

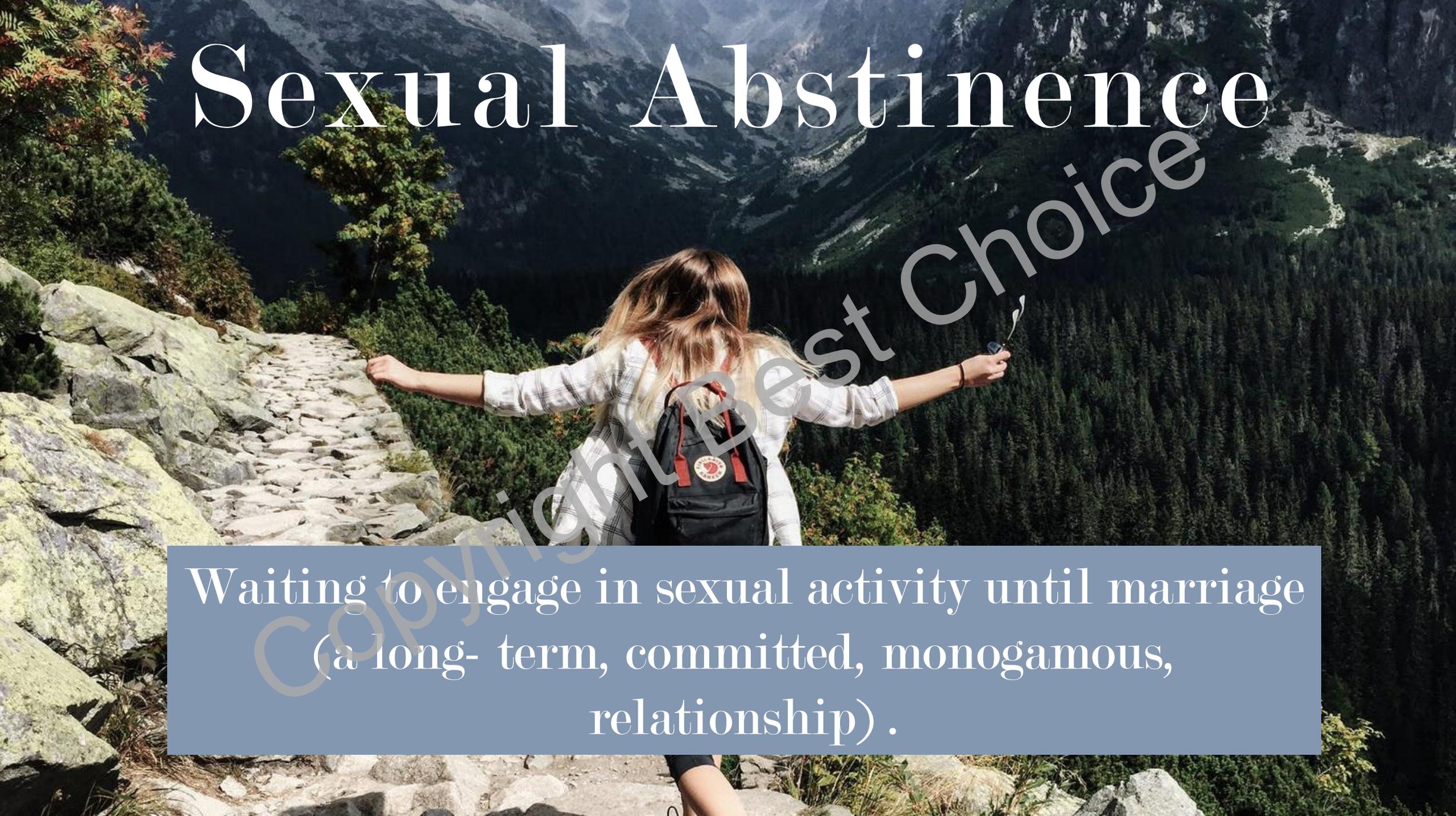
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