

SEXUAL & REPRODUCTIVE HEALTH 101

*hey
Denver!*

BROUGHT TO YOU
BY HEYDENVER

A QUEER-FOCUSED SEXUAL
HEALTH CENTER

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ABOUT US

HEYDENVER IS A QUEER FOCUSED, NON-PROFIT COMMUNITY-BASED ORGANIZATION THAT PROVIDES FREE AND CONFIDENTIAL SEXUAL HEALTH SERVICES, OUTREACH, AND SEXUALLY TRANSMITTED INFECTION (STI) TESTING. WE ARE AN EXTENSION OF COLORADO HEALTH NETWORK, A STATEWIDE ORGANIZATION THAT SERVES OVER 5,000 INDIVIDUALS LIVING WITH HIV.

TOGETHER WE HELP EDUCATE, SUPPORT, AND EMPOWER THE COMMUNITY THROUGH OUR ADVOCACY WORK.

WE OFFER A COMFORTABLE, INFORMAL TESTING EXPERIENCE WITH MAGAZINES, COMMUNITY ARTWORK, MUSIC, AND COZY SEATING IN THE WAITING AREA. ALTHOUGH HEYDENVER IS A CASUAL SPACE, OUR STAFF AND VOLUNTEERS ADHERE TO THE STRICTEST STANDARDS OF PROFESSIONALISM, HYGIENE, AND SANITATION. THEY ARE ULTIMATELY HERE TO EMPOWER YOU EMOTIONALLY AND SUPPORT YOU IN YOUR SEXUAL HEALTH NEEDS.

IF YOU HAVE ANY QUESTIONS, DO NOT HESITATE REACH OUT TO US WITH QUESTIONS. ALL APPOINTMENTS ARE MADE ONLINE.

LAST UPDATED JULY, 2023



SEXUALITY, GENDER & SEX

Though often used interchangeably, sexuality, gender, and sex all refer to different things.

Sexuality is someone's identity based on who they are attracted to. One may experience this attraction in differing ways and degrees over their lifetime. Also referred to as sexual orientation.

Gender is a combination of identity, expression, and behavior of a person considered masculine, feminine, neutral, androgynous, or any mix or absence of these characteristics. Gender is a fluid concept, with different categories across communities and cultures. It is not based on the sex one is assigned at birth, the type of body parts a person has, or their sexual identity.

Sex is the male, female, or intersex label that one is assigned at birth based on one's anatomy. Somebody's assigned sex at birth may not align with how they identify.

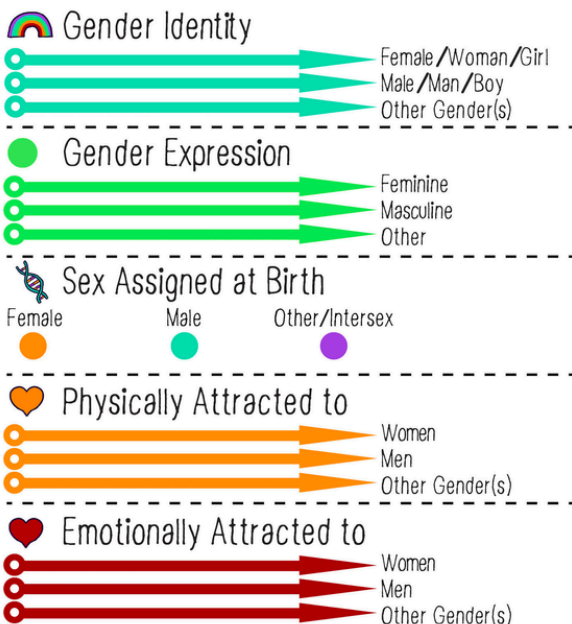
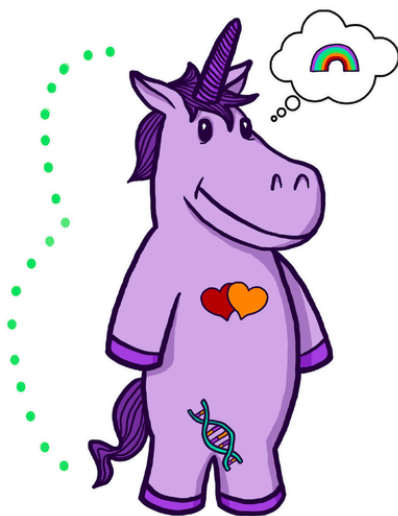
Some examples of sexuality:

- **Gay**- A person who experiences same sex romantic and/or sexual attraction
- **Lesbian**- A woman who is romantically and/or sexually attracted to women.
- **Straight/heterosexual**- A person who is attracted to the opposite sex.
- **Bisexual**- Originally, bisexual was a label that meant a person who was attracted to both men or women (this was when we only saw gender as binary -only man or woman). Now, bisexuality can be thought of as a person who is attracted to people of various sexes and genders.
- **Queer**- A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.
- **Pansexual**- A person who is attracted to people regardless of their gender.
- **Asexual**- Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little or conditional sexual attraction. Some folks who are asexual might still have sex and/or masturbate.
- **Demisexual**- A person who only feels sexual attraction after a strong emotional bond is formed.



