

# CHLAMYDIA 101

**CHLAMYDIA IS A VERY COMMON SEXUALLY TRANSMITTED DISEASE (STD).  
THE GOOD NEWS IS THAT MOST OFTEN IT'S COMPLETELY CURABLE.**

## THE FACTS

Chlamydia is a very common sexually transmitted disease (STD). It's a bacterial infection that can be passed during unprotected vaginal, oral, and anal sex. People who have chlamydia often show no symptoms, which is why many spread the infection to their partners without knowing it.

The good news is that chlamydia can be easily treated with antibiotics. But if someone with chlamydia doesn't get treated, it can cause serious health consequences, like infertility (the inability to have children). That's why it's so important to get tested, learn your status, and get treated if you have it.

**People with chlamydia are more likely to be infected**



**with HIV by an infected partner .**

## DO I HAVE CHLAMYDIA?

As with other STDs, the only way to know for sure if you have chlamydia is to get tested. Getting tested is easy. To test you for chlamydia your healthcare provider will collect a urine sample (pee) or a swab sample. STD tests should not hurt at all, but if you experience any discomfort tell your provider.

**1 in 10 teens who have sex**

**has Chlamydia.**

**... it's really common**



## POSSIBLE SYMPTOMS

Most people don't experience any symptoms when they have chlamydia, but if you do notice something unusual, your symptoms might include:

- Itching, pain, bleeding, or discharge from your rectum
- Abnormal discharge from the vagina, penis, or rectum
- Burning or itching when you pee
- Pain or discomfort during sex
- Pain, bleeding, or discharge from your rectum
- Throat infection (if you have oral sex)
- Nausea or fever

Women may also experience pain in the belly or back (sometimes with a fever) and bleeding after sex or between periods.



## CHLAMYDIA 101 continued...



### GETTING TREATED

Fortunately, chlamydia can be easily treated with antibiotics. But because someone can become reinfected with chlamydia, it's important that you and all of your partners get tested and treated (if you are infected).

People with chlamydia should not have sex until they - and their sex partners - finish treatment.

### HOW TO PROTECT YOURSELF

#### Get Educated

*For vaginal and anal sex:* Learn how to use latex condoms the right way, and use them every time. They're the only way to prevent STDs during vaginal and anal sex.

*For oral sex:* Use condoms for oral sex on a penis, and dental dams for oral sex on a vagina or anus.

*For fingering, hand jobs, and other intimate touching:* Wash your hands with soap and water after touching your partner's genitals before touching your own (and vice versa). To be extra safe, some people choose to use latex gloves. Find what works for you.

#### Get Tested

Getting tested with your partner, and treated if you have an infection, will keep you safe from the negative consequences of chlamydia.

#### Be Smart

Have sex with only one partner, who has been tested and is not infected, and who is only having sex with you.

#### Stay Clear

Avoid drinking alcohol and doing drugs before you have sex. It's difficult to make good decisions under the influence.

### WHAT DOESN'T WORK

- "Pulling out" before a man ejaculates into the vagina or anus
- Birth control (it only reduces risk for pregnancy)
- Washing your genitals, peeing, or douching after sex

### FOR MORE INFORMATION

**For additional information about chlamydia and other STDs visit:**

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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# HIV & AIDS

**THERE IS NO CURE FOR HIV/AIDS. THE GOOD NEWS IS THAT IF TREATED EARLY PEOPLE WITH HIV/AIDS CAN LIVE LONG HEALTHY LIVES.**

## WHAT IS HIV?

HIV is a virus that attacks the cells in your body's immune system. Because your immune system normally defends your body against illness, HIV makes it difficult for your body to fight off diseases and infections.

HIV can be passed on during unprotected vaginal, oral, and anal sex, through sharing needles or syringes, and from an HIV positive mother to her child during pregnancy, birth, or breast feeding. People who have HIV often show no symptoms, which is why HIV positive people may spread the infection without knowing it.

## WHAT IS AIDS?

AIDS is an advanced stage of HIV. There are two ways doctors decide if an HIV positive person has AIDS:

1. *Based on infections*- When an HIV positive person gets one or more infections that do not usually affect someone who is healthy.
2. *Based on blood tests*- When the number of healthy immune cells in an HIV positive person drops to a certain low point, or when the amount of HIV in their blood reaches a certain high point.



***How quickly someone with HIV advances to AIDS depends on many different factors. One important factor is how quickly a person gets tested and gets into care.***

1 in 5 people with HIV...

don't know they are infected.



