ICE.) PORN. LUBE. DO IT IN FRONT OF A MIRROR. TRY IT WHILE SOMEONE IS WATCHING.

♥ FOCUS ON PARTS OF YOUR BODY THAT YOU USUALLY IGNORE.



MASTURBATION UH-OH'S

(THE ONLY TIME MASTURBATION MAY BREAK YOUR HEART.)

• DON'T PUT PARTS IN PLACES WHERE THEY CAN GET STUCK. AND DON'T PUT THINGS IN YOUR PARTS THAT MAY GET STUCK. • DON'T USE PUMPS OR PILLS TO ENHANCE YOUR "MANHOOD." • DON'T LOOK IT IN THE EYE... SEMEN BURNS. (YES, EVEN OTHER PEOPLE'S EYES. DUH.)

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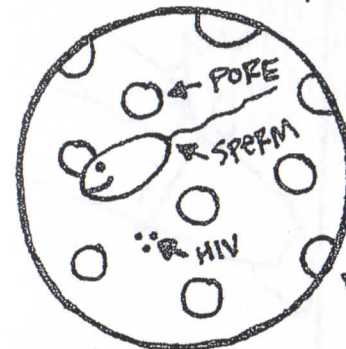
CONDOMS!

WHEN USED PROPERLY, CONDOMS ARE HIGHLY EFFECTIVE IN THE PREVENTION OF PREGNANCY AND HIV/STI TRANSMISSION. THERE ARE MULTIPLE TYPES OF CONDOMS, BUT NOT ALL OF THEM ARE EFFECTIVE IN PREVENTING THE TRANSMISSION OF HIV OR STIS.

♥ LATEX: MADE OF DURABLE RUBBER, LATEX CONDOMS ARE THE MOST WIDELY USED. THEY ARE AFFORDABLE AND EASILY ACCESSIBLE. THEY PREVENT PREGNANCY AND HIV/STI TRANSMISSION.

♥ POLYURETHANE: POLYURETHANE IS AN ALTERNATIVE TO LATEX. IT'S KNOWN TO TRANSMIT HEAT BETTER, IS MORE DURABLE THAN LATEX, BUT IS GENERALLY MORE EXPENSIVE AND HARDER TO FIND. PREVENTS PREGNANCY AND HIV/STI TRANSMISSION.

♥ ANIMAL SKIN: ORIGINALLY MADE FOR THOSE WITH LATEX ALLERGIES TO PREVENT PREGNANCY. ANIMAL SKIN CONDOMS HAVE TINY PORES THAT HIV AND OTHER STIS CAN FIT THROUGH, BUT SPERM IS TRAPPED.



ANIMAL SKIN CLOSE-UP

♥ NOVELTY: THESE CONDOMS ARE NOT MADE FOR SEX... PURELY JOSES. (I.E. WORLD'S LARGEST CONDOM OF SINGING CONDOM.)

TIPS FOR CONDOM USE.

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♥ CHECK THE EXPIRATION DATE. ♥ FEEL FOR AN AIR BUBBLE. (AIR IS GOOD!) ♥ OPEN THE PACKAGE WITH YOUR HANDS. ♥ PINCH THE TIP AS YOU ROLL IT DOWN. ♥ IF YOU PUT THE CONDOM ON UPSIDE DOWN, GRAB A NEW ONE. ♥ HOLD THE BASE OF THE CONDOM WHEN PULLING OUT.

♥ NEVER USE THE SAME CONDOM MORE THAN ONCE.

♥ DON'T FLUSH CONDOMS... THEY CAN CLOG YOUR DRAINS AND PIPES.

♥ STORE CONDOMS IN COOL, DRY PLACES. NOT YOUR WALLET, THE GLOVE COMPARTMENT IN YOUR CAR OR LOOSE IN YOUR BAG.

♥ DON'T "DOUBLE BAG"... WEARING TWO CONDOMS DOESN'T GIVE YOU 2x THE PROTECTION. IT ONLY CREATES MORE FRICTION, WHICH BREAKS THEM DOWN.

♥ DON'T USE OIL BASED LUBES WITH LATEX CONDOMS. THINGS LIKE VASELINE & BABY OIL WILL CAUSE TINY TEARS AND MAKE FOR A GREATER CHANCE OF BREAKAGE.



MORE PROTECTION!

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PLAIN OL' CONDOMS DON'T WORK FOR EVERY SITUATION... SO HERE ARE A FEW MORE HELPFUL METHODS FOR PROTECTION.

♥ **INSERTIVE CONDOMS:** LARGER, STRONGER AND MORE EXPENSIVE THESE CONDOMS CAN BE PLACED IN THE VAGINA (OR ANUS, IF YOU TAKE OUT THE INNER RING.) UP TO 8 HOURS BEFORE SEX. THEY GIVE THE RECEIVING PARTNER CONTROL OF PROTECTION. SINCE THEY'RE MADE OF POLYURETHANE, YOU CAN USE OIL BASED LUBE. JUST LIKE MALE CONDOMS, THEY ARE NOT TO BE USED TWICE.

♥ **FINGER COTS:** FINGER COTS ARE USED WHEN CUTS ARE PRESENT ON FINGERS OF THOSE THAT WANT TO ENGAGE IN STIMULATION OF THE VAGINA OR ANUS. THEY'RE MADE FROM LATEX AND CAN BE PICKED UP AT ANY DRUG STORE. OR YOU CAN SIMPLY CUT THE TIPS OFF LATEX GLOVES.

♥ **ORAL DAMS:** DENTAL DAMS ARE SHEETS OF LATEX USED FOR ORAL-ANAL / ORAL-VAGINAL SEX. THEY PROTECT AGAINST STIS AND HIV THAT MAY BE TRANSMITTED THROUGH VAGINAL FLUIDS OR ANAL CONTACT. THEY ARE ALSO AN OPTION FOR THOSE THAT AREN'T COMPLETELY COMFORTABLE WITH MOUTH-GENITAL CONTACT. YOU CAN ALSO USE NON-MICROWAVEABLE SARAN WRAP! (MICROWAVEABLE WRAP HAS PORES.)

