

Sexual Health

L.I.S.T. Quick
Reference Guide

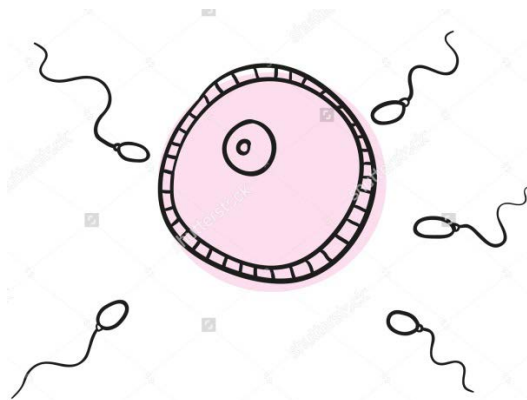
Basic

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



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

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

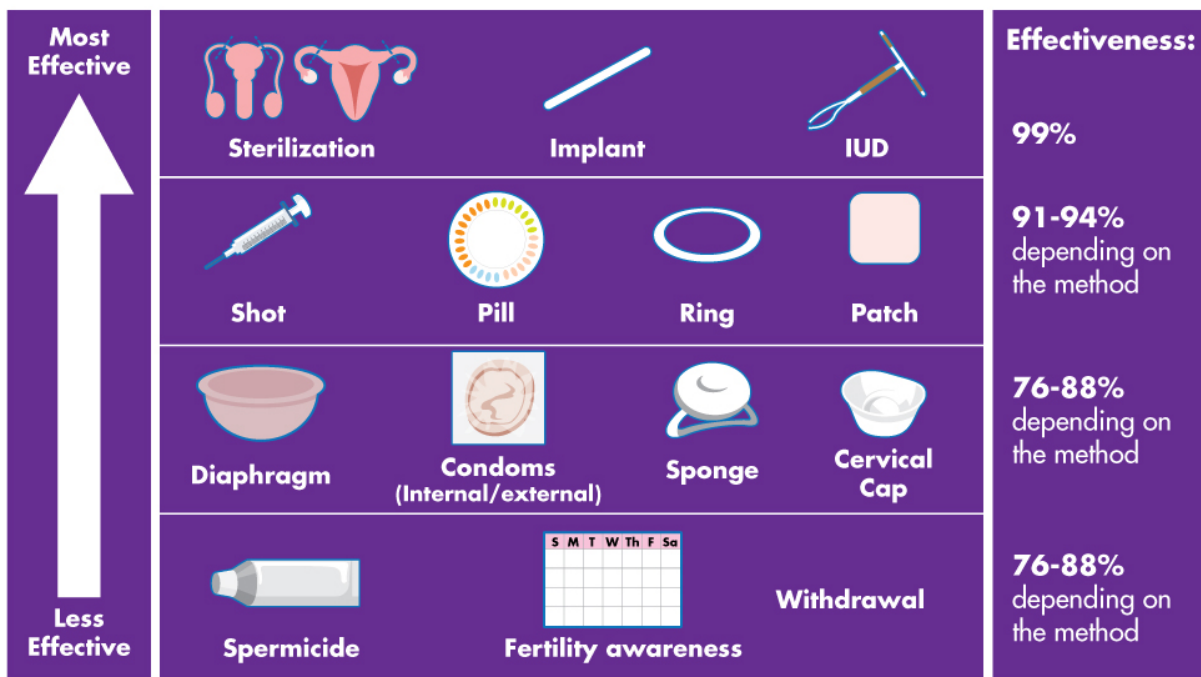
Birth control can be accessed by:

- 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



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

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

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>

Intermediate

Knows how to properly use birth control/sexual barriers

How to use a condom:

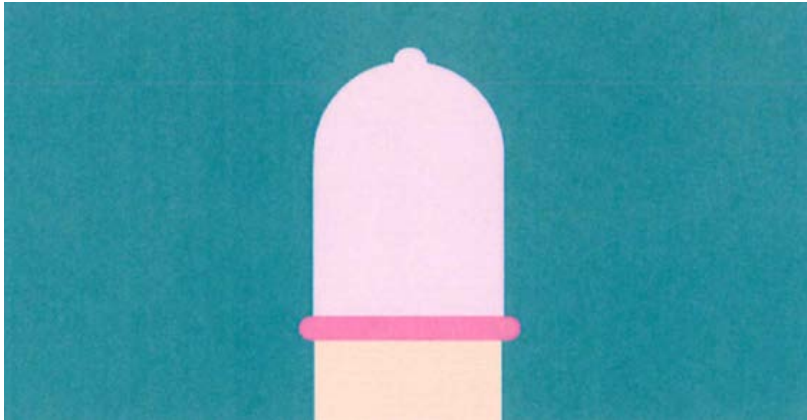
1. Check the expiration date. You don't want to use an expired condom that may break