That's why it's so important to get tested, learn your status, and get treated if you learn you are HIV positive. Treatments for HIV have improved significantly, and many people who receive treatment early live long healthy lives.

If you are HIV positive, your healthcare provider can teach you how to care for yourself and will provide you with information on different treatment options.

## DO I HAVE HIV?

The only way to know for sure if you have HIV is to get tested. Getting tested is easy. To test you for HIV your healthcare provider will collect either a blood sample or a swab from your mouth. These tests should not hurt, but if you experience any discomfort tell your provider.

## HIV & AIDS continued...



FOR WEEKLY HEALTH TIPS

CONTESTS AND LIFE ADVICE...

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### WHAT IF I TEST POSITIVE FOR HIV?

Fortunately, with the availability of different treatments today, you can lead a long and healthy life as an HIV positive person.

If you've tested positive, see a doctor who has experience treating HIV even if you don't feel sick, find a support system that can help you cope with the emotional challenges ahead, talk with your partners about your status, and learn how to reduce the risk of passing on HIV by using latex condoms and dental dams.

### HOW TO PROTECT YOURSELF

#### Get Educated

*For vaginal and anal sex:* Learn how to use latex condoms the right way, and use them every time. They're the only way to prevent STDs during vaginal and anal sex.

*For oral sex:* Use condoms for oral sex on a penis, and dental dams for oral sex on a vagina or anus.

*For fingering, hand jobs, and other intimate touching:* Wash your hands with soap and water after touching your partner's genitals before touching your own (and vice versa). To be extra safe, some people choose to use latex gloves. Find what works for you.

#### Get Tested

Get tested with your partner, and discuss how you will have safer sex if one or both of you are infected. Ask to be tested if you learn that you are pregnant. This is an important step to protecting your baby's health.

#### Be Smart

Have sex with only one partner, who has been tested and is not infected, and who is only having sex with you.

#### Stay Clear

Avoid drinking alcohol and doing drugs before you have sex. It's difficult to make good decisions when under the influence.

### HOW OFTEN SHOULD I GET TESTED?

Young people who are sexually active should get tested at least once a year. It's also smart to get tested before you start a new sexual relationship, or if someone you've had sex with tells you that they are HIV positive. It's easy. Just ask your healthcare provider.

### WHAT DOESN'T WORK

- "Pulling out" before a man ejaculates into the vagina or anus
- Birth control (it only reduces risk for pregnancy)
- Washing your genitals, peeing, or douching after sex

### FOR MORE INFORMATION ON HIV/AIDS

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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# CONDOMS

## CONDOMS ARE EFFECTIVE AT PREVENTING SEXUALLY TRANSMITTED DISEASES (STDs) AND PREGNANCY.

### THE FACTS

Condoms come in lots of colors, textures, and sizes. The most important thing to consider is that the condom be made of latex or polyurethane. Both of these are effective at preventing pregnancy and sexually transmitted diseases (STDs), including HIV. Also while male condoms are more popular- female condoms are a good choice too. Like male condoms, they can be used by both men and women during vaginal and anal sex.

The most common mistake is not using condoms...



from the start (of sexual contact)

to finish (after ejaculation)

If you start to put a condom on the wrong way, throw it away and use a new one. You'll know it's inside out because it won't roll down the length of the penis easily.

1 in 2 sexually active young people

will get an STD

... before the age of 25.



### REMOVING A CONDOM

Right after ejaculation, hold the base of the condom (so it stays in place and semen cannot spill out), and slowly withdraw the penis while it is still hard. The condom should be wrapped in tissue and thrown away.

Wash your hands with soap and water before touching your partner's genitals.

### WHAT IF THE CONDOM BREAKS?

If you feel the condom break while you are having sex stop immediately, withdraw the penis, remove the broken condom, wash your hands with soap and water, and put on a new condom.



### PUTTING A CONDOM ON CORRECTLY

- 1 - The rolled condom should be placed over the head of the penis when it is hard.
- 2- Then pinch the tip enough to leave about a half inch space for the semen to collect.
- 3- Holding the tip, unroll the condom all the way down to the base of the penis.

The condom should fit snugly – but not too tight- so that it won't break during sex.

## Condoms continued...



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Condoms can break, slip off, or leak if they are not put on or taken off properly. If this happens while you are having penis-vagina sex, emergency contraception (EC) can be used to prevent pregnancy. EC can be started 5 days after having unprotected sex, but the sooner it's started the better it works.