UNWANTED PREGNANCY PREVENTION.

... HERE'S A QUICK REFERENCE TO SOME OPTIONS. IT'S ALWAYS BEST TO TALK TO A HEALTH CARE PROFESSIONAL TO FIND OUT WHAT'S BEST FOR YOU! THESE METHODS DONOT PREVENT HIV OR STIS.)

DEPO-PROVERA: A SHOT IN THE ARM EVERY 12 WEEKS THAT PREVENTS OVULATION.

THE PATCH: ALSO KNOWN AS ORTHO-EVRA. THE PATCH STICKS TO THE SKIN AND PREVENTS OVULATION. CHANGE WEEKLY.

THE PILL: DAILY PILLS THAT MUST BE TAKEN ON TIME TO PREVENT OVULATION.

IUD: A PLASTIC INSERTION INTO THE UTERUS THAT LASTS 1-10 YEARS. IT BLOCKS SPERM FROM JOINING WITH THE EGG, AMONG OTHER THINGS.

THE RING: A SMALL, FLEXIBLE RING THAT IS INSERTED INTO THE VAGINA MONTHLY. PREVENTS OVULATION AND THICKENS MUCUS IN THE CERVIX TO BLOCK SPERM.

TUBAL LIGATION: A PERMANENT SURGICAL CLOSING OF THE FALLOPIAN TUBES. VERY EFFECTIVE, BUT TYPICALLY IRREVERSIBLE.



EMERGENCY CONTRACEPTION

CHECK OUT:
WWW.GO2PLANB.COM
FOR EVEN MORE INFO!

ALSO KNOWN AS THE "MORNING AFTER PILL," EMERGENCY CONTRACEPTION (EC) IS A BACK UP PLAN TO PREVENT PREGNANCY AFTER UNPROTECTED SEX OR CONTRACEPTIVE FAILURE... IT'S NOT AN ABORTION PILL, IT CANNOT TERMINATE AN EXISTING PREGNANCY. IT SIMPLY PREVENTS FERTILIZATION AND OVULATION. IN AUGUST OF 2006, THE FDA APPROVED EC FOR WOMEN OVER 18 WITHOUT A PRESCRIPTION. (GIRLS 17 AND UNDER NEED TO CONSULT A HEALTHCARE PROVIDER.) BEFORE EC WAS USED IN THE GENERAL PUBLIC, IT WAS USED BEGINNING IN THE 60'S AND 70'S SPECIFICALLY AS A TREATMENT FOR VICTIMS OF SEXUAL ASSAULT.

— IMPORTANT DETAILS: — . — . — . — . —

- ! ♥ EC IS DESIGNED TO BE TAKEN WITHIN 72 HOURS OF UNPROTECTED SEX. OBVIOUSLY, THE SOONER YOU TAKE IT, THE BETTER. EFFECTIVENESS DECREASES WITH TIME.
- ♥ IT DOES NOT PREVENT THE TRANSMISSION OF HIV OR OTHER STIS.
- ♥ EC IS NOT TO BE USED AS YOUR ROUTINE BIRTH CONTROL, BECAUSE IT IS LESS EFFECTIVE.
- ♥ SOME SIDE EFFECTS ARE:
 - ABDOMINAL PAIN, HEADACHE, NAUSEA, DIZZINESS, ETC.
- ♥ IF YOUR PERIOD IS MORE THAN A WEEK LATE AFTER TAKING EC, CONSULT A HEALTHCARE PROVIDER.
- ♥ GIRLS 17 AND UNDER NEED TO CONSULT A DOCTOR FOR A PRESCRIPTION.

SEXUALLY TRANSMITTED INFECTIONS.

HERE'S THE SCOOP... MOST SEXUALLY TRANSMITTED INFECTIONS (STIS) SHOW ABSOLUTELY NO SYMPTOMS. (CONTRARY TO ALL THOSE INTENSE PICTURES THAT YOU SEE IN HEALTH CLASS.) WITH AMERICA HAVING THE HIGHEST RATE OF INFECTIONS, 1 IN 5 PEOPLE CURRENTLY HAVE AN STI AND 1 IN 4 WILL CONTRACT ONE SOMETIME IN THEIR LIFE. DON'T LET THOSE NUMBERS MAKE YOU RUN AWAY FROM ANY POTENTIALLY SEXUAL EXPERIENCE... NOT ALL INFECTIONS STICK AROUND FOREVER. MOST OF THEM ARE COMPLETELY MANAGEABLE AND AVOIDABLE WITH ENOUGH EDUCATION, PROTECTION AND COMMUNICATION.

♥ MORAL OF THE STORY: IN A PERFECT WORLD, WE'D ALL BE MAKING DATES AT THE LOCAL STI CLINIC BEFORE ENGAGING IN SEX. BUT! SINCE THAT ISN'T IDEAL FOR ALL SITUATIONS AND RELATIONSHIPS, YOU SHOULD AT LEAST ARM YOURSELF WITH AWARENESS AND KNOWLEDGE OF WHAT'S OUT THERE AND HOW TO PROTECT YOURSELF FROM INFECTIONS.

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STI guideBOOK!

Bacterial infections are curable.

• Gonorrhea (bacteria) •

Symptoms for Gonorrhea include discharge and pain during urination. 10% of men show no symptoms. If left untreated, it can cause heart problems, sterility and arthritis. It's spread through vaginal, oral and anal sex. This infection is treatable using antibiotics. It's preventable by proper condom use.

• Syphilis (bacteria) •

Primary symptoms include wet open sores on genitals, mouth or anus. If left untreated it can cause rashes, fatigue, hair loss, sore throat, muscle pains, and fever. Syphilis is spread mother-to-child, by anal, oral & vaginal sex, and through kissing while open sores are present. Syphilis is curable and can be treated with antibiotics. It's preventable by proper condom use.

