

Sexual Health and Tips

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Outline

- STIs – who can get what from whom?
- Most important advice!
- General Tips
 - Lubes, Toys, Positions
- STI protection
- Birth Control and Emergency Options

Group Quiz

What STI...

- Gives women, discharge from the vagina, pain or burning sensation while urinating, sometimes pain with intercourse or lower abdominal pain.
- Men often have no genital symptoms...
 - But could have pus from the urethra, pain or swelling of one testicle, pain with urination
- After anal sex it can give you pus-like discharge from the anus
- AND after oral sex it can even give you a sore throat...

Gonorrhoea

Group Quiz

What STI...

- Gives women, discharge from the vagina, pain with urinating, sometimes pain with intercourse or lower abdominal pain.
- Men often have no genital symptoms...
 - But could have pus from the urethra, pain or swelling of one testicle, pain with urination
- After anal sex people often have no symptoms...
 - But could have pus-like discharge from the anus
- But doesn't cause a sore throat?

Chlamydia

Group Quiz

What STI...

- Gives women, foul smelling vaginal discharge, genital redness, burning and itching, pain with urination and intercourse
- Men often have no genital symptoms...
 - But could have irritation inside the penis, burning with urination or after ejaculation, or discharge from the penis



Trichomonas

Group Quiz

- Not again!!! Tingle first, then sore rash that oozes and heals in 7-10 days.



Herpes

Group Quiz

- Painless bumps, like skin tags.



Genital Warts

Group Quiz

- Ewww!... but not ouch.



Syphilis

Group Quiz

- Ewww!... and ouch!



