

# Prevent STDs

## Sexually Transmitted Diseases

What is an STD? There is a group of diseases called STDs. People get these diseases from unprotected sexual activity with an infected person. Many STDs can be treated or cured if diagnosed early. This includes HIV. Left untreated, STDs can lead to serious consequences including sterility or in the case of untreated HIV, to AIDS and potentially death.

The safest way to prevent an STD is abstinence. Abstinence means no sexual activity. People who choose to have a sexual relationship must be very careful. They need to talk about STDs and pregnancy before any sexual activity starts. They need to know as much as they can about the other person.

Today, many people choose to have HIV testing along with testing to detect other sexually transmitted diseases before starting a sexual relationship. If you are already sexually active it is not too late. Talk to your partner and make sure you are being safe. To stay healthy, you must make good decisions about STDs. If you choose to be sexually active, it is safest to have only one partner.

Finally, the most common STD is HPV, followed by:

- Chlamydia
- Trichomoniasis
- Gonorrhea
- Genital Herpes
- Syphilis
- Human Immunodeficiency Virus (HIV)

\* Check the [cdc.gov](http://cdc.gov) website for the most up to date information about STDs

## QUESTIONS:

What causes young people to have unprotected sex (sex without latex condoms)?

- ⇒ Lack of respect for the other person
- ⇒ Lack of respect for yourself
- ⇒ Low self-esteem
- ⇒ Loneliness
- ⇒ Poor decision-making
- ⇒ Loss of control
- ⇒ Looking for love
- ⇒ Conquest or challenge
- ⇒
- ⇒
- ⇒

Form a group of three. Add more reasons teens would use to have unprotected sex.

Next, choose three reasons named above. Make up a story that shows why a teen might choose unprotected sex for each reason.