• Chlamydia (bacteria) •

Chlamydia causes discharge, pain while urinating, frequent urinations, abdominal pains, nausea, fever and swelling of the testicles and/or rectum. 50% of men with Chlamydia show no symptoms. This infection is curable, using antibiotics. It's preventable by proper condom use. More than 1 million Chlamydia cases were reported in 2006 — the highest number since the CDC began tracking it in 1984 and the highest number of annual U.S. cases ever for any sexually transmitted disease.

Viral infections are not curable, but often manageable.

• Herpes (viral) •

Known as a cold sore when it's present on the mouth, the two types of herpes can also be spread to the genitals. Symptoms include blisters, sores and rashes on the genitals, anus or mouth. Herpes on the mouth can be transmitted to the genitals and the other way around. There is no cure, but the symptoms can be treated. Using a condom during an outbreak reduces the risk of transmission, but always communicate with your partner.

• Human Papilloma Virus (viral) •

Also known as genital warts, HPV is the most widespread of all STIs, infecting 5 million people a year. Symptoms are warts in the urethra, anus and sometimes the throat. These sores are soft to the touch, may look like cauliflower and itch. The problem with genital warts is that they are spread through oral sex, often despite condom use, because they can appear on areas not protected by the condom. There is no cure for HPV, but there are many treatments available which can reduce the transmission and severity.

♥ THESE DESCRIPTIONS ARE NOT MEANT TO DIAGNOSE INFECTIONS... FOR MORE INFO, CHECK OUT THE RESOURCES PAGE.

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HIV 10%

the LOWDOWN
OF HIV/AIDS.
TAKE NOTES!

- HUMAN: ONLY AFFECTS HUMANS. THAT'S IT.
- IMMUNODEFICIENCY: BREAKS DOWN THE IMMUNE SYSTEM.
- VIRUS: CANNOT CURE. TRANSMITTED BY VIRUS.

Acquired: YOU HAVE TO CONTRACT IT.

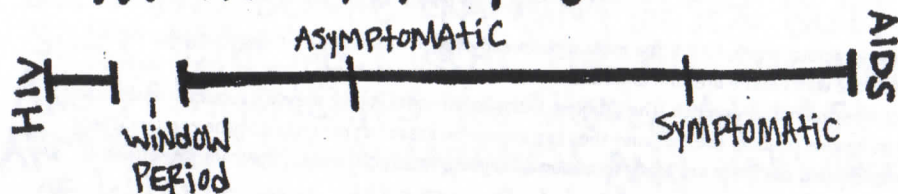
IMMUNO: YOUR IMMUNE SYSTEM.

DEFICIENCY: LACKS IN EFFICIENCY.

SYNDROME: COLLECTION OF SYMPTOMS.

THE DIFFERENCE BETWEEN HIV AND AIDS IS THAT HIV REFERS TO THE ACTUAL VIRUS AND AIDS IS SEEN AS THE FINAL STAGE IN THE HIV PROGRESSION.

...HIV TIMELINE...



EACH TIMELINE'S LENGTH VARIES FROM PERSON TO PERSON. MEDICINE, SUPPORT FROM FRIENDS & FAMILY AND A HEALTHY LIFESTYLE CAN PROLONG IT...

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• **INITIAL CONTRACTION:** WHEN A PERSON IS FIRST EXPOSED TO HIV, THEY MAY EXPERIENCE FLU-LIKE SYMPTOMS FOR 2-4 WEEKS.

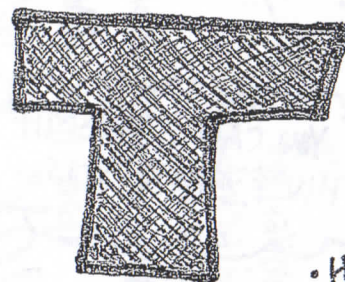
• **Window Period:** HIV IS UNDETECTABLE ON TESTS FOR 3-6 MONTHS AFTER TRANSMISSION. (IT TAKES YOUR BODY THAT LONG TO DEVELOP THE ANTIBODIES, IN WHICH THEY ARE TESTED FOR) ... ALTHOUGH IT MAY NOT SHOW UP ON TESTS, IT'S STILL POSSIBLE TO SPREAD HIV FROM DAY ONE.

• **ASYMPTOMATIC:** DURING THIS PERIOD, THERE ARE NO SYMPTOMS.

• **SYMPTOMATIC:** THIS IS WHERE A PERSON MAY START TO SHOW SYMPTOMS. WHICH INCLUDE: NIGHT SWEATS, NAUSEA, DIARRHEA, COLDS & FEVERS. THESE MAY LAST MONTHS.

• **AIDS:** THIS IS SIMPLY A CLASSIFICATION. THERE IS NO DEFINITE DIFFERENCE BETWEEN HIV+ PEOPLE AND THOSE WITH AIDS. TECHNICALLY, AIDS IS DIAGNOSED WHEN A PERSON'S T-CELLS DROP BELOW 200 (PER DROP OF BLOOD) ONCE SOMEONE IS DIAGNOSED WITH AIDS, THEY ALWAYS HAVE IT. EVEN WHEN THEIR T-CELLS RAISE.

WHAT ARE T-CELLS?!