Chancroid

Group Quiz



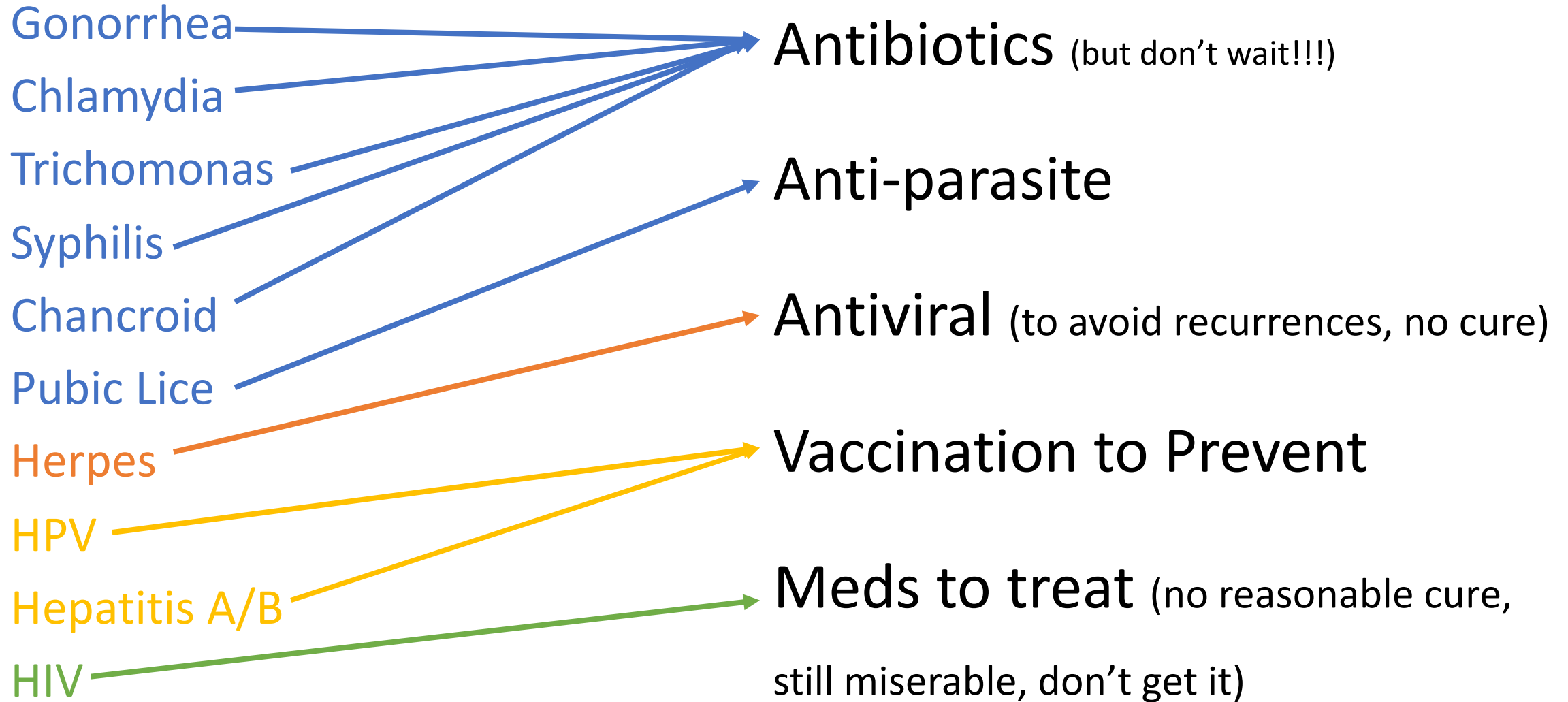
Pubic Lice

Group Quiz

- Name 4 more sexually transmitted diseases... (Hint they are all viruses)

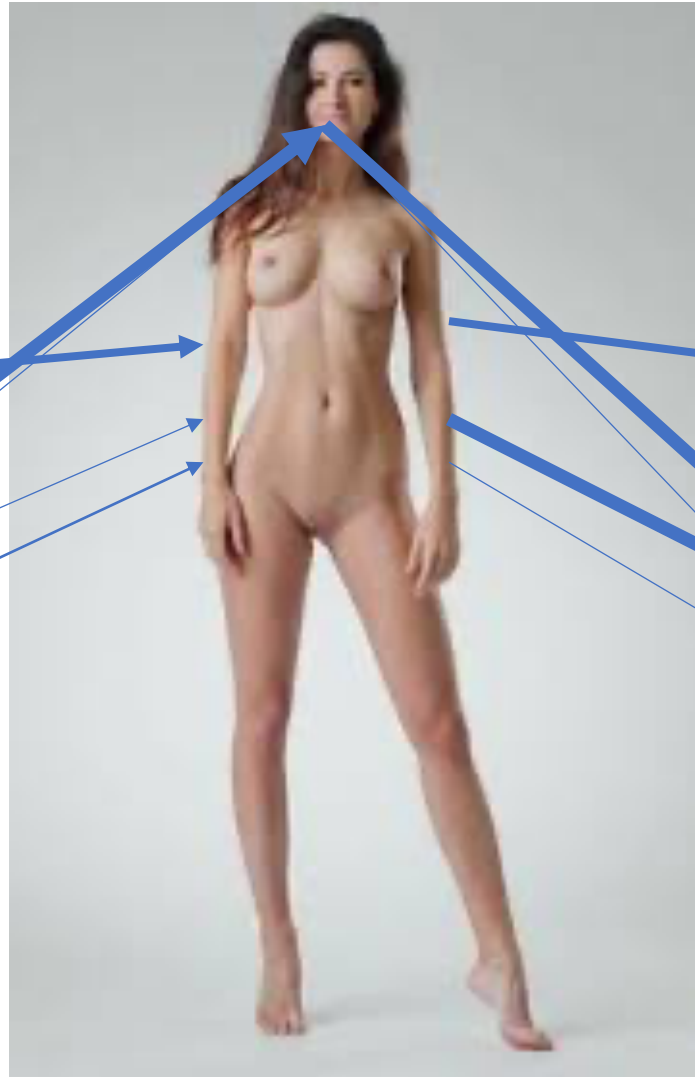
HPV, HIV, Hepatitis A and B

Treatable?



Get

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis**
- Chancroid
- Pubic Lice
- Herpes**
- HPV**
- Hepatitis A/B
- HIV



Give

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis**
- Chancroid
- Pubic Lice
- Herpes**
- HPV**
- Hepatitis A/B
- HIV

Kissing and Touching Skin (Male or Female)