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

identity and sexuality. Most of the categories exist on a scale rather than a fixed point. Draw a dot on each arrow to represent where your feelings stand.

Some examples of gender identity:

- **Cisgender**- Someone whose assigned sex and gender identity are in line with one another.
 - **AFAB**- Assigned female at birth.
 - **AMAB**- Assigned male at birth.
- **Transgender**- An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.
- **Trans female**- A person who was assigned male at birth but whose gender identity is female.
- **Trans male**- A person who was assigned female at birth but whose gender identity is male.
- **Intersex**- A person who was born with body parts or certain biology (e.g. hormone imbalances, varied chromosomes or reproductive organs) that do not fit neatly into society's definitions of male or female. Many intersex babies are operated on without their consent/knowledge to make their sex characteristics fit with the gender binary.
- **Non-binary**- An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

AFFIRMING CARE

Affirming care is the idea that everyone can go to their provider and be seen without judgment, discrimination, shame, or stigma.

- This can range from seeing a provider that you feel comfortable disclosing your sexual practices to to getting specific mental health therapists who are familiar with your background and thus can better understand the care you need to so much more.
- When people don't get affirming care, they tend to stay misinformed about their sexual health risks and prevention methods to stay safe. Lack of affirming care also discourages people from seeking help for their symptoms.

GENDER AFFIRMING CARE

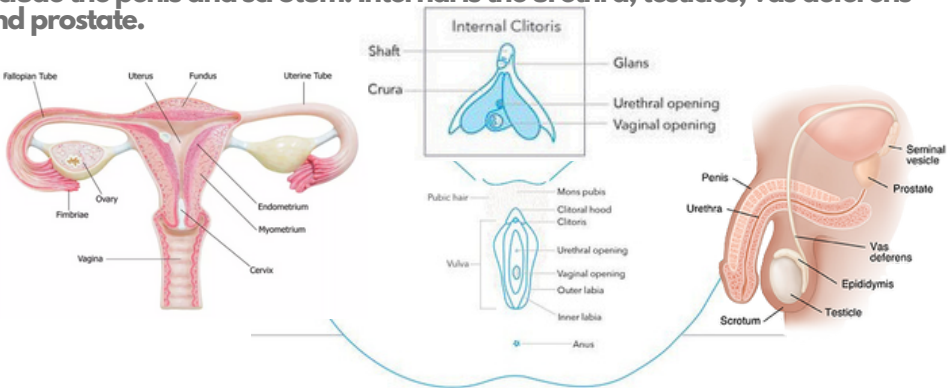
Gender affirming care is judgement free medical care someone might seek to help their physical appearance and function of their existing sexual characteristics better resemble those socially associated with their identified gender.

- Someone does not have to have surgery to identify as the gender they are.
- Everyone's transition journey is different.
- Everyone has the right to change providers if they feel they are not being given fair treatment.
- Research demonstrates that gender-affirming care greatly improves the mental health and overall well-being of gender diverse, transgender, and nonbinary youth.

ANATOMY

People with vaginas- Reproductive organs are inside the body and include the uterus, fallopian tubes, ovaries, and a vagina. The clitoris is the only organ a human has that exists solely for the purpose of pleasure. The vulva is the part of the genitals on the outside of the body- it includes the labia, clitoris, vaginal opening, and the opening to the urethra. While vaginas are just one part of the vulva, many people say "vagina" when they really mean the vulva.

People with penises- Reproductive organs are mostly outside the body and include the penis and scrotum. Internal is the urethra, testicles, vas deferens and prostate.



DISCHARGE

Discharge is a completely normal part of sexual health. It is important to stay familiar with your discharge so that you know what is normal and abnormal for your body.

- **Vaginal discharge is fluid secreted from tiny glands in the vagina and cervix. This fluid leaks from the vagina each day to remove old cells and debris, keeping the vagina and reproductive tract clean and healthy.**
- **Penile discharge is any fluid that comes from the urethra other than urine. The urethra is a narrow tube that carries urine from the bladder and semen from the ejaculatory ducts. These fluids travel along the urethra before exiting the body at the urethral opening in the tip of the penis.**
- **The amount of discharge can vary significantly from person to person.**
- **Clear and white discharge tends to be normal. Discharge can also be yellow, green, gray, pink, or red, any of which could indicate an underlying problem.**
- **Discharge is completely normal, but if it ever changes consistency, color, or has a strong foul odor it could indicate an infection or STI, needs to be checked out.**

DON'T DOUCHE! HERE'S WHY

The vagina is a self cleaning organism. Introducing anything foreign can cause the pH levels to become unbalanced. Douching involves "washing out the vagina" with a mixture of fluids. It can sometimes include things like iodine to baking soda. This is usually squirted upwards into the vagina.