2. Open the packet carefully; don't use your teeth as you don't want to tear the condom



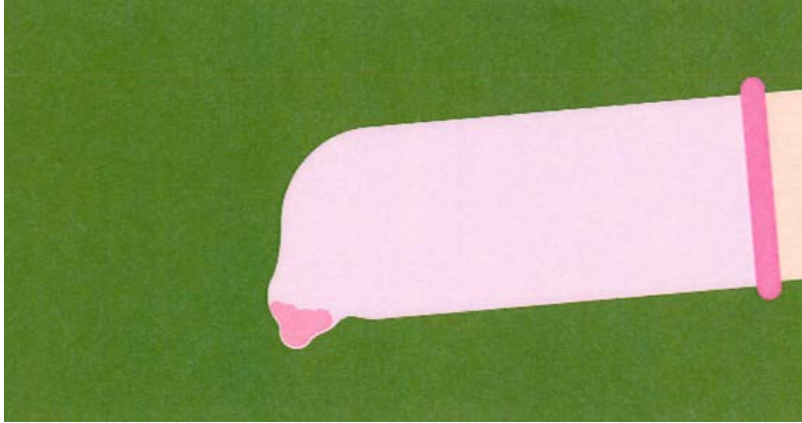
3. Hold the tip of the condom to remove any air and then roll it down to the base of the erect penis. Make sure the condom isn't inside out before attempting to roll it on



4. Put some water-based lubricant on the outside of the condom. This will reduce the risk of the condom breaking and even increase pleasure. Avoid oil-based lubricants as they are not a good match



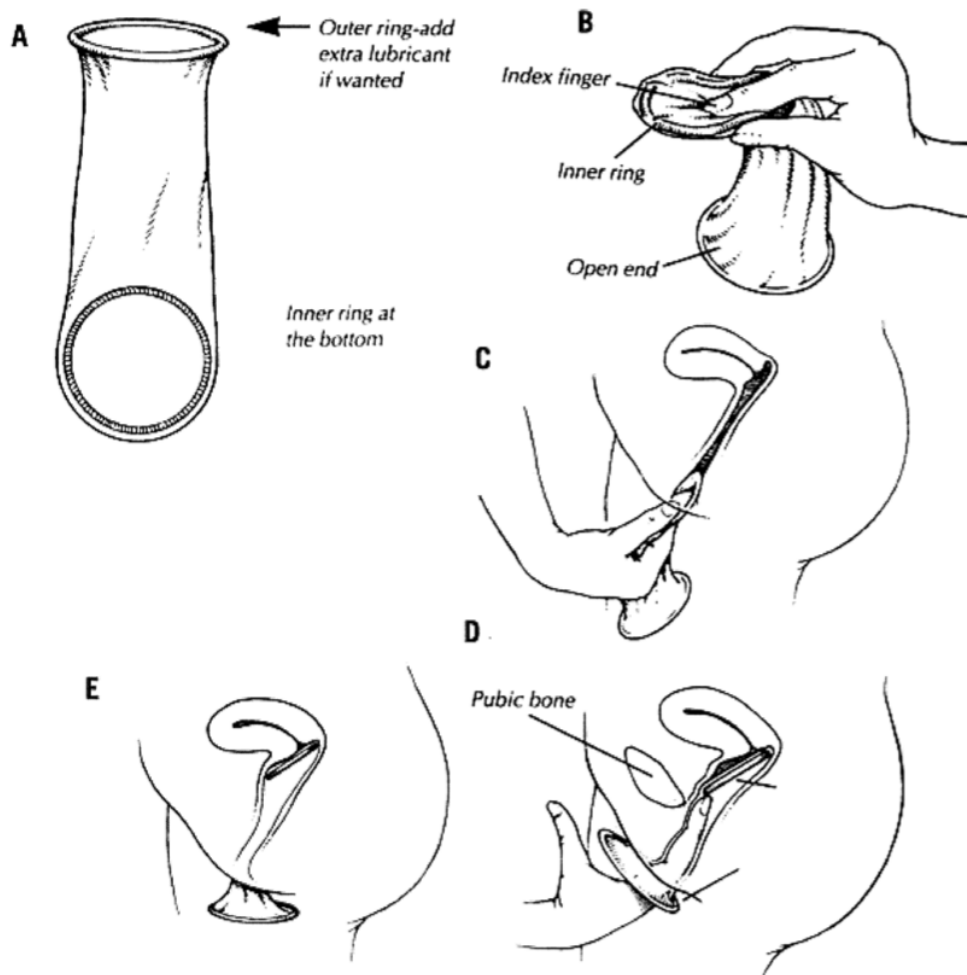
5. After ejaculation, make sure the penis is withdrawn while still erect. Make sure you hold onto the base of the condom so that it doesn't slip off



