



SAFE SEX

TASK: Understanding the importance of safe sex

CONDITIONS: Discussion and question based training

STANDARDS: Preventing sexually transmitted diseases

REFERENCE(S): [Http://www.Healthcentral.com/sexual-health/safesex-258900-5_2.html](http://www.Healthcentral.com/sexual-health/safesex-258900-5_2.html) (STD Prevention).



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Did you know that about half of sexually active teens and young adults will get an STD before their 25th birthday – and many of them will have no idea?

- Abstinence is the only 100% sure way not to contract any STDs. condoms are only 95% effective with preventing the spread of STDs, but 0% effective if you don't use them.
- If you're having any kind of sex, you need to think about using contraceptive and get tested to prevent the spread of sexually transmitted diseases.
- The most common symptom of some STDs is having no symptoms at all, it is important to get tested and prevent the spread of STDs.



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What are some risk associated with unsafe sex?

Ask the Soldiers examples of the risk and long term effects of unprotected sex.

- **STDs-** Chlamydia, gonorrhea, herpes, HIV, are just a few STDs that can cause major health concerns that can be deadly if left untreated.
- **Unintended pregnancy-** May result in financial hardship and unintended life changes.

What are some effective contraceptives?

Ask Soldiers examples of contraceptives and where they can find them on post.

- **Abstinence-** Abstinence is the only 100% safe sex method
- **Condoms, Spermicides, and diaphragms-** will reduce the risk of STDs and unintended pregnancy.
- Soldiers can go to Preventive Medical Readiness, talk with health care provider or Public Health about testing and contraceptives.



WHERE TO GO FOR INFORMATION

- **Preventive Medical Readiness** hours are Mon, Tues, Wed & Fri 0730-1300 & 1300-1600 Thursdays 0730-1200. It is located at Building 172. DSN 380-3235.
- **TMC** to make appointment with your health care provider for contraceptives.
- **Bartow Public Health** call 866-496-8968 to schedule appointments. Thursdays 0900-1600 only.
- Getting tested annually is a way to prevent the spread of STDs. Both partners should get tested before engaging in oral or genital sexual activity to be sure the spread of sexually transmitted disease stops before infecting someone.