Sex is Everywhere
- There is a continuing fear that too much education will lead kids to engage in sex.
- But, sex is EVERYWHERE!
- Soap operas average 7 sexual incidents per hour
- 12% of primetime TV depicts sexual intercourse situations – but rarely is there reference to condoms, unintended pregnancy, STIs or emotional consequences (Farrar et al. 2003)
- Millions are spent each year on pay-per-view
- Billions are poured into the pornography business
- You are only a click away from explicit material on the Internet

Abstinence
- Abstinence does not seem to share the same enthusiastic marketing styles
- In fact, some research indicates that there is often a perceived stigma attached to abstinence among college students – What do you think?
  - I’ll die if I go to college a virgin
- What does abstinence really mean?
  - (It partly goes back to the "language" thing...)

What are some consequences of unprotected sex?
First.....

Unintended Pregnancy

Overview
- 3.1 million unintended pregnancies in the US in 2001 (the last year for which data are available)
- Unintended pregnancy is associated with:
  - Increased health care costs
  - Mothers more likely to smoke or use alcohol in pregnancy
  - Child more likely to be low birth weight
  - Depression in mothers more likely
  - Reduced school completion for mother
  - Lower income if mother is unmarried
  - Mother less likely to breastfeed
  - Less time and attention with child

- In 2004, teen childbearing in the United States cost taxpayers at least $9.1 billion
  - Unintended pregnancies to teens are only 21% of all unintended pregnancies
  - Total costs of unintended pregnancies therefore much higher
Questions

- What is an unintended pregnancy?
- How are unintended pregnancies typically classified?

Classification of Unintended Pregnancies

- Unwanted: no pregnancy at this time or any time in the future
- Mistimed: anticipates pregnancy but the current pregnancy was not desired

Consequences of Unintended Pregnancy

- Abortion
- Unplanned birth
- Miscarriage
- Low birthweight
- Infant mortality
- Preterm birth
- Maternal depression
- Greater risk of physical abuse and violence to the mother
- Greater risk of child abuse and neglect
- Increased likelihood that parents will not achieve educational, financial, and career goals

Healthy People 2010

Objective:

Increase the number of pregnancies that are INTENDED to 70% by year 2010

Children from unintended pregnancies are more likely to...

- Exhibit poor health and development
- Score lower on standardized tests
- Lower GPAs
- More erratic school attendance
- Behavioral problems
- Drop out of high school
- Have difficulty maintaining employment
- Be involved in the criminal justice system

Of the 50% of pregnancies in the US that are unintended, half of these are a result of contraceptive failure.
Preventing Unintended Pregnancy through Increased Access to Emergency Contraception

What is Emergency Contraception?
- A contraception that is 75% effective in preventing pregnancy when taken 72 hours after unprotected intercourse but before pregnancy
- Emergency contraception does not work if a woman is already pregnant
- Regular birth control pills used differently

Emergency Contraception: Benefits
- ACOG estimates that access could possibly cut the number of unintended pregnancies in half*
- Could prevent 1 million abortions annually
- Has no existing contraindications
- Peace of mind

*Source: The American College of Obstetricians and Gynecologists (ACOG) 2001

Emergency Contraception: Barriers
- Misconceptions
- Physicians do NOT talk about it
- Pharmacies refuse to stock it (this is changing)
- Lack of awareness—women don’t know about it

Pregnancy Options Counseling
Following a positive pregnancy test result what are a woman’s options?
A. Continue pregnancy and:
   1. Parent
   2. Make an adoption plan
   3. Place infant in temporary foster care
B. Terminate pregnancy through:
   1. Medical abortion
   2. Surgical abortion

Other consequences of unprotected sex…..

STI’s
Anyone engaging in sexual activity may contract an STI, including HIV, regardless of gender orientation.

STDs/STIs
- Major public health problem in both developed and developing countries.
- Complications of STD’s can lead to:
  - genital tract infections
  - Infertility
  - cervical cancer and
  - enhanced transmission and acquisition of HIV

Sexually Transmitted Diseases
United States -- 2000-01

<table>
<thead>
<tr>
<th>Disease</th>
<th>Incidence</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>80,000</td>
<td>1,250,000*</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>650,000</td>
<td>Unknown</td>
</tr>
<tr>
<td>Trichomoniasis</td>
<td>5,000,000</td>
<td>Unknown</td>
</tr>
<tr>
<td>Herpes</td>
<td>1,000,000</td>
<td>45,000,000</td>
</tr>
<tr>
<td>Human Papillomavirus</td>
<td>5,500,000**</td>
<td>20,000,000***</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>40,000</td>
<td>900,000</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>3,000,000</td>
<td>Unknown</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>40,000</td>
<td>2,700,000</td>
</tr>
<tr>
<td>Syphilis</td>
<td>70,000</td>
<td>Unknown</td>
</tr>
<tr>
<td>Bacterial Vaginosis</td>
<td>Unknown</td>
<td>Unknown</td>
</tr>
<tr>
<td>Pelvic Inflammatory Disease</td>
<td>1,000,000</td>
<td>Unknown</td>
</tr>
</tbody>
</table>