Get

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

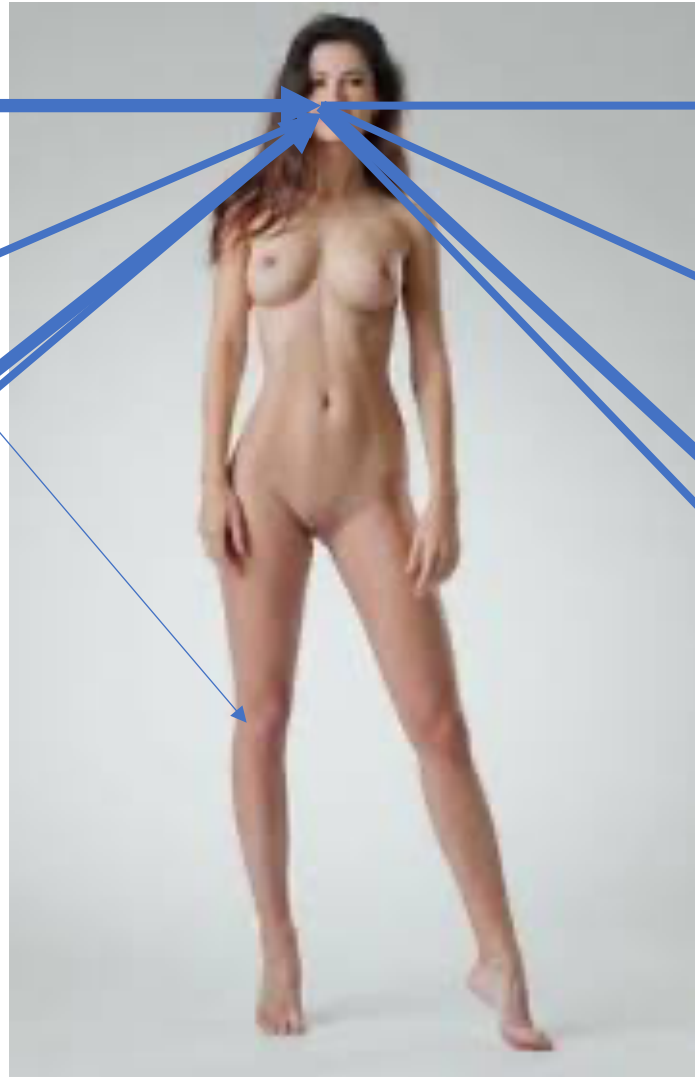
Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV



Give

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV

Oral Sex with Penis or Vulva/Vagina

Get

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

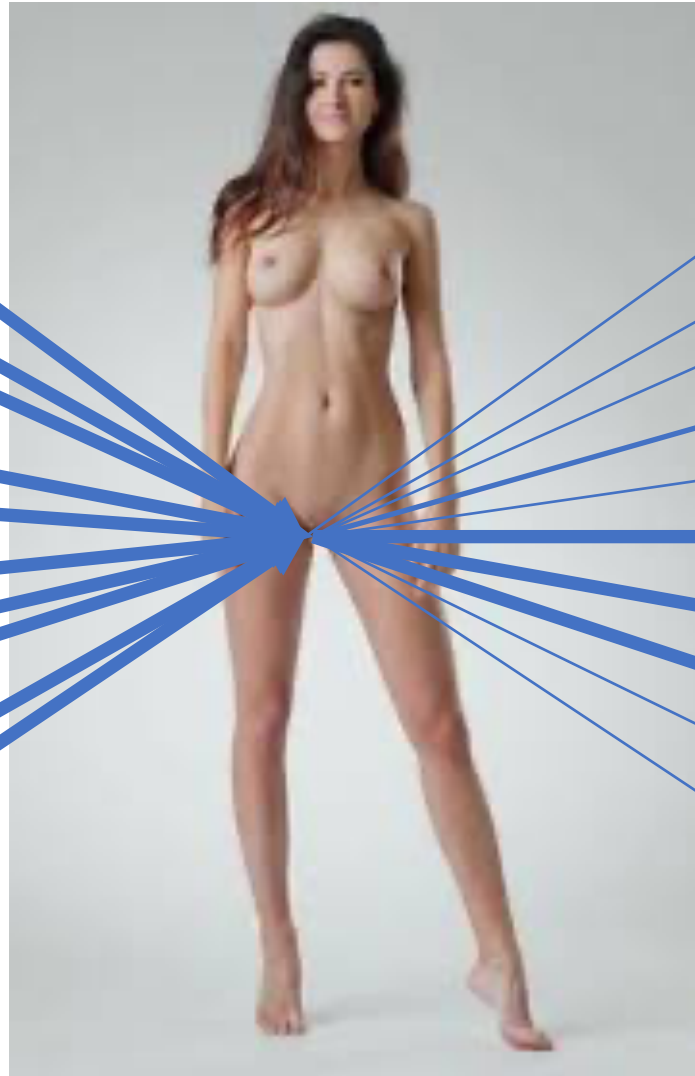
Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV



Give

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV

Vaginal Penile Sex

Get

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

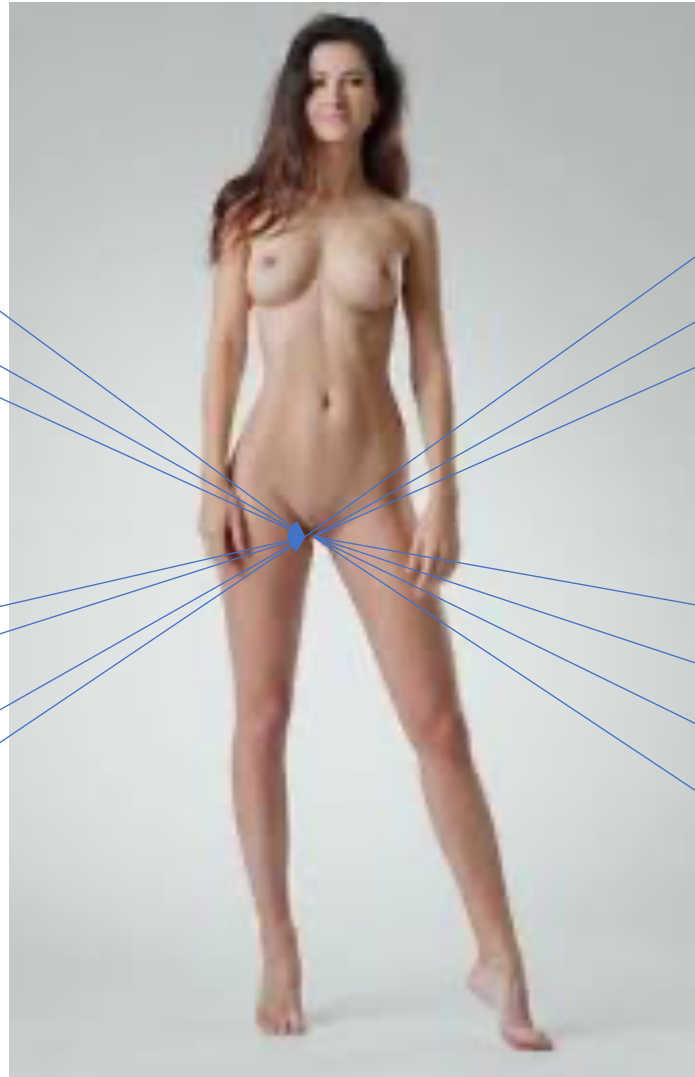
Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV



Give

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV

Shared Vaginal Secretions Sex

Get

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis
- Chancroid
- Pubic Lice
- Herpes
- HPV
- Hepatitis A/B
- HIV



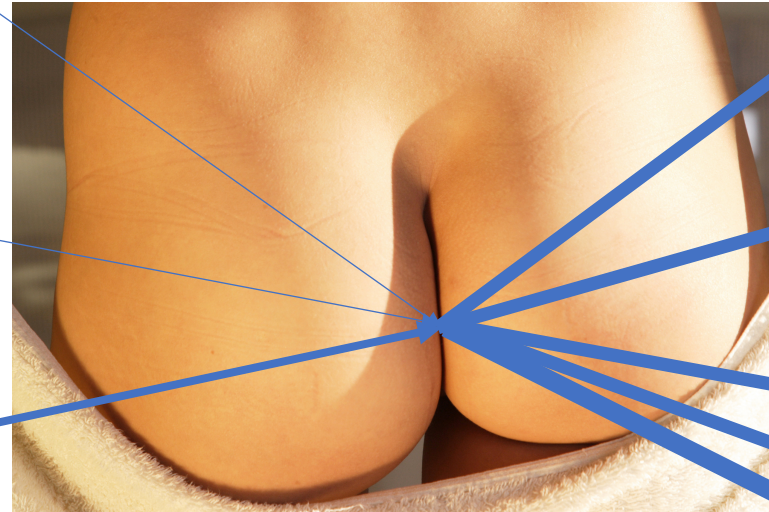
Give

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis
- Chancroid
- Pubic Lice
- Herpes
- HPV
- Hepatitis A/B
- HIV

