

So...

What STIs/ STDs can you get from oral sex?

What STIs/ STDs can you get from skin to skin contact?

What contraception methods/ combination of methods work best for us? What are we most comfortable with?

How can we encourage our partners and our peers to use contraception? How can we make prevention sexy?



Questions about this book? Contact Nikhii
nikhi.salekhi@gmail.com



This book belongs to:

If someone besides *see* is reading this, with questions.

This book was made by Sisters Empowering Sisters, the social justice and leadership group of the Chicago Girls' Coalition. It will walk you through our favorite contraception methods—the ones we think are most youth-friendly and accessible. These are not the only methods out there. You have to choose the one(s) that's right for you.

It will also walk you through some info on STDs and STIs. This is not meant to scare you. We know that knowledge is power and we believe youth need better access to honest, accurate info.

Get educated beyond this little book! Check out:

- www.sexetc.org
- www.ica.org/teen.html
- www.ourbodiesourselves.org



And teach someone what you learned.

Chicago Department of Public Health STD Testing & Care Sites

31 st Street Specialty	530 E 31 st	312-745-1493
South Austin Specialty Clinic	4958 W Madison	312-746-4871
Englewood STD Specialty Clinic	641 W 63 rd	312-747-8900
Lakeview Specialty Clinic	2861 N Clark	312-744-5507
West Town Adolescent Specialty	2418 W Division	312-742-4092
Roseland Specialty Clinic	200 E 115 th	312-747-2817

Counseling Services for Youth

Alternatives, Inc.	4730 N Sheridan	773-506-7474
Erie Teen Health Center	1945 W Wilson	312-491-2400
Counseling Center of Lakeview	3225 N Sheffield	773-549-5886
Youth Service Project	3942 W North	773-772-6270
Rape Victims Advocates		312-443-9603

Shelters for Youth

The Night Ministry	Call for location	1-877-286-2523 (Youth Help Line)
	West Town Location	773-506-4100
	Lakeview Location	773-506-3120
Teen Living Programs		866-803-8336 x10 (Youth Help Line)

Hotlines

Suicide	1-800-784-2433, 1-800-273-8255
Rape Crisis	1-888-293-2080 (Chicago), 1-800-656-HOPE (National)
Runaway	1-800-RUNAWAY



Youth-Friendly Resources

If you have a serious health problem, always try and talk to a parent or another trusted adult first. If you do not have an adult to talk to – or you do not want to talk to an adult – you can get some health care on your own. The following providers offer health care (including birth control, treatment for Sexually Transmitted Infections (STI's), general medical treatment, and mental health treatment) without an adult's permission.

Always call the provider first to confirm hours and services.



Adolescent Medicine at Core	2020 W Harrison	312-572-4500
Broadway Youth Center	3179 N Broadway	773-935-3151
Chicago Women's Health Center	3435 N Sheffield	773-935-6126
Erie Teen Health Center	1945 W Wilson, 5th Floor	773-907-2331
Heartland Health Center	2200 W Touhy	773-751-1875
Infant Welfare Soc. Teen Clinic	2645 W Lawrence	773-751-1875
Planned Parenthood	3600 W Fullerton	773-782-2800
Rush	Call for locations	800-230-7526
Uptown Teen Health Clinic	3900 W 95 th Suite 10	708-499-1643
	4867 N Broadway	773-880-3679

Chicago Department of Public Health Comprehensive Clinics

Englewood	641 W 63 rd	312-747-7831
Lower West Side	1713 S Ashland	312-746-5157
Roseland	200 E 115 th	312-747-9500
Uptown	845 W Wilson	312-744-1938
West Town	2418 W Division	312-744-0943

INFO ON CONTRACEPTION

• Abstinence (Most Effective)

