

HOT TOPICS:

SEXUALLY TRANSMITTED DISEASES

WHAT ARE STDs?

SEXUALLY TRANSMITTED DISEASES (STDs) ARE CAUSED BY BACTERIA AND VIRUSES AND INCLUDE DISEASES LIKE CHLAMYDIA, GONORRHEA, GENITAL WARTS (HPV), SYPHILIS, GENITAL HERPES AND HIV.

DID YOU KNOW?

SEXUALLY TRANSMITTED DISEASES (STDs) OFTEN GO UNNOTICED. IF AN STD IS UNTREATED, A WOMAN MAY HAVE A HARD TIME GETTING PREGNANT IN THE FUTURE.⁽¹⁾

OUR CHALLENGE

1 IN 4 SEXUALLY ACTIVE TEENS HAS A STD.⁽²⁾



WHAT IS GOING RIGHT?

62% OF ALASKAN HIGH SCHOOL STUDENTS WHO HAD SEX IN THE LAST 3 MONTHS USED A CONDOM.⁽³⁾

Go to <http://www.iknowmine.org> for info

Alutiiq Value: We Are Responsible for Each Other and Ourselves.

Shyáa iyakghwadanéi

Respect yourself.

Tlingit

SIGNS & SYMPTOMS OF CHLAMYDIA & GONORRHEA

- ✧ UNUSUAL DISCHARGE FROM THE VAGINA OR PENIS
- ✧ BURNING WHILE URINATING
- ✧ PAIN DURING SEX...

...BUT OFTEN THERE ARE
NO SYMPTOMS AT ALL.

*The only way to
prevent STDs is to
not have sex.*

RISK FACTORS FOR STDs

- ✧ TRUSTING PARTNERS WHO MAY NOT BE SAFE
- ✧ USING DRUGS AND ALCOHOL
- ✧ HAVING SEX WITHOUT A CONDOM

WHAT IF I AM

THINKING ABOUT HAVING SEX?

**THE ONLY WAY TO PREVENT STDs
IS TO NOT HAVE SEX...BUT IF YOU DO...**

- ✧ TALK WITH YOUR PARTNER ABOUT STDs
- ✧ USE CONDOMS EVERY TIME
- ✧ ALCOHOL, DRUGS, AND SEX DON'T MIX
- ✧ GET TESTED FOR STDs WITH EACH NEW PARTNER

Find out more about STDs by visiting:

<http://www.iknowmine.org>

Sources:

- (1) Centers for Disease Control and Prevention. Sexually Transmitted Diseases. Accessed June 29, 2010. <http://www.cdc.gov/std/infection/default.htm#fact>
- (2) The Alan Guttmacher Institute. *Sex and America's Teenagers*. Alan Guttmacher Institute. 1994.
- (3) State of Alaska, Division of Public Health, Section of Epidemiology. Youth Risk Behavior Survey. 2009.



ALASKA NATIVE
EPIDEMIOLOGY
CENTER