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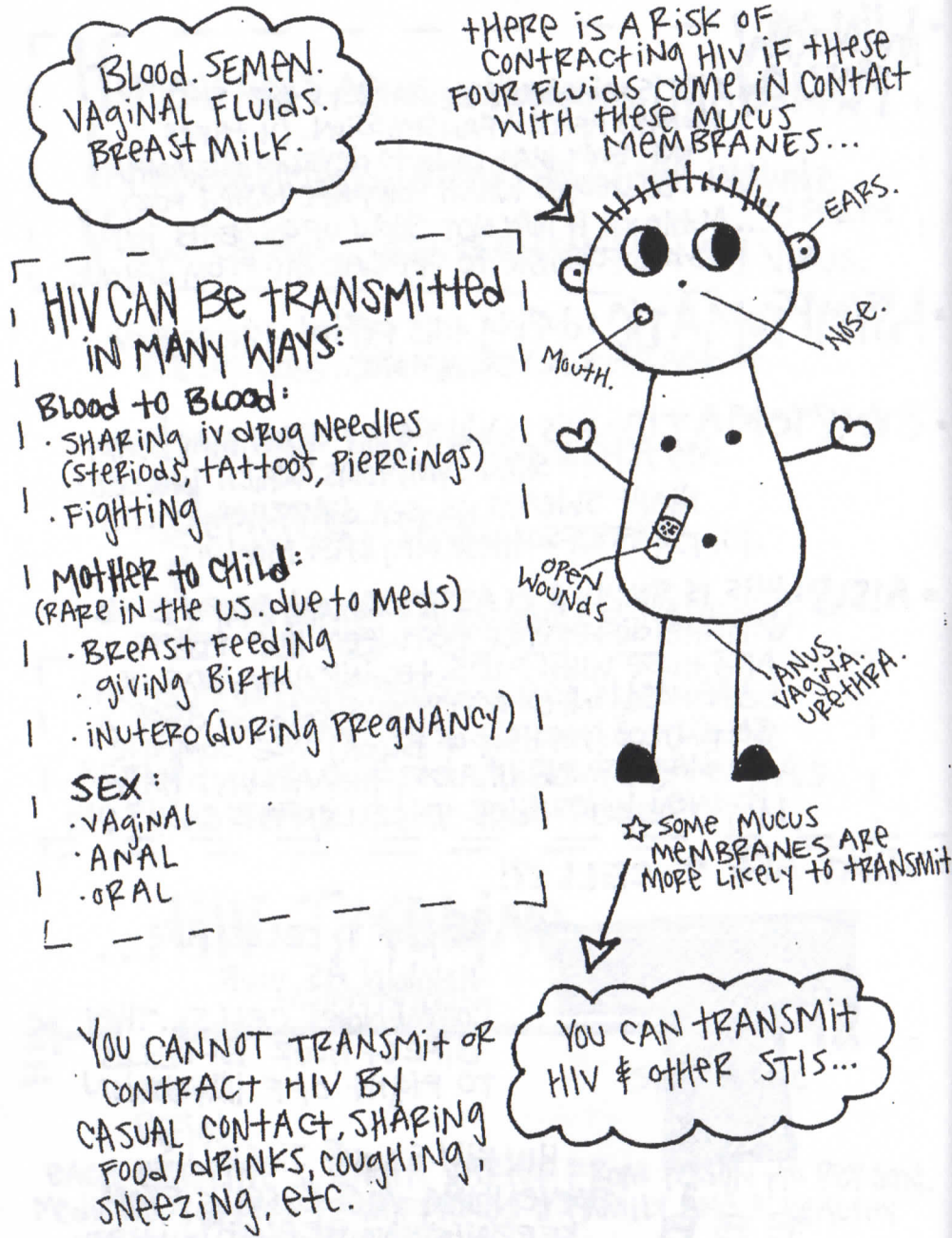
♥ YOUR T-CELLS ARE KNOWN AS YOUR COMMANDER CELLS... THEY DIRECT YOUR B-CELLS TO FIGHT OFF INFECTION

• HIV KILLS YOUR T-CELLS, PREVENTING YOUR B-CELLS FROM KEEPING YOU HEALTHY.

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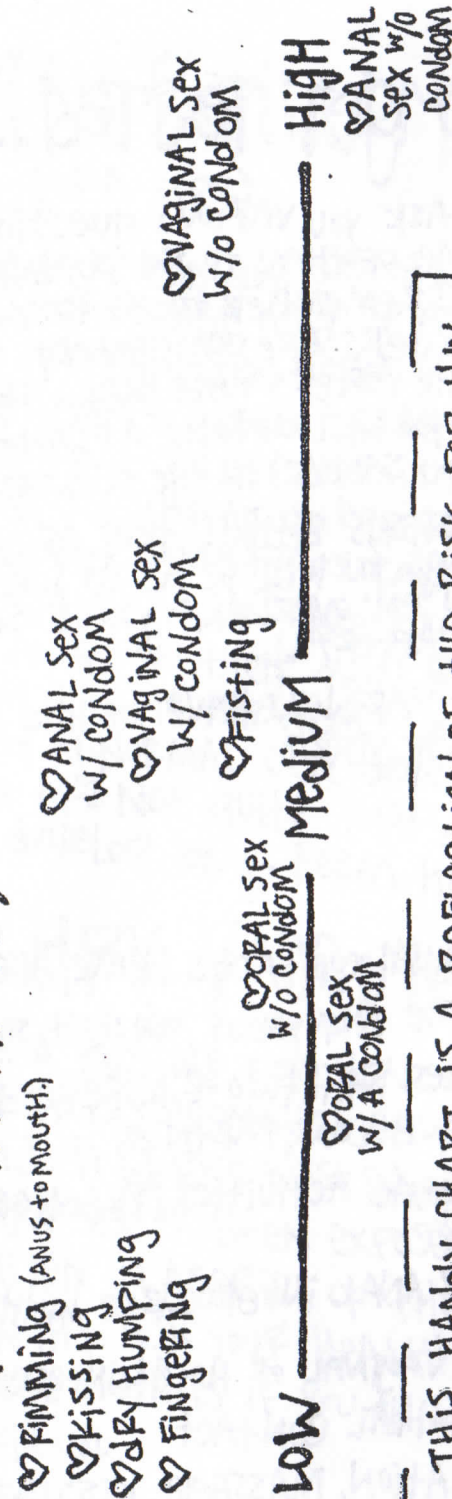
HIV TRANSMISSION...

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RISK CONTINUUM (FOR HIV TRANSMISSION)

DIFFERENT SEXUAL ACTIVITIES HAVE VARIOUS LEVELS OF TRANSMISSION FOR HIV...
THIS CHART HELPS TO BREAK IT DOWN!