Vaginal Penile Sex

Get

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis
- Chancroid
- Pubic Lice
- Herpes
- HPV
- Hepatitis A/B
- HIV



Oral Anal Sex

Give

- Gonorrhea
- Chlamydia
- Trichomonas
- Syphilis
- Chancroid
- Pubic Lice
- Herpes
- HPV
- Hepatitis A/B
- HIV

Get

Gonorrhea
Chlamydia
Trichomonas
Syphilis
Chancroid
Pubic Lice
Herpes
HPV
Hepatitis A/B
HIV



Give

Gonorrhea
Chlamydia
Trichomonas
Syphilis
Chancroid
Pubic Lice
Herpes
HPV
Hepatitis A/B
HIV

Penile Anal Sex

Get

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV

Give

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV



Shared Sex Toys

Get

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV



Masturbation

Give

Gonorrhea

Chlamydia

Trichomonas

Syphilis

Chancroid

Pubic Lice

Herpes

HPV

Hepatitis A/B

HIV

MOST IMPORTANT!

- Consider all aspects of safety
- Enjoy your body

Tips

Lube

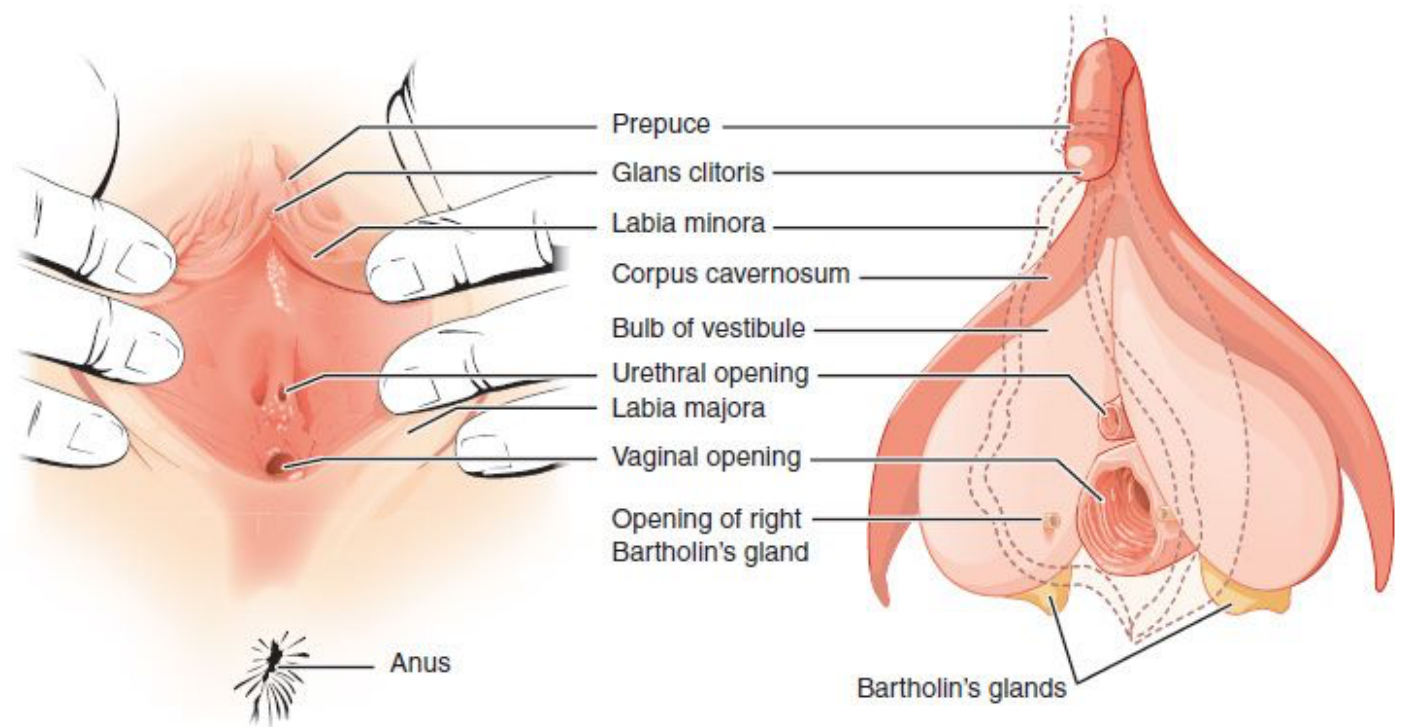
- Water based, no silicone based on silicone toys
- Try Astroglide
- A MUST for the butt!