6. Remove the condom, tie a knot in the end, wrap it in a tissue and throw it away



How to use a female condom:



Benefits and tips for use of a **female condom**:

- The female condom covers more surface area, allowing it to protect better against STD/STIs
- It can be inserted at any time since it does not require an erect penis
- Putting lubricant on the inside and outside can make the experience more pleasurable
- Do not use the female condom with a male condom as it can cause them to tear
- Make sure that the penis is inserted into the condom

How to use birth control pills:

- Take them exactly as your doctor tells you to
- Take the pill every day as close to the same time as possible
- Do not miss a pill, as this can increase your chance for pregnancy
- If you miss a pill, take it as soon as you remember and use a backup form of protection, such as a condom
- If you are prescribed any other medication, ask your doctor if it will make your birth control less effective



Knows location of family planning office

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Understands the risk of unprotected sex and sexually transmitted diseases/infections

Risks of having unprotected sex:
Unplanned pregnancy
Getting an STD/STI

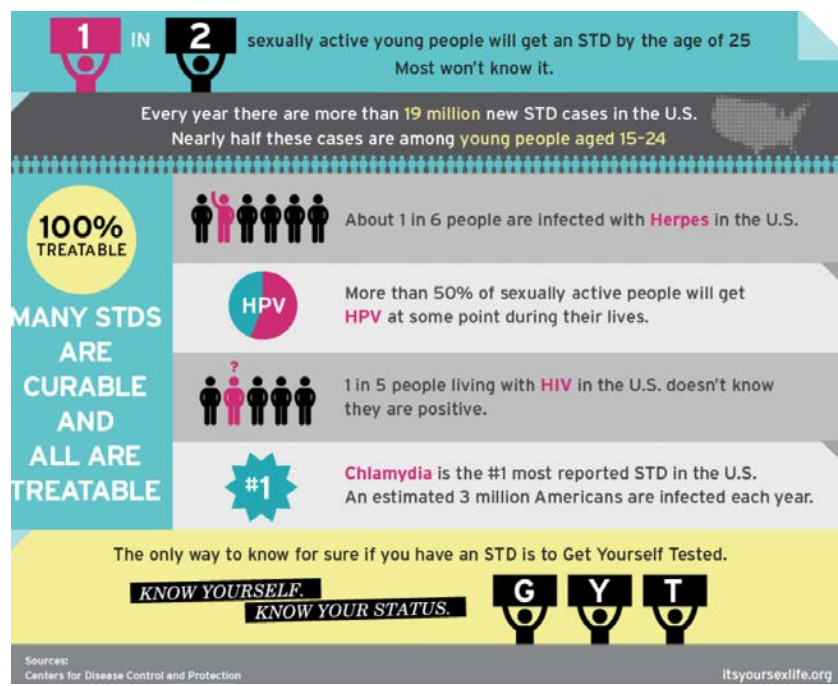
Unprotected sex can lead to an unplanned and unwanted pregnancy, so it is always important to use a form of protection **every single time**

It is important to get **tested frequently** if you are sexually active to make sure that you don't have an STD/STI

Many STD/STIs **do not have symptoms**, so you won't know that you have them until you get tested

Treatment for an STD/STI should occur **as soon as you find out** you have one so that you don't spread it to anyone else

STDs and STIs can be shared through vaginal, anal, or oral sex, mutual masturbation, or any exchange of body fluids (razor, toothbrush, needle)