Why do people do it?

- **Douching has historically been used as methods of birth control (non of which actually worked) in addition to a method of cleaning.**
 - **Lysol (bleach) was one of the brands that popularized the idea that women had to douche to be clean.**
- **To get rid of natural odors**
- **To "feel fresh"**
- **Wash away menstrual blood**

None of the above reasons are good reasons to douche! The vagina cleans itself out and does not need any soaps or cleaners to help it do so. If there is an unusual odor from the vagina, it is the body's way of alerting to the need to get checked out. Douching will NEVER clear an infection.

- **Douching can lead to infections or worsen existing infections.**
- **Douching can lead to pelvic inflammatory disease (PID) which is very painful and can only be resolved with medication.**
- **Douching can cause pregnancy complications including an increased risk of ectopic pregnancy.**

PUBIC HAIR

WHY DO WE GROW PUBIC HAIR?

- Pubic hair serves to reduce friction during sex and other activities. It can be referred to as a 'dry lubricant' because it is easier to rub hair against hair, than it is to rub skin against skin.
- Pubic hair, just like eyelashes or nose hair, can trap dirt and potential harmful microorganism.

SHOULD I GET RID OF MY PUBIC HAIR?

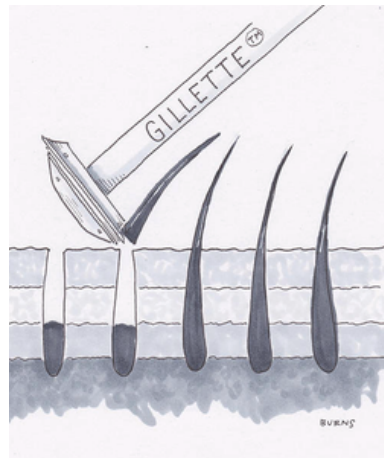
- Shaving, trimming, or waxing is a personal preference. Everyone has their own expectations for themselves, and desires for their partners.
- Hair removing tips:
 - Hair growth can cause itching and discomfort.
 - Shaving in the direction of hair growth can minimize irritation.
 - Regular exfoliation can help remove dead skin and prevent ingrown hairs.
 - Going slowly and using a mirror can help people see what they are removing and prevent accidents.

RISKS ASSOCIATED WITH HAIR REMOVAL

- Cuts, burns, and rashes can be common.
- Infections caused by irritated skin, open wounds from cuts, or pathogens could happen
- Ingrown hairs and staph boils, red bumps under the surface of the skin, can appear and can be filled with pus.
- Some research suggests that shaving increases the probability of getting an STI.

WHAT IS CONSIDERED HYGIENIC?

- A common misconception is that not shaving or trimming is unhygienic- this is false.
- Pubic hair hygiene can be maintained by:
 - Washing with warm, soapy water when taking a shower.
 - Avoiding scented products that can lead to a pH imbalance.
 - Wiping front to back after using the toilet.



Sources: Planned Parenthood

MENSTRUATION

WHO MENSTRUATES?

- Anyone who has a uterus can go through the menstrual cycle. This can include cisgender women, transgender men, people who are intersex, genderqueer or nonbinary folks. Menstruation does not determine someone's gender.

THE MENSTRUAL CYCLE

- The menstrual cycle takes around one month to complete. During this time, a uterus is preparing to have an egg fertilized by a sperm cell. The lining of the uterus thickens in response to the release of hormones like estrogen and progesterone.
- Once the uterus lining has thickened, an egg will be released from one ovary and travel down the fallopian tube into the uterus.
- If the egg is not fertilized within a day of being released from the ovary, it will die and be unable to be fertilized. This will also cause the lining of the uterus to break down, creating menstrual bleeding.

WHAT DOES A NORMAL MENSTRUAL CYCLE LOOK LIKE?

- The menstrual cycle varies from person to person, including how long bleeding lasts and how much blood comes out.
- Bleeding can occur for anywhere from 3-7 days.
- Birth control, diets, exercise, and even stress can affect a menstrual cycle.
- Somewhere between 5 days and 2 weeks before your period starts, you may experience symptoms that let you know it's coming. These symptoms are known as premenstrual syndrome (PMS).
- During a menstrual cycle, some people experience more symptoms beyond bleeding. These symptoms can include cramps, back aches, mood swings, tender breasts, bloating, headaches, and acne.
- Most people don't have problems with their periods, but if you notice any of the below, seek care with a medical provider:
 - are 16 and haven't started your menstrual cycle.
 - don't have a regular menstrual cycle 2 years after you first started.
 - are bleeding in between menstrual bleeding.
 - have very heavy bleeding that goes through a pad or tampon in under 1 hour.
 - have PMS symptoms that are disruptive to your daily life.