### BUYING CONDOMS

You can buy condoms in lots of places like grocery stores, gas stations, and dispensers in bathrooms. Testing centers and clinics also may have free condoms available.

Many people feel nervous about going to the store to buy condoms or grabbing them from a free basket at the clinic. But remember, lots of people use condoms and all it really says about you is that you are being responsible for you and your partner's sexual health.

### THREE TIPS FOR USING CONDOMS

**Tip 1:** Using a pre-lubricated condom or putting a small amount of water-based lubricant (lube) inside and outside the condom can help prevent rips. This is especially important during anal sex, because unlike the mouth or vagina, the rectum has no natural lubricant.

**Tip 2:** Never use oil-based lubricant with a condom (like petroleum jelly, body lotion, or vegetable oil), because they can cause the latex to break down, reducing the condoms effectiveness.

**Tip 3:** Condoms should be kept in cool, dry places (not wallets or in the car!), and always check the expiration date to make sure the condom has not expired.

### FOR MORE INFORMATION

For additional information about condoms visit:

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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# Dental Dams



## DENTAL DAMS ARE GREAT AT PROTECTING AGAINST STDs DURING ORAL SEX.

### THE FACTS

Dental dams are thin sheets of latex or polyurethane (rubber) that come in lots of different colors, sizes, and flavors. They are a great way to prevent the spread of sexually transmitted diseases (STDs) during oral sex performed on the vagina or anus.

Dental dams get their name because they can be used during different dental procedures. But because dental dams can protect both against skin-to-skin contact and the exchange of body fluids (like semen, vaginal fluid, and blood), they are becoming a popular safe sex tool.

Keep dental dams in cool dry places and check their expiration date .

### USING DENTAL DAMS

- 1 – Check the expiration date on the dental dam package. If it is still good, unfold the dental dam and visually check it for any holes or tears.
- 2 – If the dental dam has cornstarch powder on it, rinse that off with water. Starch may cause an infection in the vagina and irritation on the anus.
- 3 – Apply water-based lubricant to the side of the dental dam that will touch your partner's genitals. This increases your partner's sensitivity.
- 4 – Place the dental dam over your partner's genitals and hold it in place, so it doesn't move too much.

- 5 – Remember that only one side of the dam should come into contact with the genitals, and one side should come into contact with the mouth.
- 6 – When you are finished performing oral sex on your partner, throw out the dam. Dental dams should be used only once.
- 7 – Wash your hands with soap and water.

**Keep in mind that when you use a dental dam, you have two safer sex goals. To prevent spreading or getting STDs you must:**

- a) prevent exchanging any body fluids (like vaginal fluid, semen, or blood) with your partner, and
- b) prevent any direct skin-to-skin contact with your partner's genitals and your mouth.

Never use oil-based lube with a latex dental dam. It can make it less effective.



## Dental Dams continued...



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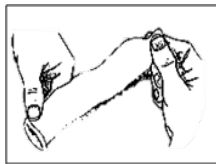
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### BUYING DENTAL DAMS

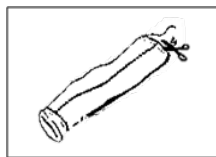
Dental dams can be challenging to find. A promising first stop for those seeking them are sexual health organizations, like Planned Parenthood, or online. You can also buy dental dams at some pharmacies, gas stations and grocery stores. Testing centers and clinics may also have them available for free.

### CREATING YOUR OWN DENTAL DAMS

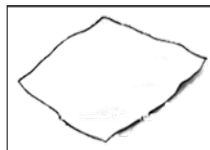
If you are having trouble finding dental dams, unlubricated or dry condoms can be made easily into good substitutes.



With scissors carefully snip off the elastic band part and tip of a condom and then cut down its length.



The resulting rectangular piece of latex or polyurethane is stretchable.



You can also cut open a medical glove, either made of latex or nitrile (for those with latex sensitivities). The easiest way to make a glove into a dental dam is to cut the four fingers off the top of the glove, and then slit down the side of the glove - leaving the thumb intact. If you do this, you can use the thumb to insert your tongue or finger into your partner while still practicing safe oral sex.

### FOR MORE INFORMATION

Dental dams are a great way to prevent STDs and play it safe during oral sex. If you still have questions after reading this fact sheet, check out the sites below, but also remember that your doctor, nurse or other health-care provider can provide you with more information about the resources available in your local area.

### TO LEARN MORE VISIT:

- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

If you make a dental dam from a condom...

make sure it doesn't have a spermicide (like nonoxynol-9).