Advanced Able to identify the signs and symptoms of an STD/STI

<h1>STD Facts</h1>			
STD	What to Watch For	How You Get It	If You Don't Get Treated
Chlamydia	<ul style="list-style-type: none"> Symptoms show up 7-28 days after having sex. Chlamydia affects women and men. Most women and some men have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> Discharge from the vagina. Bleeding from the vagina between periods. Burning or pain when you urinate. Need to urinate more often. Pain in abdomen, sometimes with fever and nausea. <p>Men:</p> <ul style="list-style-type: none"> Watery, white drip from the penis. Burning or pain when you urinate. Need to urinate more often. Swollen or tender testicles. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex with someone who has chlamydia. 	<ul style="list-style-type: none"> You can give chlamydia to your sex partner(s). Can lead to more serious infection. Reproductive organs can be damaged. Women and possibly men may no longer be able to have children. A mother with chlamydia can give it to her baby during childbirth.
Gonorrhea	<ul style="list-style-type: none"> Symptoms show up 2-21 days after having sex. Most women and some men have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> Thick yellow or gray discharge from the vagina. Burning or pain when you urinate or have a bowel movement. Abnormal periods or bleeding between periods. Cramps and pain in the lower abdomen (belly). <p>Men:</p> <ul style="list-style-type: none"> Thick yellow or greenish drip from the penis. Burning or pain when you urinate or have a bowel movement. Need to urinate more often. Swollen or tender testicles. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex with someone who has gonorrhea. 	<ul style="list-style-type: none"> You can give gonorrhea to your sex partner(s). Can lead to more serious infection. Reproductive organs can be damaged. Both men and women may no longer be able to have children. Can cause heart trouble, skin disease, arthritis and blindness. A mother with gonorrhea can give it to her baby in the womb or during childbirth.
Hepatitis B	<ul style="list-style-type: none"> Symptoms show up 1-9 months after contact with the hepatitis B virus. Many people have no symptoms or mild symptoms. Flu-like feelings that don't go away. Tiredness. Jaundice (yellow skin). Dark urine, light-colored bowel movements. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex with someone who has hepatitis B. Spread by sharing needles to inject drugs, or for any other reason. Spread by contact with infected blood. 	<ul style="list-style-type: none"> You can give hepatitis B to your sex partner(s) or someone you share a needle with. Some people recover completely. Some people cannot be cured. Symptoms go away, but they can still give hepatitis B to others. Can cause permanent liver damage or liver cancer. A mother with hepatitis B can give it to her baby during childbirth.
Herpes	<ul style="list-style-type: none"> Symptoms show up 1-30 days or longer after having sex. Many people have no symptoms. Flu-like feelings. Small, painful blisters on the sex organs or mouth. Itching or burning before the blisters appear. Blisters last 1-3 weeks. Blisters go away, but you still have herpes. Blisters can come back. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex, with someone who has herpes. 	<ul style="list-style-type: none"> You can give herpes to your sex partner(s). Herpes cannot be cured, but medicine can control it. A mother with herpes can give it to her baby during childbirth.
HIV/AIDS	<ul style="list-style-type: none"> Symptoms show up several months to several years after contact with HIV, the virus that causes AIDS. Can be present for many years with no symptoms. Unexplained weight loss or tiredness. Flu-like feelings that don't go away. Diarrhea. White spots in mouth. In women, yeast infections that don't go away. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex with someone who has HIV. Spread by sharing needles to inject drugs, or for any other reason. Spread by contact with infected blood. 	<ul style="list-style-type: none"> You can give HIV to your sex partner(s) or someone you share a needle with. HIV cannot be cured. Can cause illness and death, but medicines can control it. A mother with HIV can give it to her baby in the womb, during birth or while breastfeeding.
HPV/ Genital Warts	<ul style="list-style-type: none"> Symptoms show up weeks, months or years after contact with HPV. Many people have no symptoms. Some types cause genital warts: <ul style="list-style-type: none"> Small, bumpy warts on the sex organs and anus. Itching or burning around the sex organs. After warts go away, the virus sometimes stays in the body. The warts can come back. Some types cause cervical cancer in women: <ul style="list-style-type: none"> Cell changes on the cervix can only be detected by a Pap test from a health care provider. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has HPV. 	<ul style="list-style-type: none"> You can give HPV to your sex partner(s). Most HPV goes away on its own in about 2 years. Warts may go away on their own, remain unchanged, or grow and spread. A mother with warts can give them to her baby during childbirth. Some types can lead to cervical cancer if not found and treated.
Syphilis	<p>1st Stage:</p> <ul style="list-style-type: none"> Symptoms show up 1-12 weeks after having sex. A painless sore or sores on the mouth or sex organs. Sore lasts 2-6 weeks. Sore goes away, but you still have syphilis. <p>2nd Stage:</p> <ul style="list-style-type: none"> Symptoms show up as the sore heals or after. A rash anywhere on the body. Flu-like feelings. Rash and flu-like feelings go away, but you still have syphilis. 	<ul style="list-style-type: none"> Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has syphilis. 	<ul style="list-style-type: none"> You can give syphilis to your sex partner(s). A mother with syphilis can give it to her baby during pregnancy or have a miscarriage. Can cause heart disease, brain damage, blindness and death.
Trichomoniasis ("Trich")	<ul style="list-style-type: none"> Symptoms show up 5-28 days after having sex. Affects both women and men. Many people have no symptoms. <p>Women:</p> <ul style="list-style-type: none"> Itching, burning or irritation in the vagina. Yellow, greenish or gray discharge from the vagina. <p>Men:</p> <ul style="list-style-type: none"> Watery, white drip from the penis. Burning or pain when you urinate. Need to urinate more often. 	<ul style="list-style-type: none"> Spread during vaginal sex. 	<ul style="list-style-type: none"> You can give trich to your sex partner(s). Uncomfortable symptoms will continue. Men can get infections in the prostate gland.

