

SEXUAL HEALTH

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WHAT IS SEXUAL HEALTH?

- Self Values
- Healthy Relationships
- Consent
- Anatomy
- Contraception
- STIs

CON·TRA·CEP·TION

- The deliberate use of artificial methods or other techniques to prevent pregnancy and the transferring of STIs.

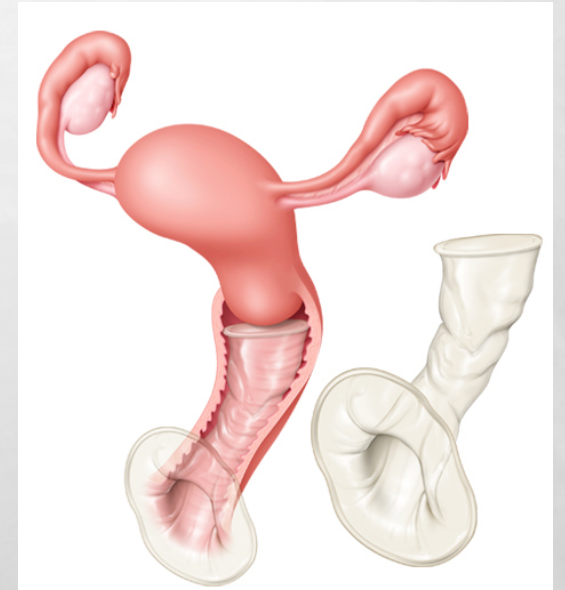
TYPES OF CONTRACEPTION

- Barrier vs. Hormone
- Male vs. Female

BARRIER CONTRACEPTIVE



- Male Condom = ~85-98% effective
- Female Condom = ~80-90% effective
- Barriers are effective against STIs
- Diaphragm* = ~ 85-90% effective
 - * not used to protect against STIs



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10 STEPS TO PUT ON A MALE CONDOM

1. Check the expiry date. Do not use expired condoms.
2. Press the package between your fingers. Do not use if there is no resistance from air inside.
3. Tear open the condom package from the corner and remove the condom. Do not use teeth or sharp objects to open as this can damage the condom.
4. Identify which way the condom unrolls.
5. Pinch the receptor tip of the condom to remove air.

6. Place the condom on the head of the penis while still pinching the condom receptor tip.
7. Unroll the condom to the base of the shaft.
8. Insert the penis into vagina, anus or mouth.
9. Pull out while still erect, holding the base of the condom firmly.
10. Remove the condom from the penis and discard.

HORMONE CONTRACEPTIVES*

- Birth Control = ~90-99%
 - Pill, Patch, Shot, Implant
- IUD - intrauterine device = ~ 99%
- * not effective against STIs

WHERE DO I GET IT?

- Talk to your doctor
- Visit your local pharmacy