* These people are ‘Hepatitis B Carriers’ and can carry and infect others with the virus the rest of their lives
** Most common STD in the US
*** 50-75% of sexually active adults have HPV at some point in their lives

STD’s among 15-24-year-olds
United States, 2000

<table>
<thead>
<tr>
<th>STD</th>
<th>Incidence</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>9.1 Million</td>
<td>Unavailable</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>1.5 Million</td>
<td>&gt;1.5 Million</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>431,000</td>
<td>Unavailable</td>
</tr>
<tr>
<td>Syphilis</td>
<td>8,200</td>
<td>Unavailable</td>
</tr>
<tr>
<td>Genital Herpes</td>
<td>640,000</td>
<td>4.2 Million</td>
</tr>
<tr>
<td>HPV</td>
<td>4.6 Million</td>
<td>9.2 Million</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>7,500</td>
<td>Unavailable</td>
</tr>
<tr>
<td>Trichomoniasis</td>
<td>1.9 Million</td>
<td>Unavailable</td>
</tr>
<tr>
<td>HIV</td>
<td>15,000</td>
<td>Unavailable</td>
</tr>
</tbody>
</table>

Getting an STD

Many behavioral factors contribute to the epidemic of STD’s:
- Modifiable factors include: circumcision, condom use, spermicides, and contraception practices.
- Other factors: young age (15-24 y/o), unmarried status, residence in urban centers, multiple sexual partners, history of prior STD’s, illicit drug use and contact with sex workers.
Gonorrhea & Chlamydia Screening
- Screening for Neisseria Gonorrhea and Chlamydia Trachomatis is warranted at the annual pelvic exam in women with one or more of the following:
  - A history of multiple partners or partner with multiple contacts
  - Sexual contact with a partner with culture proven STD.
  - A history of repeated episodes of STD
  - Attendance at STD clinics
  - Sexually active adolescents
- Men are usually treated symptomatically

Disseminated Gonorrhea
- Gonococcal ophthalmia
- Eye
- Skin lesions

Chlamydia
- Vaginitis

Syphilis Screening
The following groups of women should be screened for Syphilis, at the annual pelvic exam:
- All pregnant women
- People at higher risk of acquiring syphilis (MSM, high risk behaviors, commercial sex workers, persons who exchange sex for drugs, and adult correctional facilities).
Primary Syphilis

Secondary Syphilis - Rash

Tertiary Syphilis

Congenital Syphilis

Viral STIs

Herpes Simplex
Herpes Simplex
- Manageable and treatable

HPV Condyloma

HPV-Related Cancers in Men and Women

<table>
<thead>
<tr>
<th>Cancer</th>
<th>% Assoc. with HPV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical</td>
<td>&gt;99%</td>
</tr>
<tr>
<td>Vaginal</td>
<td>50%</td>
</tr>
<tr>
<td>Vulvar</td>
<td>50%</td>
</tr>
<tr>
<td>Penile</td>
<td>&gt;50%</td>
</tr>
<tr>
<td>Anal</td>
<td>&gt;70%</td>
</tr>
<tr>
<td>Oropharyngeal</td>
<td>20%</td>
</tr>
</tbody>
</table>

HPV Vaccine
- Protects against 4 types of HPV
  - 6,11 (90% of genital warts)
  - 16,18 (70% of cervical cancer)

PREVENTION of STD’s
- Awareness of risks involved in sexual contact
- Abstinence
- Monogamy
- Reduce number of sexual partners
- Refrain from the use of alcohol and other drugs

PREVENTION of STD’s
- Discuss STD concerns with potential sexual partners
- Examine yourself and your partner
- Use latex condoms
- Inspect genitals regularly
### PREVENTION of STD's

- Avoid high-risk behaviors
- Other protective measures
- Wash genitals before and after sex
- Obtain regular medical check-ups, especially if exposure suspected

### PREVENTION of STD’s

- Don’t share razors, needles, or scissors
- Do not handle towels, wet bedding, undergarments immediately after these have been in contact with another person
- Use a diaphragm, spermicide, or other barrier method of contraception