THIS HANDY CHART IS A REFLECTION OF THE RISK FOR HIV TRANSMISSION, NOT STD TRANSMISSION. IN MOST CASES, THE RISK FOR STD TRANSMISSION IS HIGHER IN ACTIVITIES LIKE ORAL, VAGINAL AND ANAL SEX W/O CONDOM USE.

◡ FOR EXAMPLE, THE RISK OF TRANSMITTING CHLAMYDIA DURING ORAL SEX WITHOUT A CONDOM IS CONSIDERABLY HIGHER. OR TRANSMITTING HERPES WHILE RIMMING IS DEFINITELY HIGHER. CHECK OUT THE MINI STI GUIDEBOOK FOR WAYS STDs ARE TRANSMITTED.

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WHEN YOU GET TESTED...

THE TESTER WILL ASK YOU VARIOUS QUESTIONS... YOU MAY FIND SOME OF THEM TO BE POTENTIALLY EMBARRASSING. BUT! REMEMBER TO BE 100% HONEST. YOUR ANSWERS ARE COMPLETELY CONFIDENTIAL. AND THE TESTERS HAVE HEARD IT ALL TOGETHER, THE BOTH OF YOU WILL DEVELOP A PLAN THAT WILL HELP TO KEEP YOU SAFE(R) IN THE FUTURE.

CHECK OUT THE QUESTIONS BELOW... THEY ARE EXAMPLES OF SOME OF THE THINGS YOU WILL BE ASKED WHEN YOU GET TESTED. READ 'EM' OVER AND YOU'LL SEE THAT IT'S NOT SCARY AFTER ALL.

- HOW MANY SEXUAL PARTNERS HAVE YOU HAD PER MONTH IN THE LAST YEAR?

- ♡ 5 OR MORE
- ♡ 2-4
- ♡ 0-1

- THE KINDS OF SEXUAL CONTACTS I HAVE ARE:

- ♡ ONE-TIME OR ANONYMOUS "ONE NIGHT STANDS"
- ♡ MULTIPLE TIMES WITH TWO OR MORE PARTNERS
- ♡ EXCLUSIVELY WITH ONE PARTNER

- THE KINDS OF SEXUAL ACTIVITIES I PRACTICE MOST FREQUENTLY ARE:

- ♡ VAGINAL OR ANAL INTERCOURSE WITHOUT A CONDOM
- ♡ PROTECTED VAGINAL OR ANAL INTERCOURSE
- ♡ ORAL-GENITAL CONTACT
- ♡ MASTURBATION, MASSAGE, KISSING

HUMAN PAPILLOMA VIRUS (AKA HPV)

HPV IS THE MOST COMMON SEXUALLY TRANSMITTED INFECTION. (AT LEAST HALF OF ALL PEOPLE GET A SEXUALLY TRANSMITTED FORM OF HPV IN THEIR LIFETIME.) DON'T START FREAKING OUT AFTER READING THAT STATISTIC... MOST FORMS OF HPV HAVE NO HARMFUL EFFECTS AND GO AWAY ON THEIR OWN. SOME TYPES CAN CAUSE GENITAL WARTS, WHICH AGAIN, ARE PRETTY HARMLESS AND GO AWAY ON THEIR OWN. RARE CASES OF HPV CAN LEAD TO CERVICAL CANCER... THIS IS CAUSED BY ABNORMAL CELL DEVELOPMENT. (MEDICAL OFFICIALS ARE NOT QUITE SURE WHY SOME PEOPLE DEVELOP LONG-TERM HPV.)

♡♡♡ HPV VACCINE ♡♡♡

THERE IS A VACCINE FOR HPV... IT DOES NOT CURE HPV. IT IS RECOMMENDED FOR GIRLS 11-12 YEARS OLD. IT WORKS BEST IN GIRLS WHO HAVE NOT YET HAD SEX OR BEEN EXPOSED TO HPV. IT IS GIVEN IN A SERIES OF THREE, OVER ABOUT SIX MONTHS. ASK YOUR HEALTH CARE PROVIDER FOR ALL THE DETAILS IF YOU THINK IT COULD BENEFIT YOU.

EVERYTHING WILL BE OKAY... THERE'S RESEARCH TO PROVE IT!

RESEARCH SHOWS THAT WHEN IT COMES TO AMERICAN TEEN'S SEXUAL HEALTH, THINGS ARE GETTING BETTER! LESS GIRLS ARE EXPERIENCING UNINTENDED PREGNANCIES, TEENS ARE WAITING LONGER TO ENGAGE IN SEX, MORE PEEPS ARE USING CONDOMS AND THERE IS MORE COMMUNICATION WITH PARENTS AROUND ACCESS TO CONTRACEPTION AND ABORTION! CHECK OUT THE STATISTICS BELOW TO GIVE YOURSELF A LITTLE BOOST OF HOPE! ♥

♥ 25% OF TEENS USED MORE THAN ONE METHOD OF CONTRACEPTION THE LAST TIME THEY HAD SEX.

♥ THE RATE OF TEEN PREGNANCIES CONTINUES TO DECLINE SINCE ITS PEAK IN 1990, DUE TO MORE CONSISTENT CONTRACEPTIVE USE AND THE CHOICE TO DELAY SEXUAL ACTIVITY.

♥ MORE THAN 3/4 OF GIRLS REPORTED THAT THEIR FIRST SEXUAL EXPERIENCE WAS WITH A STEADY PARTNER OR FIANCE/HUSBAND.

♥ 3 OUT OF 4 SEXUALLY ACTIVE YOUTH WILL NOT CONTRACT A SEXUALLY TRANSMITTED INFECTION.

... IT'S SUPER IMPORTANT TO BE INFORMED (DUH), BUT IT'S A BUMMER WHEN THE SPOTLIGHT IS ON EVERYTHING NEGATIVE... SO, NEXT TIME YOU READ A DESTRUCTIVE STATISTIC TRY TO PUT A LITTLE POSITIVE SPIN ON IT.
LOOK ON THE BRIGHT SIDE!