Knows how to prevent the spread of sexually transmitted diseases/infections

Abstinence:

- The only 100% effective way to prevent the spread of an STD or STI
- Not participating in oral, vaginal, or anal sex

Condoms:

- Male and female condoms reduce the risk of spreading an STD or STI
- Birth control pills DO NOT protect against STDs or STIs

Vaccination:

- Vaccines can help protect against hepatitis B and HPV
- A series of 3 shots given to young males and females

Having one partner:

- If you have one partner and you have both been tested, this is a good way to protect yourself from STDs and STIs
- It is important that both people do not have sex with anyone else as that could increase their risk of getting and spreading an infection

Get tested:

- If you are sexually active, you should get tested on a regular basis to make sure that you do not have an infection
- Many infections do not have any symptoms, so getting tested is the only way that you can know for sure

Use a condom or dental dam during oral sex:

- STDs and STIs can be spread through oral sex, so it is important to use a condom or a dental dam (a barrier for female oral sex) for the most protection

Take PrEP if appropriate:

- A doctor can prescribe you PrEP, a medication that helps prevent HIV
- A condom should still always be used
- If your partner has HIV, you should ask your doctor about PrEP to protect yourself

**Knows where to go for treatment for sexually
transmitted diseases/infections**

Hartford Gay and Lesbian Health Collective

1841 Broad Street

860-278-4163

Services: all STD screenings, Hepatitis C screening, Gardasil vaccine

Charter Oak Health Center - by appointment only

401 New Britain Ave - 860-550-7625

1755 Park Street - 860-550-7586

21 Grand Street - 860-550-7500

Community Health Services

500 Albany Ave

860-249-9625

Brownstone Clinic - Hartford Hospital

79 Retreat Ave

860-545-0200

Hartford Department of Health and Human Services

131 Coventry Street

860-757-4830

*You can also get tested for STDs and STIs at any urgent care/ walk-in clinic or emergency room *

Knows options for pregnancy (carry to term, adoption, termination)

Carry to term:

- If you decide to carry and keep a baby, it is important to go to a doctor and get all the prenatal care necessary for a healthy pregnancy
- If you do not want to have more children immediately, you should talk with your doctor about birth control options once you deliver the baby

Abortion:

- Millions of women receive abortions each year for a variety of reasons
- Abortions can be performed in a clinic, such as Planned Parenthood, safely by doctors and nurses
- There are professionals who work at Planned Parenthood and in many doctors' offices that can talk with you about your options
- If you choose to get an abortion before around your 9th week of pregnancy, the abortion can be performed by taking a pill administered in a doctor's office
- If you choose to get an abortion after around your 9th week of pregnancy, the abortion can be performed surgically in a clinic by a doctor

Adoption:

- You can choose to carry your baby to term, and then put he/she up for adoption so they can live with a family of your choosing
- There are many services that you can use to find the best parents/parent for your child
- The adoption can either be open or closed
 - Open adoptions allow you to remain in contact with your child and their adoptive family
 - Closed adoptions prevent you and the child/adoptive family from having contact
- DCF is an adoption resource and can be reached at 860-418-8000

What you choose to do with your pregnancy is your and your loved one's decision and you should not feel pressured in any way

You know what is best for you and your child