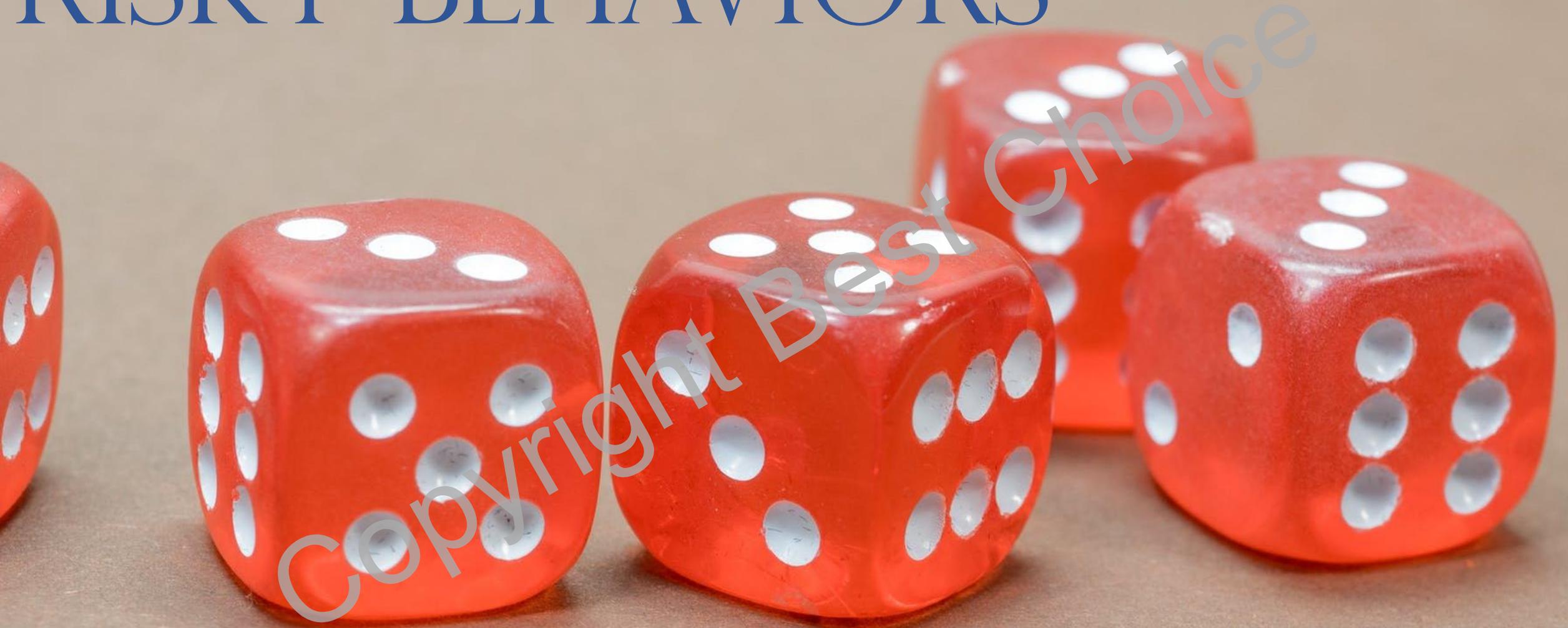