HECK YEAH!... CONSENT!...

★ CONSENT IS SIMPLY AGREEING TO SOMETHING. THERE ARE TWO TYPES... IMPLIED AND VERBAL. IMPLIED CONSENT IS GIVING THE IMPRESSION THAT WHAT IS HAPPENING IS OKAY. VERBAL CONSENT IS SAYING, "YES." IMPLIED CONSENT CAN SOMETIMES BE CONFUSING AND WITHOUT AT LEAST A LITTLE BIT OF PREVIOUS COMMUNICATION, MAY END UP IN AWKWARD SITUATIONS. WITHOUT SOMEONE MAKING IT COMPLETELY CLEAR OF WHAT THEY WANT, YOU SHOULD JUST ASSUME THAT THEY HAVE THE DESIRE FOR NOTHING MORE. (I KNOW, "HOW BORING.") IT'S THE SAFE ROUTE. IT'S RESPECTFUL. AND IT PUSHES FOR MORE DIALOGUE AROUND WANTS, NEEDS AND EXPECTATIONS. (BRINGING IT BACK TO COMMUNICATION!)

★ AGE OF CONSENT... AND OTHER SEX LAWS! ★

THE AGE OF CONSENT IS THE AGE AT WHICH YOUTH ARE LEGALLY ALLOWED TO CONSENT TO SEX. (THE DEFINITION OF SEX IS DIFFERENT FOR VARIOUS STATES.) THE LAWS AROUND CONSENT WERE MADE TO PROTECT CHILDREN FROM BEING SEXUALLY EXPLOITED BY ADULTS. EACH STATE HAS THEIR OWN LAWS, SO CHECK OUT YOUR STATE'S LAWS AROUND CONSENT, FOR ANY QUESTIONS YOU HAVE...



SEXUAL ASSAULT... BREAKS HEARTS.

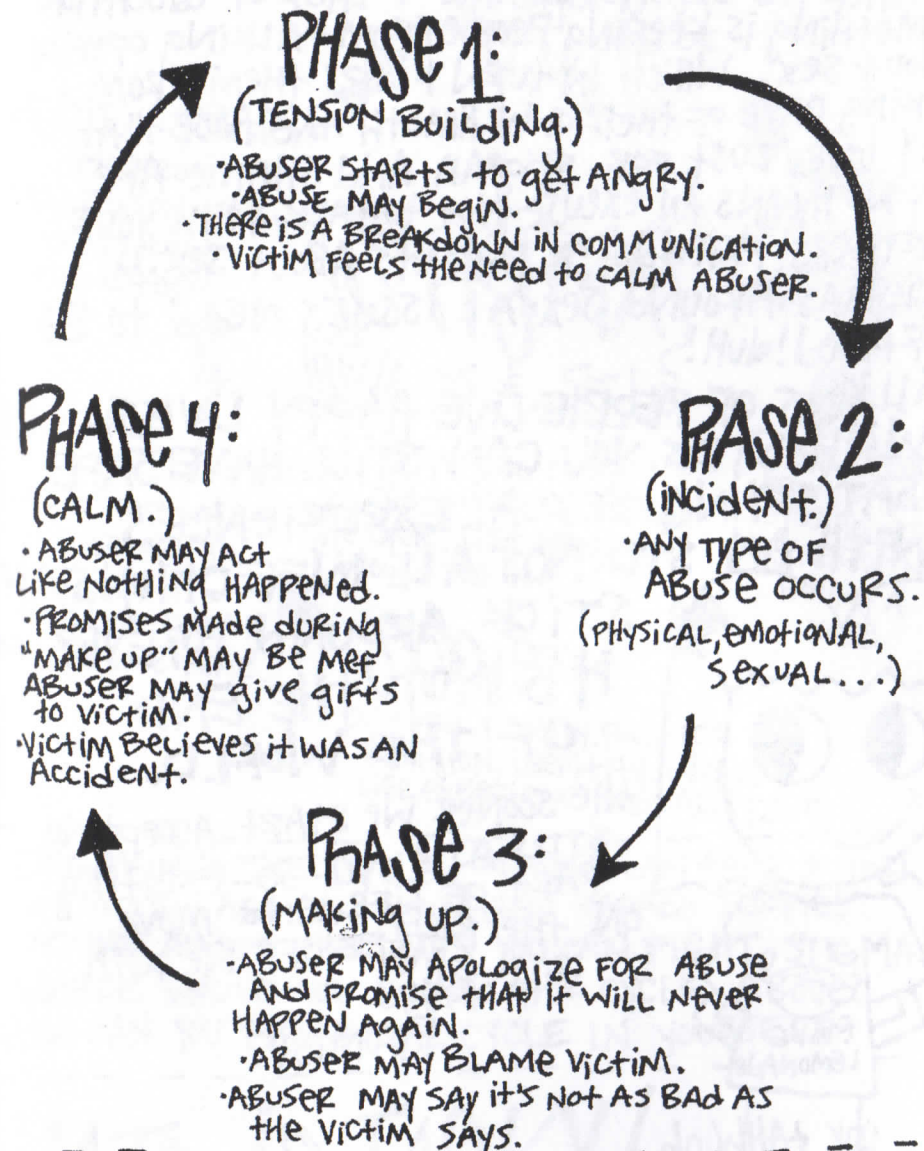
RELATIONSHIPS SHOULD MAKE EACH PARTNER FEEL GOOD ABOUT THEMSELVES AND EACH OTHER... SIMPLY PUT. IF IT HURTS OR SCARES YOU, IT'S NOT HEALTHY. SEXUALITY IS A BEAUTIFUL THING AND SHOULD NEVER BE USED TO INFLUENCE, CONTROL, INTIMIDATE OR DOMINATE OTHERS. THERE IS NO WAY TO JUSTIFY AN ABUSIVE RELATIONSHIP! WHEN IT COMES TO SEXUAL ASSAULT... THERE IS ABSOLUTELY NO REASON WHY YOU SHOULD AVOID SEEKING HELP. (EVEN IF YOU'RE A MINOR... YOU DON'T NEED PARENTAL CONSENT.) GOING TO THE DOCTOR DOESN'T MEAN YOU HAVE TO TALK TO THE POLICE. IT'S IMPORTANT TO SEE A HEALTH CARE PROVIDER FOR MULTIPLE REASONS: ♥ THEY CAN TEND TO ANY MEDICAL NEEDS THAT YOU MAY HAVE. (FOR EXAMPLE, THE MORNING AFTER PILL.) ♥ IN A LOT OF STATES, THE STATES WILL PAY YOUR MEDICAL EXPENSES. ♥ HAVING EVERYTHING ON RECORD WILL MAKE IT EASIER TO RECEIVE FREE SERVICES IN THE FUTURE, IF YOU NEED THEM. ♥ THEY CAN ANSWER ANY QUESTIONS YOU HAVE AND HELP TO RELIEVE YOUR STRESS.