WHAT TOOLS ARE USED DURING A MENSTRUAL CYCLE?

- There are various tools available for someone with a uterus to use during menstrual bleeding. The choice someone makes about which tool to use is a personal one. What works for one person might not work for another.
- Some examples include:
 - Tampons
 - Pads
 - Menstrual cups
 - Menstrual disks
 - Period panties

OVULATION

What is Ovulation?

- For people with a uterus, they generally experience a menstrual cycle. During the ovulation period a mature egg is released into the fallopian tubes where it waits to be fertilized.
- During this time the lining of the uterus thickens.
- This measure of time is most often used to try to get pregnant.
- It is also good to know where someone is in their cycle if they are trying to avoid pregnancy.

What does someone experience?

- Ovulation occurs during the middle of a menstrual cycle.
- The egg only makes its journey to the fallopian tube for about a day.
- Since sperm can stay alive for up to 5 days, fertilization can still occur even if you had sex days before ovulation.
- Ovulation pain does occur and can feel like a sharp or dull cramp on the side of the abdomen where the ovary is releasing an egg. It can last a few minutes or hours.
- Cervical mucus thickens so discharge can become stretchy and completely clear. This is to help the sperm move towards the egg smoothly. (Can also vary person to person)
- Breast soreness or tenderness can occur
- Nausea and headaches

What to look out for?

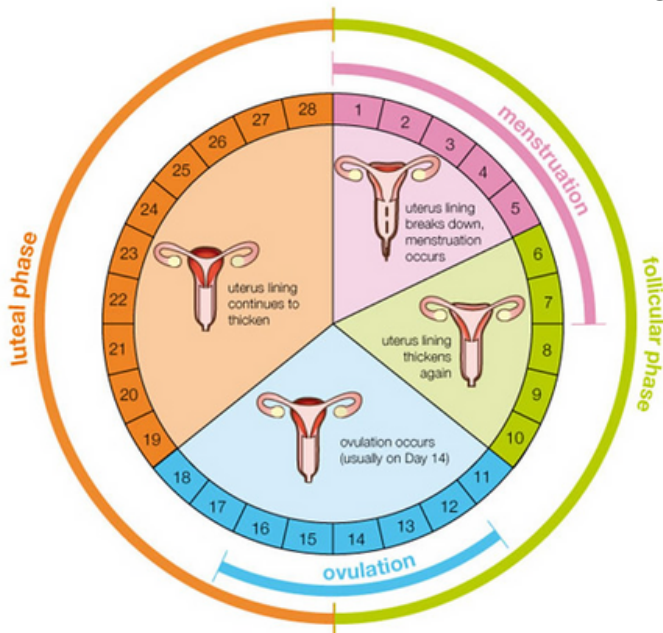
- Ovulation pain usually goes away but if there is persistent pain or discomfort, go to a provider to rule out endometriosis or an ovarian cyst. When in doubt, check it out!

Endometriosis

- Endo is where tissue that lines the inside of the uterus starts to grow outside the uterus.
- It is very painful and people usually feel the pain during menstrual cycles.
- It can cause periods to be very heavy
- Can cause pain during sex.
- Can cause painful urination and bowel movements during a period
- If someone experiences these symptoms they may have endo but need a medical diagnosis.

Ovarian Cysts

- Ovarian Cysts can occur in people with ovaries.
- There is no specific reason and they can exist for a long time before someone realizes they have them.
- Typically found using a vaginal ultrasound.
- They can burst and it is very painful when they do.



PREGNANCY

HOW DOES IT HAPPEN?

- The sperm and uterus work together to move the sperm towards the fallopian tubes. If an egg is moving through the fallopian tubes at the same time sperm enters the vagina, the sperm and egg can join together.
- The sperm has up to 5 days to join with an egg before it dies.
- Sperm can live inside the vagina for 5 days after a sexual encounter, that is why if you want to prevent pregnancy you have to make sure to use birth control methods

WHO CAN GET PREGNANT?

- Only people with a uterus can become pregnant.
- Before having sex, it is always important to talk to your partner about pregnancy and what the outcome would be if it occurred.

HOW FAST CAN I KNOW IF I AM PREGNANT?

- A pregnancy test can only be taken as soon as 2 weeks after an unprotected sexual encounter.
- It is always more accurate at least 1 week past a missed period.

@INCASEYOU'RE CURIOUS on Instagram FAQ

- **Can you get pregnant the first time you have sex?**
 - “Yes, sperm and eggs do not care if it’s the 1st time or 50th time a person has had sex. Any time sperm gets into a vagina, a pregnancy can happen.” - ICYC
- **Can I get pregnant while on my period?**
 - “Sperm can live in the vagina for 3-5 days, which means that if sperm are present when the egg is released, it can become fertilized.” - ICYC
- **Can you get pregnant even though a guy pulls out right away?**
 - Yes “once the penis is erect, it releases pre-ejaculate (pre-cum) to lubricate the urethra inside the penis. A person can’t control when that fluid releases. Pre-ejaculate can pick up sperm previously left over in the urethra on its way out of the body. Whenever there is sperm, there is a potential for a pregnancy if it is going into a vagina. Because of this, a pregnancy could occur even if the penis pulled out before ejaculation. Pre-ejaculate can also contain any STIs a person might have.” - ICYC

BIRTH CONTROL

WHAT IS BIRTH CONTROL?