Sexual Abstinence

A woman with long brown hair, wearing a white plaid shirt and a black backpack, stands on a rocky mountain trail. She has her arms outstretched, looking out over a vast valley with dense green forests and distant mountains. The scene is bright and sunny.

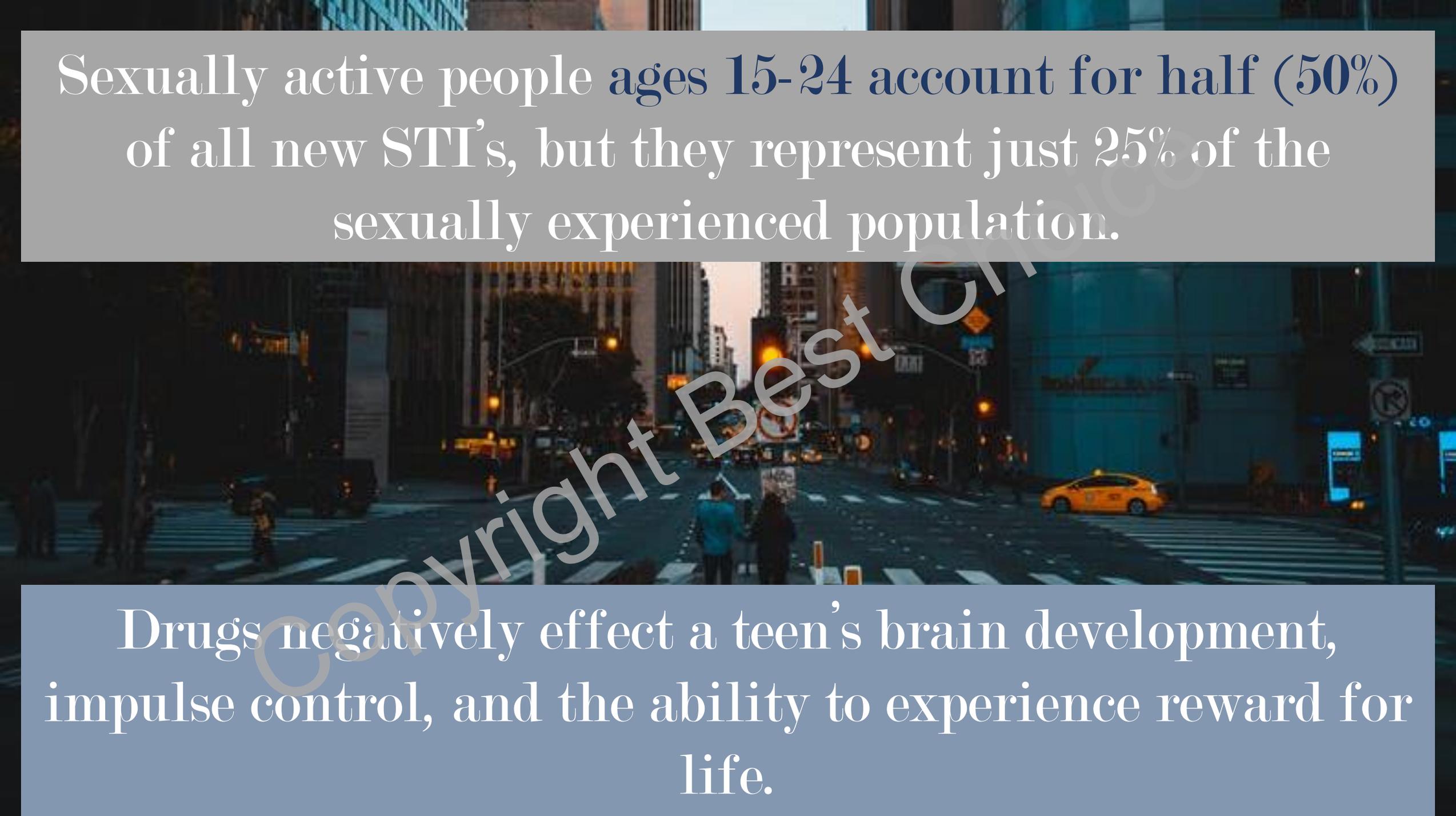
Waiting to engage in sexual activity until marriage
(a long-term, committed, monogamous,
relationship).

RISKY BEHAVIORS



DRUGS SEX ALCOHOL NEGATIVE MEDIA SMOKING PEER PRESSURE

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A nighttime city street scene with a yellow taxi and pedestrians. The street is illuminated by streetlights and building lights. A yellow taxi is visible on the right side of the street. Pedestrians are walking on the sidewalks. The background shows tall buildings and a clear night sky.

Sexually active people ages 15-24 account for half (50%) of all new STI's, but they represent just 25% of the sexually experienced population.

Drugs negatively effect a teen's brain development, impulse control, and the ability to experience reward for life.