EVERYTHING WILL BE OKAY... ♥ THERE ARE COUNTLESS RESOURCES FOR THOSE WHO ARE OR HAVE BEEN IN ABUSIVE SEXUAL SITUATIONS. IT'S REALLY IMPORTANT TO A.) SEEK THEM OUT AND B.) FIND THE ONE THAT WORKS FOR YOU. WHAT HELPS FOR ONE PERSON MAY NOT WORK FOR ANOTHER. BE PATIENT. BE HONEST.

RAINN: NATIONAL SEXUAL ASSAULT HOTLINE: 1.800.656.HOPE

CYCLE OF VIOLENCE...



☆ THE CYCLE IS DIFFERENT FOR EVERY RELATIONSHIP. IT COULD TAKE AN HOUR OR A YEAR TO COMPLETE AND CAN OCCUR MULTIPLE TIMES IN VARIOUS FORMS.

WHAT THE HECK IS STIGMA?

Whether it's denial, shame or lack of education something is keeping people from talking openly about sex... which in turn keeps them from taking care of their own health and those that they love / lust for. Stigma and shame are by no means an excuse not to talk with your partners, friends or parents about sex... stigmas around sexual issues need to be ERASED! duh!

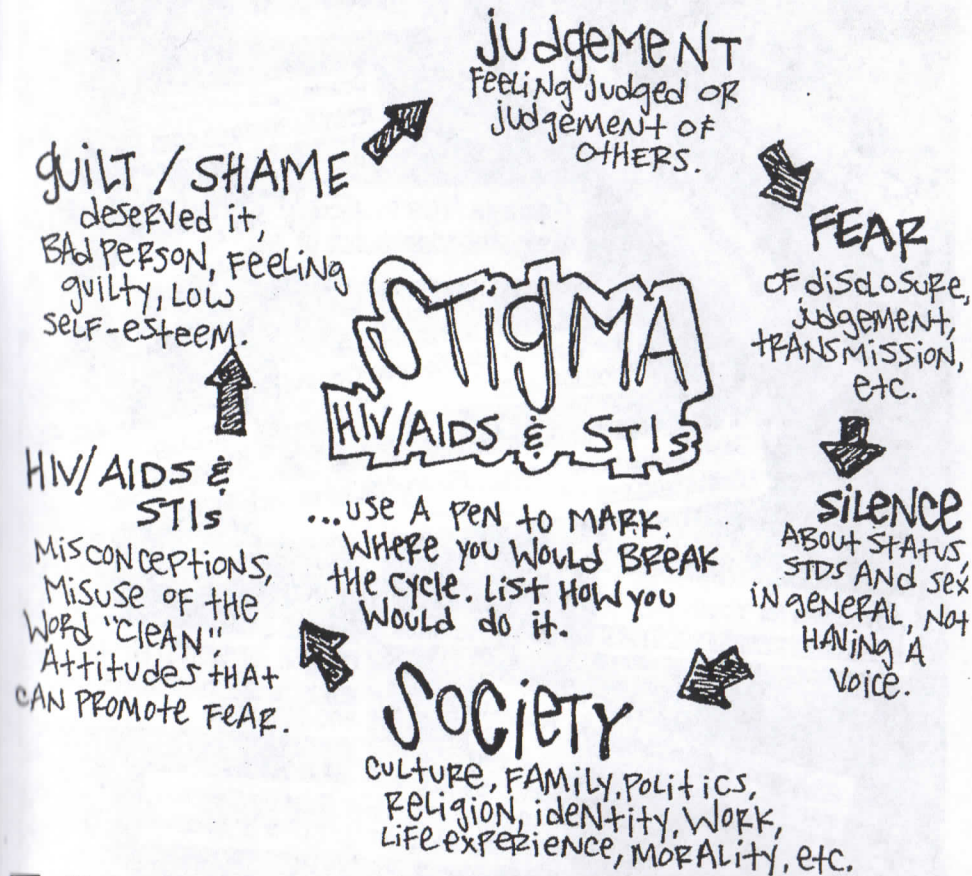
MILLIONS OF PEOPLE LIVE HAPPY LIVES WITH STDs. YOU CAN STILL HAVE SAFE & SATISFYING SEXUAL EXPERIENCES WITH AN STD. NOT ALL INFECTIONS STICK AROUND FOREVER. IT'S NOT THE END OF THE WORLD.

the sooner we start accepting STDs as a not-so-exciting part of life and move on, the better off we will all be.
PROMISE.



CYCLE OF STIGMA

...it's NEVER ending!
MAKE it stop!



BREAKING THE CYCLE! STIGMA CAN TAKE A TOLL ON SOCIETY AND CAN NEGATIVELY IMPACT PEOPLE. THINK ABOUT THE WAYS YOU CAN FIGHT STIGMA! WHERE WOULD YOU BREAK THE CYCLE ABOVE? HOW CAN YOU BREAK THE CYCLE IN YOURSELF?