...It tastes gross and numbs your tongue.

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# STD Testing Facts

**SEXUALLY TRANSMITTED DISEASES (STDs) ARE REALLY COMMON. BUT MANY PEOPLE WHO HAVE AN STD DON'T KNOW THEY HAVE ONE.**

## THE LOW DOWN ON STDs

Sexually transmitted diseases (STDs) are very common. In fact, 1 in 2 sexually active young people will get an STD by the age of 25. The good news - all are treatable and many are curable.

## ARE YOU STD SAVVY?

Some facts...

- You can get an STD through vaginal, anal, or oral sex, or even from skin-to-skin contact with the genital area
- 1 out of 4 sexually active teens will get an STD this year
- Roughly half of all people who get HIV are under 25
- Having an STD can increase your risk of getting HIV, if you have sex with an infected person

People who have an STD are more likely to be infected

with HIV by an infected partner .



1 in 2 sexually active people...

will get an STD by the age of 25.



## WHY GET TESTED?

Many times, people who are infected with an STD don't experience any symptoms. So a lot of people who are infected don't actually know it. But not getting treated for an STD can have serious consequences - like infertility (not being able to have children). Also, some STDs can increase your risk for certain types of cancer. The only way to know if you or anyone else has an STD is to get tested.

## WHAT'S INVOLVED IN TESTING?

If you are sexually active, you should get screened for STDs at least once a year. The type of tests you need may vary, depending on your situation. Your tests may include: a physical exam by your health care provider, a urine sample (where you pee in a cup), a blood test, or a swab with a q-tip swab. These tests might be a little uncomfortable, but none of them should hurt.

Sometimes treatment is prescribed right away. Other times your provider may need to send a sample away to a lab.



## STD Testing Facts continued...



FOR WEEKLY HEALTH TIPS

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*For fingering, hand jobs, and other intimate touching:* Wash your hands with soap and water after touching your partner's genitals before touching your own (and vice versa). To be extra safe, some people choose to use latex gloves. Find what works for you.

#### Get Tested

Getting tested with your partner and treating any infection, will keep you safe from the negative consequences of STDs.

#### Be Smart

Have sex with only one partner, who has been tested and is not infected, and who is only having sex with you.

#### Stay Clear

Avoid drinking alcohol and doing drugs before you have sex. It's difficult to make good decisions when under the influence.

### HOW OFTEN SHOULD I GET TESTED?

Young people who are sexually active should get tested at least once a year. It's also smart to get tested before you start a new sexual relationship, or if you are experiencing anything atypical down there. It's easy. Just ask your healthcare provider.

### WILL MY PARENTS KNOW?

In most states teens can be tested for STDs without their parents' permission. If you are under 18, ask about the clinic's privacy policies when making your appointment: Will they call you at home with test results? Will they send you a bill? Will they send any other mail? Every facility works differently - you just have to ask.

### FOR MORE INFORMATION

For more information about STDs visit:

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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# National Resources

## We R Native

[www.wernative.org](http://www.wernative.org)



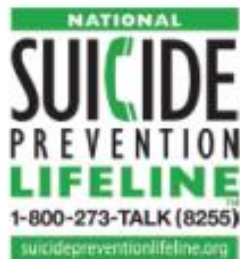
We R Native is a health resource for Native youth.



Check us out on Facebook or at [wernative.org](http://wernative.org).



Or text 'Native' to 24587 for weekly health tips and life advice.



**National Suicide Prevention Lifeline** provides free, confidential support to people in suicidal or emotional crisis 24/7. Through different social media outlets you can ask questions.



**love is respect.org**  
National Teen Dating Abuse Helpline



1-866-331-9474

[www.loveisrespect.org](http://www.loveisrespect.org)

**Loveisrespect.org** offers a 24/7 confidential helpline and website to provide information on dating violence and on healthy relationships. Peer advocates are available via text or online chat.



**GYT**

GET YOURSELF TALKING  
GET YOURSELF TESTED



Text your zip code to  
GYTNOW (498669)

[www.gytnow.org](http://www.gytnow.org)

**Get Yourself Tested** provides facts on STDs, testing, and talking tips to help teens talk with their partners, parents, and health care providers. Find the closest testing center by zip code.



1-800-230-PLAN

1-800-230-7526

[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Planned Parenthood** provides information on reproductive and sexual health. It includes a special features for teens with a live chat, ask the experts, and videos.