A nighttime city street scene with a yellow taxi and pedestrians. The street is illuminated by streetlights and building lights, creating a vibrant urban atmosphere. A yellow taxi is visible on the right side of the road, and several pedestrians are walking across the crosswalk. The background shows tall buildings and traffic lights.

People who begin drinking alcohol before the age of 15 are four times more likely to become alcohol dependent than those who wait until they are 21.

Tobacco kills more people worldwide than HIV, TB, and Malaria combined.

the whole person

→ Social

→ Physical

→ Intellectual

→ Emotional

→ Spiritual

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Ovulation

3-5 days

28

DAYS

Menstrual Cycle

3-5 days

Rebuilding of the endometrium

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Sexual Activity

Any bodily contact meant to give or receive any sexual pleasure.

Viral

HIV/AIDS

HPV

Herpes

Hepatitis

B+C

Bacterial

Chlamydia

Gonorrhea

Syphilis

Parasitic

Trichomoniasis

Common Symptoms

Odd odors, colors, textures, pain during intercourse or urination, odd discharges, blisters, warts, lesions, sores, rashes, flu-like symptoms or internal organ damage

Common treatments

Antibiotics, antiviral medication, laser, or cryosurgery

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THE STATE OF STDs IN THE UNITED STATES, 2020

STDs remain far too high, even in the face of a pandemic.

Note: These data reflect the effect of COVID-19 on STD surveillance trends.



1.6 million
CASES OF CHLAMYDIA
1.2% decrease since 2016



677,769
CASES OF GONORRHEA
45% increase since 2016



133,945
CASES OF SYPHILIS
52% increase since 2016



2,148
CASES OF SYPHILIS AMONG NEWBORNS
235% increase since 2016

LEARN MORE AT: www.cdc.gov/std/

ANYONE WHO HAS SEX COULD GET AN STD, BUT SOME GROUPS ARE MORE AFFECTED

- YOUNG PEOPLE AGED 15-24
- GAY & BISEXUAL MEN
- PREGNANT PEOPLE
- RACIAL & ETHNIC MINORITY GROUPS

LEFT UNTREATED, STDs CAN CAUSE:



INCREASED RISK OF GIVING OR GETTING HIV

LONG-TERM PELVIC/ABDOMINAL PAIN

INABILITY TO GET PREGNANT OR PREGNANCY COMPLICATIONS

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HIV



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Why are some teens
still having sex?

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WHAT DOES MEDIA SAY ABOUT SEX & RELATIONSHIPS?

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Media effect on teens



Media effect on teens

- 76% of teens said that one reason people have sex is because TV shows and movies make it seem normal for teens.
- Two out of every three shows on TV include sexual content
- Only 10% of all TV shows contain sexual scenes that include any reference to the possible risks with sex