Sex Toys

- They are for fun
- They are NOT competition
- Keep them clean

My G-spot doesn't work

- It might be your age...
- Get creative!!! Have fun!!!



Vulva: External anterior view

Vulva: Internal anteriolateral view

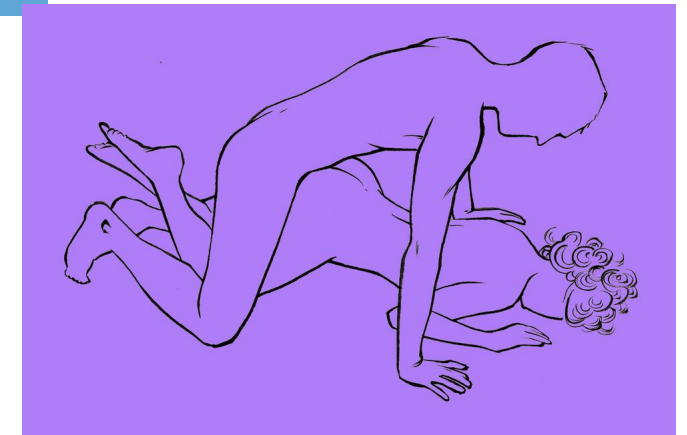
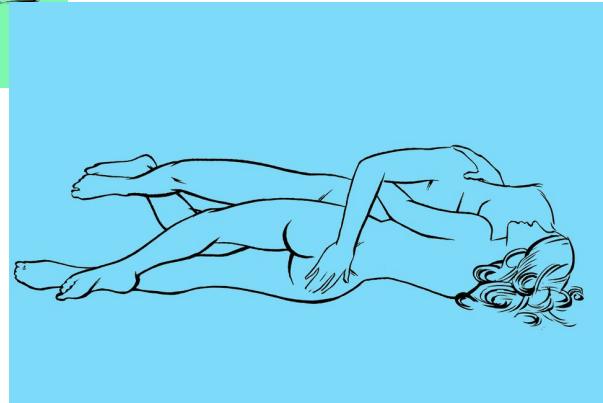
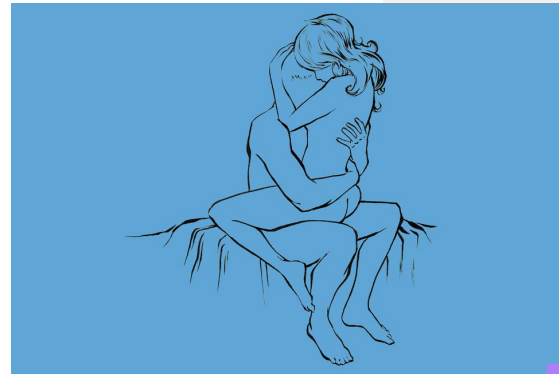
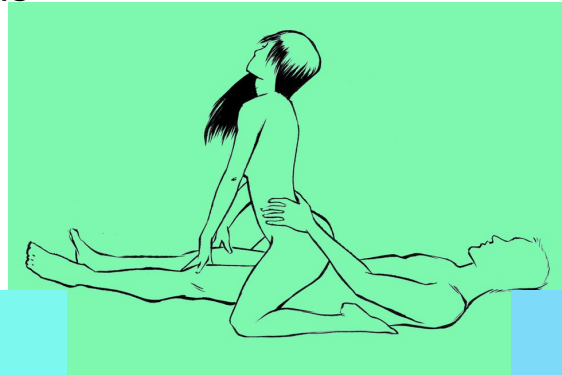
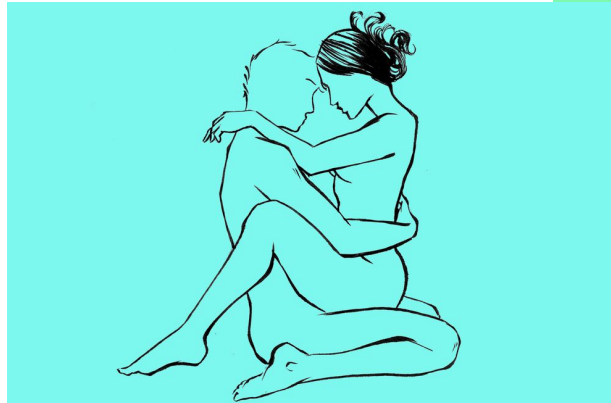
Premature Ejaculation