- Birth control is any method used to prevent pregnancy
- Some (but not all) birth control protects against STIs/HIV
- Some methods use hormones, while others do not.
- Some methods require daily actions while others can be taken/inserted once and last for months or years.
- Other methods can be used once per sexual encounter.
- Some people use birth control for reasons other than preventing pregnancy such as making a period lighter/nonexistent, help with acne, and more.

You may have to explore a little before finding a method that best suits you. Everyone reacts differently to the side effects of birth controls, so choose a prevention method that best fits your lifestyle. See the 'RESOURCES' pages at the end of the zine for places to access birth control!

There are many types of birth control, some need a prescription while others you can buy over the counter. Some people have health risks that can prevent them from using certain hormonal methods. Those who have a risk of heart attack, stroke, high blood pressure, blood clot issues may be limited in their options.

All hormonal birth control methods take 7 days to take effect. That is why it is so important to use condoms for the first week of starting a hormonal method. It is important to remember sperm can live inside the vagina for 5 days after sex.



IUD (Intrauterine Device)- A small T-shaped device that sits in the cervix from 3-12 years depending on the type of IUD. It is about 99% effective in preventing pregnancy and a provider is needed to insert one.

Types of IUDs:

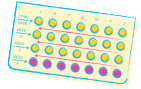
- Hormonal IUDs use the synthetic hormone levonorgestrel. The hormones prevent pregnancy in two ways: 1) they make the mucus on the cervix thicker. This mucus blocks sperm so it can't get to an egg. 2) The hormones in the IUD can also stop ovulation (when eggs leave the ovaries), which means there is no egg for a sperm to fertilize. It can take up to 7 days for hormonal IUD's to start working, which is why it is important to use back up method (condoms) for the first week of having the IUD. Can lighten/stop periods.
 - Liletta and Mirena- can last up to 7 years.
 - Kyleena- can last up to 5 years.
 - Skyla- can last up to 3 years.
- Nonhormonal IUDs are also known as copper IUDs because they consist of a plastic T that has copper wrapped around it. Copper affects the way sperm cells move, preventing them from reaching the egg. It is more than 99% effective and starts working immediately after insertion.
 - Copper- can last up to 12 years.

Potential Side Effects:

Nausea, vomiting, spotting between periods, breast tenderness, headaches/migraines, mood changes, and decreased libido can occur.

BIRTH CONTROL PART 2

Pills- hormonal pills taken daily



Effectiveness: If taken daily, it is up to 99% effective.

The efficacy decreases with inconsistent pill taking.

- It can take up to 7 days for the pill to start working, which is why it is important to use a back-up method (condoms) for the first week of starting the pills.

Prescription: A prescription is needed for the pills.

Types of Pills:

- Mini pills- low dose progestin hormone only pill. All pills in a month long pack are hormonal and they have to be taken daily.
- Combination pills- contain both estrogen and progestin. Can be taken in a way that will prevent a period from happening.

Possible Side Effects:

Nausea, vomiting, spotting between periods, breast tenderness, headaches/migraines, mood changes, decreased libido.

Injection- a shot done once every 3 months



Effectiveness: If taken correctly up to 94% effective, it decreases efficacy with inconsistent injections.

- It can take up to 7 days for the shot to start working, which is why it is important to use a back-up method (condoms) for the first week of having the shot.

Prescription: A prescription is needed for the shot.

Types of Shots: There is only one type of injection and it's known as the Depo Shot. It contains the hormone progestin and prevents pregnancy by stopping ovulation and thickening cervical mucus, blocking the sperm from getting through. After one year of injections, 50% to 75% of women have no periods.

Possible Side Effects:

Nausea, weight gain, headaches, sore breasts, mood changes, spotting between periods, no period at all, heavier periods.

Ring- a flexible vaginal ring inserted monthly or yearly

Effectiveness: When used as directed it is 91-99% effective. Efficacy decreases with inconsistent ring insertion.



- If started during the first 5 days of a period, it will work right away. Otherwise, it can take up to 7 days for the ring to start working, which is why it is important to use a back-up method (condoms) for the first week of having the ring.

Prescription: A prescription is needed for the ring.

Types of Rings:

- Both types are hormonal (estrogen and progestin) and prevent pregnancy by stopping ovulation and thickening cervical mucus, blocking the sperm from getting through.
- Nuva Ring- Worn for 3, 4, or 5 weeks and taken out the last week to have a menstrual cycle. Can be used to skip periods.
- Annovera- hormonal ring worn for 13 cycles at a time. It can also be taken out every 21 days to have a menstrual cycle.