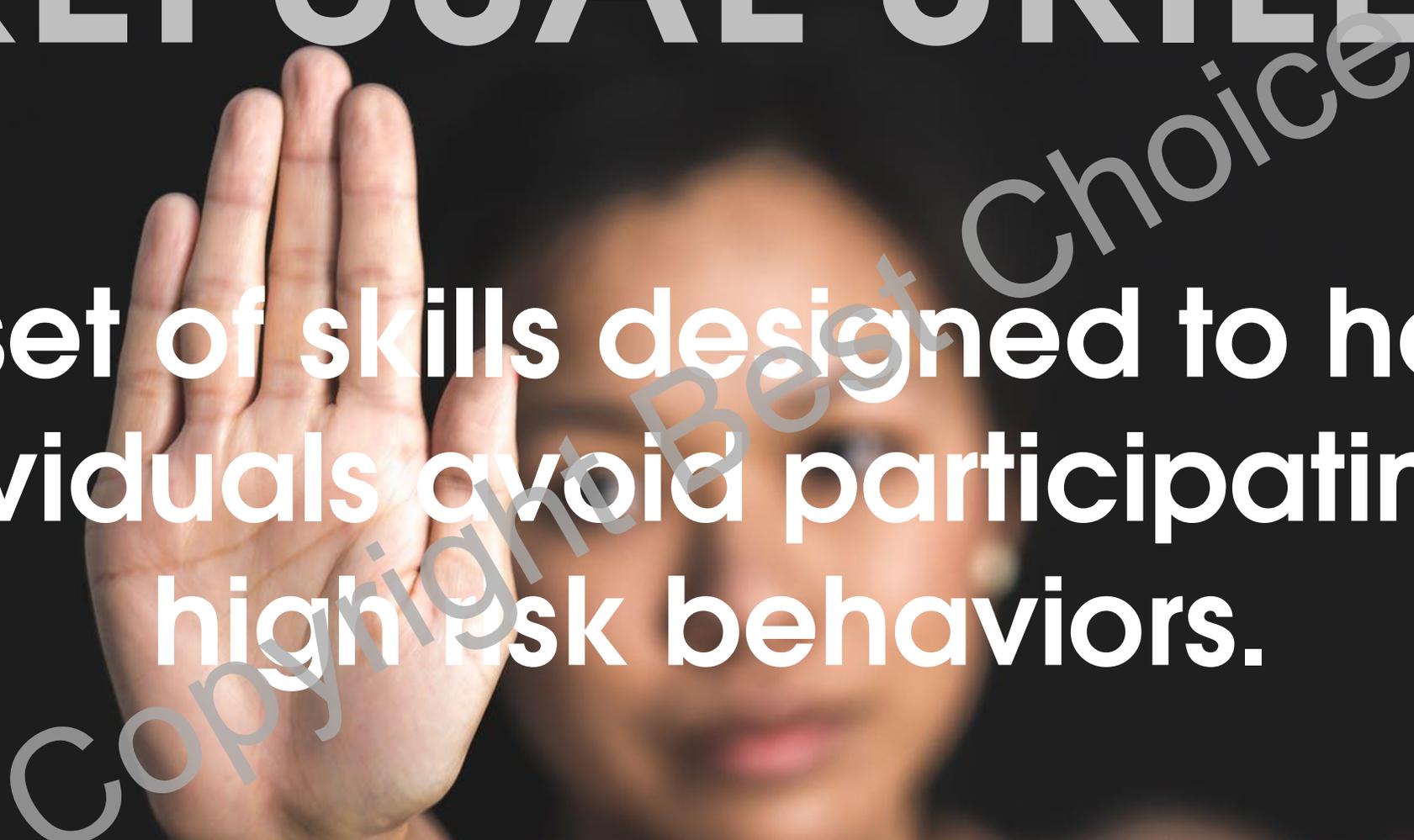
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REFUSAL SKILLS

a set of skills designed to help individuals avoid participating in high risk behaviors.



SEXTING

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A close-up photograph of a person's hands holding a smartphone. The phone's screen is illuminated with a bright blue light. The background is dark and out of focus, with some warm, yellowish light sources visible, suggesting an indoor setting like a bar or a restaurant at night. The overall mood is intimate and focused on the device.

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INTERNET SAFETY TIPS

1. Think about what you say and share on the internet.
2. Block people that send inappropriate messages.
3. Beware of strangers. It is easy to lie about your identity online.
4. Keep your personal information private.
5. Don't open unknown links or attachments.
6. Report ANY situation, abuse, or activity to an adult you © trust.

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THE POWER OF
YOUR MIND

THE POWER OF
YOUR MIND
IS THE MOST
POWERFUL FORCE
IN THE UNIVERSE



Sex Trafficking

modern-day slavery that involves the use of force, fraud, or coercion to obtain some type of commercial sex act.

Avoiding Dangerous Situations

- **Don't ignore red flags**
- **Be accountable**
- **Protect your identity on social networks**
- **Meet others and new friends in public places**
- **Be aware of your surroundings: stores, movie theaters, clubs, parking lots, etc.**

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self-respect, self-value,
& self-worth.

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all start with self.

Boundaries

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Set boundaries for yourself before you begin dating
Communicate those boundaries with your partner

Respect each other's boundaries

CONSENT

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*Stronger
Boundaries*



*Fewer
Regrets*



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