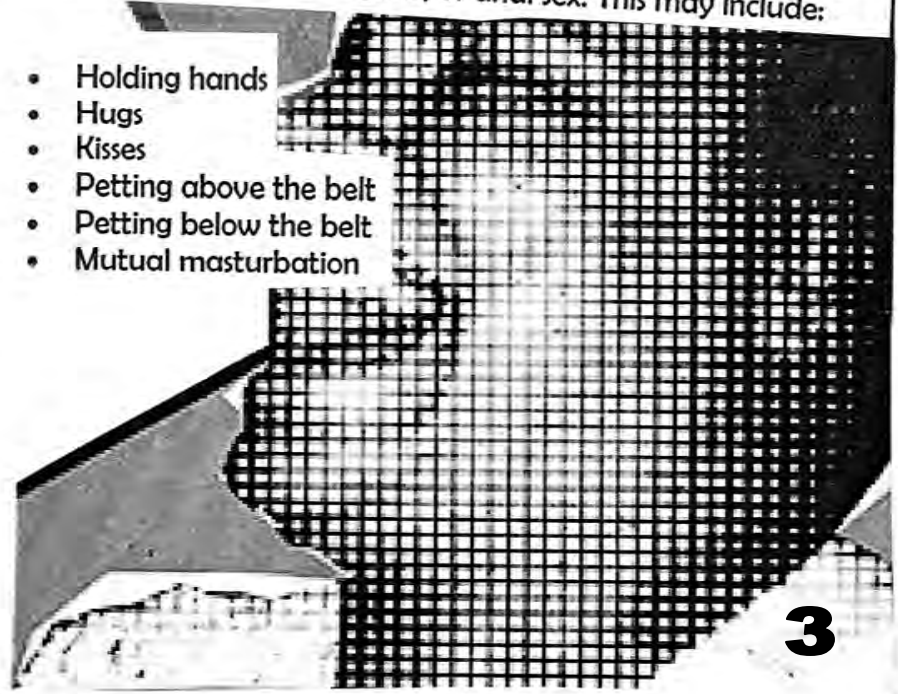
Abstinence means different things to different people: eg: avoiding vaginal, anal, and oral-genital intercourse altogether or avoiding any type of sexual or intimate contact including hugging and kissing. On this page, it refers to not having sexual intercourse.

The only 100% effective method of preventing sexually transmitted infections (STIs) and unintended pregnancy.

• Outercourse (Very Effective)

Outercourse—or what you might call "alternatives to sexual intercourse"—usually refers to types of sexual intimacy which do not involve oral, vaginal, or anal sex. This may include:

- Holding hands
- Hugs
- Kisses
- Petting above the belt
- Petting below the belt
- Mutual masturbation



Barrier Methods: (physical stopper)

•• Condoms (Effective)

Effective condoms are made of latex or polyurethane. They prevent body fluids from mixing when 2 people have sex. The condom is put onto the penis before the penis comes into contact with the vagina, mouth, or anus.

Among typical couples who initiate use of latex male condoms, about 15 percent of women will experience an accidental pregnancy in the first year. If condoms are used consistently and correctly, about two percent of women will experience pregnancy. Condoms are most effective when they are used in combination with another method of contraception, such as the pill or foam.

•• Female Condom (Effective)

FEMALE CONDOM

FC female condoms (previously known as *Reality Condoms*) are made of a thin plastic called polyurethane. This is NOT latex. The condom is placed into the woman's vagina. It is open at one end and closed at the other. Both ends have a flexible ring used to keep the condom in the vagina.

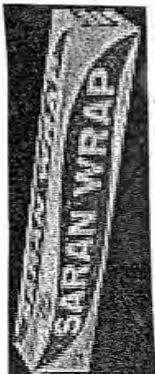
Among typical women use of FC condoms, about 21% will experience an accidental pregnancy in the first year. If these condoms are used consistently and correctly, about 5% of women will experience pregnancy. Complete information about this contraceptive is available through a clinician or through the package insert.

•• Dental Dams (Effective)

Small rectangular piece of latex used to prevent infection during oral sex. Can be used on male or female parts. Most effective when accompanied by lube.

➔ NON-MICROWAVABLE!!

***Latex saran wrap can be substituted for dental dams (a much cheaper option).



OUR FAVORITE!

4

TEST YOURSELF!

	CAN U GET IT FROM			TREATMENT	PROTECTION
	SKIN 2 SKIN CONTACT	ORAL SEX	INTERCOURSE		
VIRAL, BACTERIAL OR PARASITIC					
STI or STD					
HERPES					
Chlamydia					
HIV					
SYPHILIS					
SCABIES					
GONORRHEA					
HPV					
CRABS					

9

INFO ON INFECTION

There are three different types of sexually transmitted infections and diseases:
Viral, Bacterial and Parasitic.

Viral Infections can never be completely cured from the body, but can be treated. They can be contracted through oral sex, though it is a much more low-risk activity. These infections include:

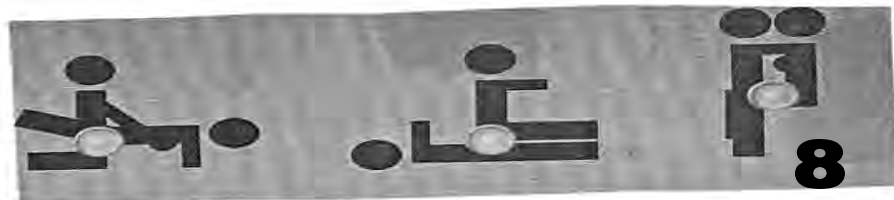
- Human Papilloma Virus (HPV)
- Human Immunodeficiency Virus (HIV)
- Herpes (highly contagious- can also contract during skin to skin contact)
- Hepatitis

Bacterial Infections can be cured completely, mainly through antibiotics. You can contract these more easily through oral sex than the viruses above, since they require hole-to-hole contact. They include:

- Chlamydia
- Gonorrhea
- Syphilis
- Vaginitis

Parasitic Infections must be killed in the body, since they are considered living things. You can contract these highly contagious infections through skin to skin contact (touching the infected area), oral sex or intercourse. They include:

- Crabs/ Pubic Lice
- Scabies



Hormonal Methods: (alters hormones to prevent pregnancy, not effective in preventing STDs)



• Oral Contraceptive (Effective)

Combined birth control pills contain two hormones, an estrogen and a progestin. They work by stopping ovulation and inhibiting the movement of sperm.

we like the pill + condom protection combo!