HATE IS TACKY! do what you can to help put an end to all of the hate

RESOURCES

The Body
www.thebody.com

Planned Parenthood Federation of America
www.ppfa.org

Cascade AIDS Project
www.cascadeaids.org

Scarleteen
www.scarleteen.com

Sex etc.
www.sexetc.org

The Centers for Disease Control
www.cdc.gov

Gay Lesbian and Straight Education Network
www.glsen.org

SIECUS
www.siecus.org

Advocates for Youth
www.advocatesforyouth.org

Hotlines

Emergency Contraception Hotline
888-NOT-2-LATE

Oregon AIDS/STD Hotline
www.oregonaidshotline.com
800-777-AIDS

Find the nearest HIV Testing Center!
Text your zipcode to "Know It" 566948

Gay and Lesbian National Youth Talk Line
www.glnh.org
800-346-7743 (PRIDE)

Backline (pregnancy options counseling)
www.yourbackline.org
888.493.0092

National Sexual Assault Helpline
www.rainn.org
800-656-4673

ASHA STI Resource Center
919-361-8488

EVEN MORE RESOURCES! ^{TO} FILL EM' IN!
(WRITE IN YOUR LOCAL RESOURCES.)

I CAN get AN HIV/STI TEST AT: _____

_____ IS A GREAT PLACE TO GET CONDOMS!
♥

WHEN I NEED RELATIONSHIP ADVICE, I CALL: _____
♥

I CAN get EMERGENCY CONTRACEPTION AT: _____
♥

WHEN I WANT TO FIND MY FRIENDS I GO TO: _____
♥

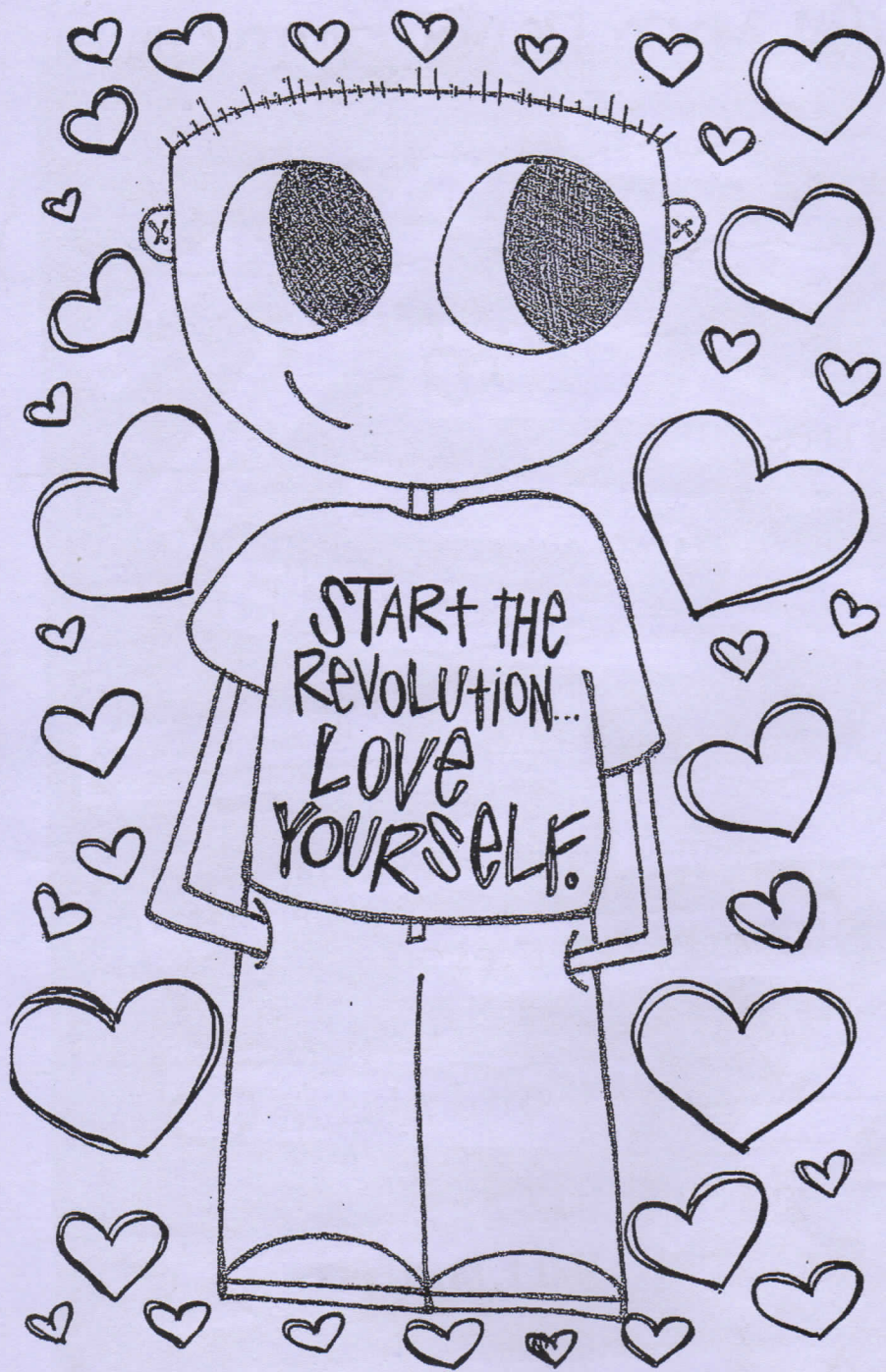
_____ IS WHERE I CAN get A PREGNANCY TEST. ♥
I CAN FIND AWESOME RESOURCES AT: _____

WHEN I WANT TO BE ALONE, I CAN GO TO: _____
_____ IS A TRUSTED ADULT. ♥

♥ I CAN get BIRTH CONTROL AT: _____

ANY RESOURCES YOU WANNA ADD: ♥

(FRIENDS & FAMILY CAN BE AMAZING RESOURCES!) ♥



Cascade AIDS Project



cascadeaids.org