Potential Side Effects:

Nausea, vomiting, spotting between periods, breast tenderness, headaches/migraines, abdominal pain, irregular bleeding, GI symptoms, vaginal infection methods.

BIRTH CONTROL PART 3

Patch- small wearable patch sticks on skin and is replaced weekly.

Effectiveness: If used correctly it is 99% effective, but is considered 91% effective since mistakes are easy to make.

- It can take up to 7 days for patch to start working, which is why it is important to use a back-up method (condoms) for the first week of starting.

Prescription: A prescription is needed for the patch.

Types of Patches:

- Both types are hormonal (estrogen and progestin) and prevents pregnancy by stopping ovulation and thickening cervical mucus, blocking the sperm from getting through. Both can be worn on the belly, butt, or back. Patches are replaced weekly for 3 weeks, then stopped for a week to have a period, unless it is being used to skip periods.
- Xulane - can be worn on the upper arm.
- Twirla - can be worn on lower abdomen, butt, or upper torso (excluding breasts)

Potential Side Effects:

Headaches, nausea, sore breasts, changes in periods (early, late, or stopping altogether while on the patch), spotting (light bleeding or brown discharge), and skin reactions where the patch goes (like itching, dryness, pain, swelling, or a rash).



Condoms- thin flexible sheaths that are worn on a penis during sex to help prevent pregnancy and protect from STIs

Condoms can be used with water based lube or silicone based lube. Lube can help prevent friction that may cause tearing. They are the only method that can prevent against STIs and pregnancy. Condoms can be purchased by anyone at any age. Sometimes independent pharmacies can set their own age restrictions. Most if not all STI testing centers carry condoms and lubrication for free or low cost.

Go to page 20 for more information about condoms.

Implant- small rod that goes into the arm for up to 5 years.

Effectiveness: More than 99% effective.

- It can take up to 7 days for the implant to start working, which is why it is important to use a back-up method (condoms) for the first week of having the implant.

Prescription: A provider must be seen for an implant as it has to be inserted under the skin using local anesthesia.

Types of Implants: For now only the Nexplanon implant is available. It releases the hormone progestin and prevents pregnancy by stopping ovulation and thickening cervical mucus, blocking the sperm from getting through.

Potential Side Effects:

Dizziness, headaches, mood changes, depression, decreased sex drive, changes in menstrual bleeding patterns.

SIDE EFFECTS FROM ANY OF THE LISTED BIRTH CONTROL METHODS VARY PERSON TO PERSON. IF SIDE EFFECTS START TO AFFECT DAILY LIFE, TALK TO YOUR PROVIDER ABOUT STOPPING OR CHANGING METHODS.

EMERGENCY CONTRACEPTIVES

WHAT IS AN EMERGENCY CONTRACEPTIVE?

It is a medication that prevents pregnancy if taken within 72 hours after sexual encounter. Does not work if taken before. It is NOT an abortifacient. Some pills are over the counter and some need prescriptions. BMI can affect the efficacy of the pills as well.

Levonorgestrel pills:

Levonorgestrel pills such as Plan B work for people who weigh under 155 pounds. They can lower the chance of getting pregnant by 75-89% when taken within 3 days of unprotected sex.

Ella:

Ella is a pill is for people that weigh more than 155 pounds. Lowers chances of getting pregnant by 85 percent when taken within 5 days after unprotected sex. A prescription is needed.

Copper IUD:

A copper IUD can be inserted within 5 days of having unprotected sex and is 99% effective at preventing pregnancy. It does not use hormones and can be put in place for up to 12 years. It is a good option if someone misses the window period for the pill.



In Colorado parental consent is not needed to get birth control. You can go to any sexual health clinic or a provider to get started. This can vary state to state.

Hormonal methods:

- Hormonal IUDs (Mirena, Skyla, Liletta, Kyleena)
- Patch
- Ring
- Depo Shot
- Implant

Long Lasting Options:

- Vasectomy (reversible)
- Tubal ligation (permanent)

Non hormonal methods:

- Copper IUD
- Condoms
- Withdrawal
- Spermicide
- Diaphragm
- Sponge
- Fertility awareness

PREGNANCY TESTING

After any sexual encounter, the soonest you can take a pregnancy test is 2 weeks from that incident. When taking Plan B, it is the same case, 2 weeks since the sexual encounter. The body needs enough time to develop HCG hormones that can show up on a test. An ultrasound will not show anything until around 5-6 weeks of gestation. Meaning you cannot get a ultrasound until you are around this point of gestation.