For increased protection against sexually transmitted diseases, use condoms as well. Progestin-only pills contain just one hormone, a progestin to make cervical mucus thicker so sperm cannot get to the egg, and by making the lining of the uterus thinner. Sometimes they stop ovulation (release of an egg).

Among typical couples who initiate use of combined pills about 8% percent of women will experience an accidental pregnancy in the first year. But if pills are used consistently and correctly, just 3 in 1,000 women will become pregnant.

• Contraceptive Implant (Effective)

The contraceptive implant (Implanon) is a single implant inserted into the upper arm. After a woman is given a local anesthetic, insertion takes only a few minutes. Usually it does not hurt. Implants give off very small amounts of a hormone much like the progesterone a woman's body produces during the last two weeks of each monthly cycle. Implanon is effective for three years. In a recent study, no pregnancies occurred among the first 70,000 cycles of Implanon users.

Among typical couples who initiate use of implants, 5 women in 1,000 will experience an accidental pregnancy in the first year.

Hormonal methods contd...

• The Ring (Effective)

(NuvaRing) is a small, flexible device that a woman inserts into her vagina once a month. She leaves it in place for three weeks and takes it out for the remaining week of her menstrual cycle. The ring releases combined hormones (estrogen and progestin) to protect against pregnancy. Although no studies have yet been published, experts believe that the ring will be as effective as the combined pill: *out of 100 typical couples who rely on the ring for contraception, 8% of women may accidentally get pregnant. Among women who use the ring perfectly, fewer than 1% should get pregnancy.*

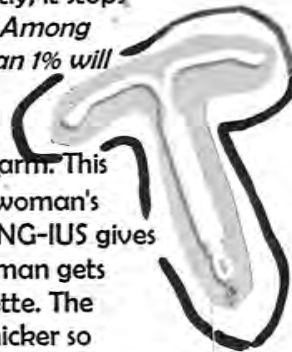


• Intrauterine Device (Effective)

An intrauterine device (IUD) is a small device which is placed in the uterine cavity. There are two highly effective intrauterine contraceptives available in the United States: the Copper T IUD and the LNG-IUS.

Copper T IUD: In the horizontal arms of the Copper T 380A IUD there is some copper. The IUD slowly gives off copper into the uterine cavity. This does several things. Most importantly, it stops sperm from making their way up through the uterus. *Among typical couples who initiate use of this IUD, just less than 1% will experience an accidental pregnancy in the first year.*

LNG-IUS: contains some levonorgestrel in its vertical arm. This hormone is a progestin much like the progesterone a woman's ovaries produce each monthly cycle. Each week the LNG-IUS gives off about the same amount of levonorgestrel as a woman gets when she takes one or two of the minipills called Ovrette. The levonorgestrel causes the cervical mucus to become thicker so sperm cannot get to the egg. *Among typical couples who initiate use of the LNG-IUS, just one in 1,000 women will experience an accidental pregnancy in the first year.*



6

Other Methods:

• Withdrawal- Coitus Interruptus (Less Effective)

When the man senses that he is about to ejaculate (come), he pulls his penis out of the vagina. He ejaculates outside of the vagina. It works best if the couple has agreed to use this method in advance.

• Fertility Awareness Method- Rhythm Method (Less Effective)

Fertility awareness is a means of understanding a woman's reproductive cycle by observing and writing down fertility signs (temperature when she wakes up, cervical fluid, position of cervix) that determine whether or not she can become pregnant on a given day. A woman is actually fertile during only about a fourth of her cycle. This method is a great way for a woman to learn more about her body, but it is not recommended as the only form of BC or STI prevention.

- Use lube! It helps prevent tearing and reduces risk of infection.
- Girls should always pee after sex, and before when necessary.



- ****If you get oral sex from someone who recently had a beer, they should swish and swallow water before giving it, because beer has yeast in it and can lead to a yeast infection. Also because the mouth has natural bacteria in it. They SHOULD NOT brush their teeth before oral sex (because this can open sores and cuts in their mouth)

- Turn male and female condoms into dental dams by cutting them!



7