- Penis Sleeves
- Talk to your doctor about medication



Penis too long/Vagina too short

- Limits deep penetration
- Enhances sensation throughout entire shaft of penis
- Try new positions



OHNUT™

Feels like a hug.



Penis too short/Vagina too long

- Don't lengthen your penis!
- Try these positions



Bad Girls Bible



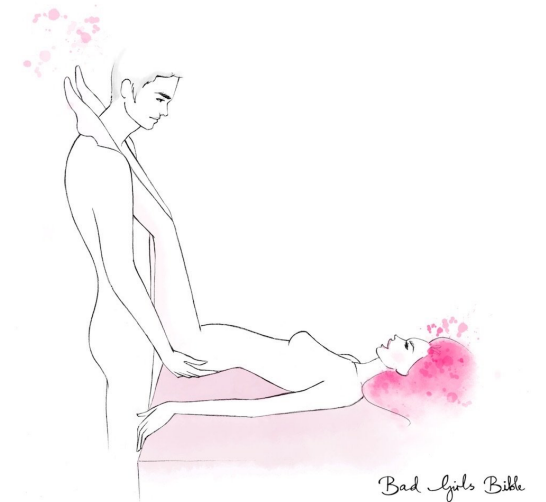
Bad Girls Bible



Bad Girls Bible



Bad Girls Bible



Bad Girls Bible

Penis too
narrow/Vaginal too
wide

- Add a toy or sleeve!



Penis too wide/Vaginal too narrow

- Go slow and dilate
- Use lots and lots of lube
- With fingers, dilators, vibrators prior to penetration
- After penetration allow for stretching before moving
- Manage constipation
- Talk to your doctor



Men – want to enhance stimulation

- Try a cock ring +/- a vibrator
- 30 minutes maximum
- Trim hair
- Use lube
- Choose a material that can be cut if necessary (i.e. not metal)



When you prefer to go
it alone...





And more...

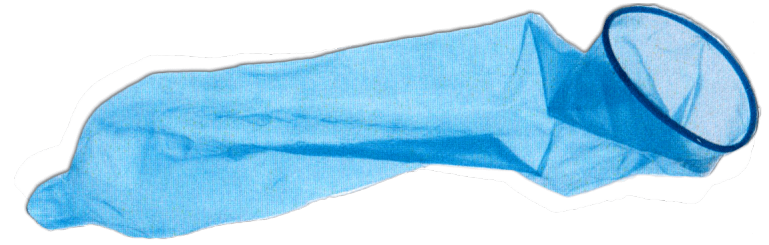


How to clean toys

- ALWAYS clean with soap and water after each use
- To remove STIs:
 - Submerging devices in dilute household bleach (0.5% sodium hypochlorite) for 3 minutes OR
 - 70% isopropyl alcohol for 5 minutes may provide disinfection
 - HPV can persist.
- Review manufacturer's instructions, to avoid damaging materials
- Boiling water or dishwasher sanitize cycle have unknown efficacy
- Ultraviolet light units may not live up to their claims

STI protection

- Know your sexual partners, limit the numbers
- Get immunized
- Latex condoms – male or female
- Dental Dam
- PREP



Can you get an STI using protection?

YES!

Let's talk about which ones and how



Birth Control

- Hormonal Methods
 - The pill (OCPs)
 - Vaginal Rings - NuvaRing
 - Patches
 - Implants - Nexplanon
 - Injections – Depo-Provera
- IUDs
 - Copper IUD – ParaGard
 - Hormonal IUD – Mirena, Skyla, Kyleena
- Barrier methods
 - Condoms
 - Diaphragms/Cervical Caps
- Sterilization
- Family Planning...
- Emergency options
 - Plan B One-Step, Aftera, Ella, Take Action, etc.
 - IUD placement
 - Most must be taken within 3 days.