TYPES OF SEXUAL HEALTH TESTS

Breast Exams

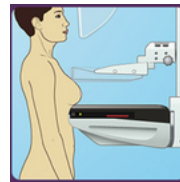
- All breast range in sizes and shapes. They are all absolutely normal.
- Nipples also vary greatly. They can be flat, protruding, inverted, or unclassified- all are normal. It's also possible to have one breast with a protruding nipple and the other with an inverted, making the total combination of nipple types up to eight.
- Hair is also normal for any gender to have on their breasts.
- Annual breast exams should be performed by a provider but people should still do self checks at home routinely (this consists of feeling around breasts and checking by hand for any abnormalities.)
- Mammograms are not recommended until someone is age 40 or 50 unless the person is high risk.
- Breast cysts are very common and can happen for many reasons including birth control and diet, they can sometimes be painful and typically go away on their own.
- Things to look out for and seek a provider would be:
 - Any pain or tenderness that is outside of a menstrual cycle
 - Lumps
 - Dimples
 - Discoloration
 - Skin that is red, flaky or thickened
 - Abnormal nipple discharge
 - change in the state of the nipple (ie inverting when they used to protrude)
- Breast cancer can be missed if people aren't diligent about check ups.
- **Breast cancer can affect anyone regardless of gender**, that is why it is so important to check up if you feel any abnormalities. Currently 1 in 1,000 people with a penis experience breast cancer. 1 in 8 people with a uterus typically develop breast cancer.



Self Exam



Clinical Exam



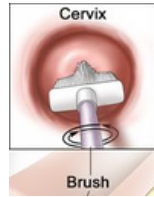
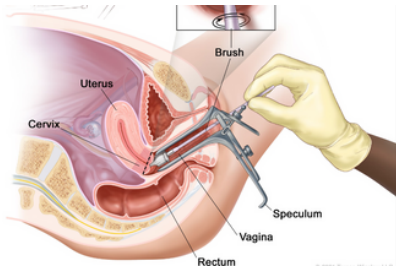
Mammogram

Pap Tests

- A cervical pap test is performed on people with a cervix.
- It is only needed when someone starts having penetrative vaginal sex.
- It tests for presence of abnormal cells that can be caused by HPV in the bottom of the cervix using a cryo brush.
- Usually very quick exam, using a speculum to keep the vagina open, the provider looks for the bottom of the cervix and does a quick brush.
- It can be uncomfortable and should not cause pain, if it is painful the person should tell their provider right away.

Rectal Pap Tests

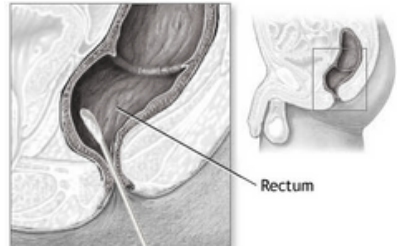
- These are not widely known about or performed.
- It involves doing a check for any abnormal or precancerous cells in the rectum (as HPV can be found in the rectum as well)
- As of now this test is mostly done on people who are living with HIV and have receptive anal sex. This is because they are immunocompromised and may be more susceptible to opportunistic infections such as rectal cancer.



Cervical Pap Tests



Rectal Pap Tests



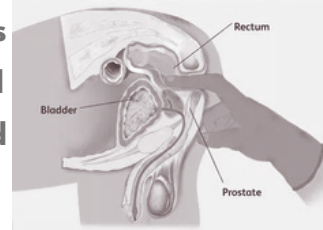
Scrotum Check

- Anyone with testicles can get their scrotum checked.
- People can also do self exams at home.
- What people should generally be looking for is if testicles are swollen, discolored, lumps or painful to the touch.
- If any of these things are happening it can be a sign of something going on and the person should see a provider for a check up.

Prostate Exam

- There are two types of tests that healthcare providers use to screen for prostate cancer.
- These are usually only done on people with a penis aged 50 or older.
- A prostate-specific antigen (PSA) test is a blood test that measures the amount of PSA in the blood. Sometimes high levels can be associated with prostate cancer.
- A digital rectal exam (DRE) is a physical examination in which a healthcare provider places their gloved finger, or "digit," into the rectum to feel the edges of the prostate gland.

How a Prostate Exam Works



Wet Prep

- An exam done on people with a uterus where a provider takes a long swab and wipes the inside of the vaginal cavity.
- Providers run a few tests including checking for abnormal odor, or any bacteria they can see under a microscope slide.
- This is the one test where trichomoniasis could be found without having to send the sample to a lab.

STI Tests

- A provider will typically determine what STI test someone needs depending on what types of sex they have and how many partners they have.
- Not everyone needs every test, but it is good to stay informed about what tests exist so that a person can ensure their provider is performing the tests they need.
- Testing frequency varies person to person. It depends on the number of partners someone has, what types of sex they participate in and if they have any kinks that expose them to exchanges of bodily fluids.

WHAT IS SEX?

Sex does not always refer to penetrative sex with a penis and a vagina. All sex is valid, even if it does not lead to pregnancy.

