

Sexual Health

L.I.S.T. Quick Reference Guide

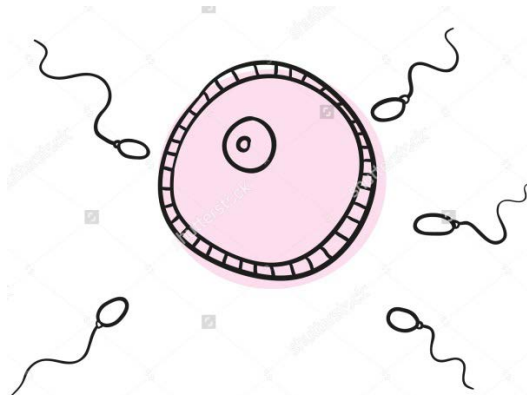
Basic

1. Knows how pregnancy occurs

Pregnancy occurs when a sperm from a male joins with an egg in a female

Pregnancy can be the result of unprotected sex or failed methods of birth control

- Eggs live inside ovaries in women, and a few of them mature every month
- About halfway through a woman's menstrual cycle, one mature egg leaves the ovary and travels through the fallopian tubes to the uterus
- The egg hangs out for about 12-24 hours to see if there are any sperm. If there are no sperm present, the egg moves on and is eventually released in the form of a **menstrual period**
- If semen gets in the vagina, the sperm swim up looking for an egg. They have about 6 days to find an egg before they die
- If a sperm cell does join with an egg, **fertilization** occurs
- This fertilized egg then implants into the uterus, causing pregnancy



2. Knows methods of birth control/sexual barriers (depending on sexual orientation)

What is birth control?

There are two main categories of birth control: hormonal and non-hormonal

Hormonal: this type of birth control changes the way the hormones in your body work, so that eggs aren't released from the ovaries

Non-hormonal: this type of birth control prevents sperm from contacting the egg for fertilization

Birth control

- Abstinence
- Birth control pill
- Condoms (male and female) (non-hormonal)
- Depo-Provera shot
- Diaphragm and spermicidal jelly (non-hormonal)
- IUD (intrauterine device, such as Mirena) (non-hormonal options)
- Sponge (non-hormonal)
- Cervical cap (non-hormonal)
- Birth control implant
- NuvaRing
- Birth control patch
- Emergency contraception pills (morning after pill)
- Sterilization

Sexual Barriers (Non-hormonal)

- Condoms (male and female)
- Dental dams
- Gloves
- Finger cot

3. Knows how to get birth control/sexual barriers (depending on sexual orientation)

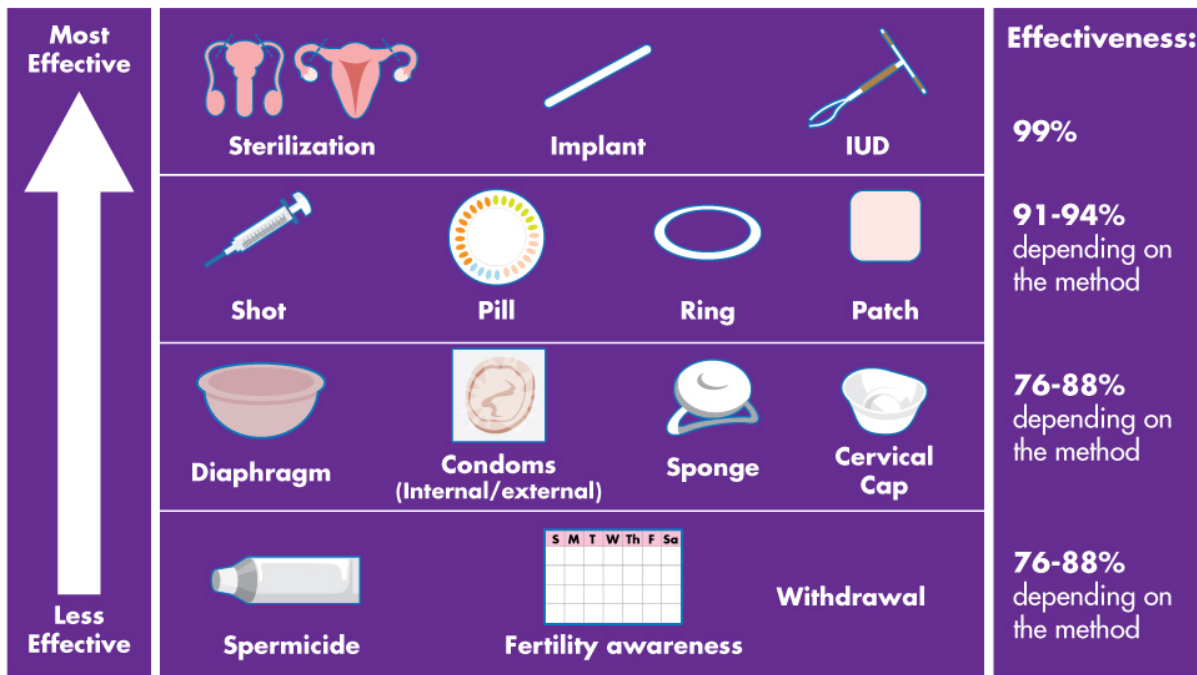
Birth control can be accessed by:

- Physician
- Local family planning office (Planned Parenthood)
- Pharmacy (for condoms or to pick up birth control prescribed by a doctor)

Planned Parenthood locations and services:

- 1229 Albany Avenue, Hartford CT
- 1030 New Britain Avenue, West Hartford CT
- 319B Main Street, Manchester CT
- 100 Grand Street, New Britain CT
- 345 Whitney Avenue, New Haven CT

- Providers at Planned Parenthood or at a local gynecologist/primary care doctor's office can prescribe birth control and review the best options with you
- Planned Parenthood can help you find the most affordable birth control option, if your medical insurance doesn't cover it or if you currently are not insured



4. Knows what an STD/STI is and can name a few

What is an STD/STI?

STD: Sexually transmitted disease

STI: Sexually transmitted infection

-STDs and STIs can be contracted from having unprotected vaginal, anal, or oral sex with a person who has one

-They can be spread from sharing needles (for body piercing, tattoos, or injecting drugs)

-If left untreated, they can cause serious health problems

-These can be prevented with the use of sexual barriers such as male and female condoms, dental dams, gloves, and finger cots

Bacterial STD/STIs (can be cured with medicine)

- Gonorrhea
- Syphilis
- Chlamydia
- Pelvic Inflammatory Disease (PID)
- Pubic lice (crabs)

Viral STD/STIs (can be managed, but not cured)

- Hepatitis B
- Genital herpes
- HPV
- Genital warts
- HIV/AIDS

5. Knows where to go to get information on sex or pregnancy

Information about sex and pregnancy can be found at:

Your doctor's office

An Urgent Care/Walk-in Clinic

Planned Parenthood

Calling 211

Reliable websites such as Planned Parenthood and WebMD

Sexual education/health classes

School health services

Planned Parenthood locations:

1229 Albany Avenue, Hartford CT

1030 New Britain Avenue, West Hartford CT

319B Main Street, Manchester CT

100 Grand Street, New Britain CT

345 Whitney Avenue, New Haven CT

Health services/clinics:

Birth Rite

914 Main Street

East Hartford, CT

860-290-8800

Services offered: emergency contraception, pregnancy tests, practical support, relationship counseling

St. Francis Center for Women's Health

1075 Asylum Avenue

Hartford, CT

860-714-4327

Services: counseling, midwife services, pre-natal services

Community Health Services

500 Albany Avenue

Hartford, CT

860-249-9625

Services: GYN exams/pap smears, gynecological surgery, cervical/cancer screening, family planning, pregnancy testing, full prenatal and postpartum care, STD testing, walk-in services

Woodland Women's Health Associates

19 Woodland Street Suite 31

Hartford, CT

860-728-1212

Services: prenatal classes offered through St. Francis Hospital, prenatal care, birth control, pregnancy testing

Hartford Health Department

131 Coventry Street

Hartford, CT

860-757-4820

Services: outreach workers link clients to educational resources, women's health, birth control, etc.

Hartford Hospital: Women's Ambulatory Health Services

111 Park Street

Hartford, CT

860-972-2780

Services: birth control, pregnancy testing, nutrition, breastfeeding education, visits and screening for infants, prenatal and postpartum wellness

Hartford Healthy Start Programs: Charter Oak Health Center

21 Grand Street

Hartford, CT

860-550-7500

Services: outreach workers connect clients with educational resources, women's health, birth control, etc.

S.H.E. Medical Associates

449 Farmington Avenue

Hartford CT

860-236-5431

Services: OBGYN, prenatal and specialty care, birth control, pregnancy testing, emergency contraception

6. Knows what “sexual consent” is and why it is important

Sexual consent: an agreement to participate in a sexual activity

Consent information:

- Consent lets your partner and you know that sex or a sexual activity is *wanted*
- It's important to be honest about what you want and don't want
- Both people must agree to every part of sex every single time
- Just because you agree to engage in one activity, it doesn't mean that you agree to everything else

Parts of consent:

- Consent is a choice you make without pressure, manipulation, or while using drugs or alcohol
- Anyone can change their mind about what they feel like doing at any time
- Consent should be enthusiastic and everyone involved should be excited about what they are doing

Consent is never implied by things like your past behavior, what you are wearing, or where you go

There should never be a question or doubt about if someone wants to have sex

How to talk about consent:

Can I _____ ?

Do you want me to do _____ ?

I want to make sure you want to do this. Should I keep going?

It's okay if you don't want to do this. We can do something else. What do you think?

Consent is so important because it confirms that you and your partner want to do each and every thing. If you can't tell if your partner wants to do it, if they don't respond, if they are drunk or high, or if they say no, you **do not have consent**

<https://www.plannedparenthood.org/learn/sex-and-relationships/sexual-consent/how-do-i-talk-about-consent>