Sex is any contact between a person's genitalia/mouth/hands/rectum and another person's genitalia/rectum. Sex can also be described as anything that increases the probability of orgasm. That being said, an orgasm does not need to occur in order for it to be sex.

Sex can include:

- Oral sex
- Manual sex
- Dry sex (humping)
- Anal sex
- Sex with toys
- Vaginal sex, and more

Any of these types of sex can contract/pass STIs, which is why it is important to get tested regularly.

• Why do people have sex?

- "People have sex for many reasons! Some people have sex because it feels good physically. Others might have sex to feel closer to their partner emotionally, to have a baby, to relax to release stress, or even to exercise. Whatever the reason, it's important that it's their choice. For some people, sex is a really big deal, and for other people, it just isn't. You get to decide how important it is in your life." -ICYC

• Does sex hurt?

- "Sex shouldn't hurt but there are factors that could cause pain. Pain tends to come from a combination of being ill prepared, inexperienced, or anxious. Lubricant can be helpful at decreasing pain because it decreases the amount of friction. If sex with your partner is hurting it's important to tell them so that you can work together to find ways of making it feel pleasurable. If pain with sex persists, it's important to go to your physician to see if there is a medical reason for the pain." - ICYC

• Do you bleed after you first have sex?

- "Everyone is different: some people with vaginas bleed during the first time they have vaginal sex and others don't, both are perfectly normal. Bleeding can come from the hymen tearing for the first time. If someone does not bleed the first time they have vaginal sex, it does not mean they've had sex before. Many people's hymens break before they have vaginal sex for the first time"- ICYC

VIRGINITY

WHAT DOES IT MEAN?

- Virginity can mean different things to different people. The term 'virgin' does not have a medical definition, and because of this it is up to each person to define what virginity means for themselves. Abstaining from sex can sometimes be due to a person's cultural, religious or personal beliefs. It is important to note that having sex or not having sex does not determine the value of a person.

VIRGINITY AS A SOCIAL CONSTRUCT

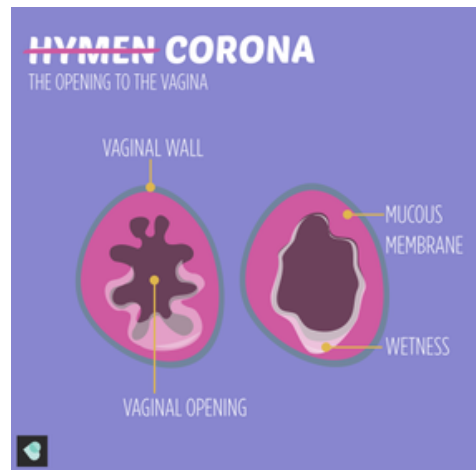
- The concept of virginity, historically, was tied to someone's worth. It could be very stigmatizing. Because it is a heteronormative social construct mostly tied to females, recently it has been considered an outdated term.
- A social construct is an idea created by society that helps us make sense of the world. The myths, expectations, and pressures surrounding the traditional idea of "virginity" are the product of norms and ideas created by humans.
- The social construct of virginity is damaging for many reasons:
 - it centers penis-in-vagina sex and erases other experiences.
 - it associated purity with not having sex, which serves to police people's bodies.
 - it misconstrues the hymen, or places an idea that there is a physical barrier that can "prove" someone is a virgin.
 - This has proven damaging to females across multiple cultures.

WHAT IS THE HYMEN?

- The hymen is made from folds of tissue in the vaginal opening and it looks different for everybody. They hymen can stretch or tear during intense physical activities or from inserting things like tampons or sex toys into the vagina. You can not tell if someone has had sex by looking at their genitalia. The stretching of a hymen does not necessarily cause pain- it can happen without the person noticing.

WHEN WILL YOU BE READY TO HAVE SEX?

- There isn't a checklist that everyone can use, but here are some things that can help you decide:
 - Do you feel comfortable talking with your partner about your boundaries, including what you want and don't want to do sexually?
 - Have you thought about what type of protection to use, and made sure you know how to use it?
 - What would you do if a pregnancy happened or an STI was passed?
 - Do you trust your partner to respect your needs?
 - Do you feel confident in your decision?
- Don't ever feel like you have to do anything you're not ready for.
- An estimated 45% of people don't have sex until they are older than 18.



CONSENT

WHAT IS CONSENT?

When participating in sex, consent is an agreement between participants to engage in sexual activity.

WHAT DOES CONSENT LOOK LIKE?

- Consent is about communicating with your partner(s).
- Consent is about discussing boundaries and expectations with your partner prior to engaging in any sexual behavior and during sexual experiences.
- Consent is about looking for the presence of a "yes", rather than the absence of a "no."

IN COLORADO:

- Teens who are at least 15 but under 17 can only consent to sex acts if the other person is less than 10 years older than them.
- If someone is under 15, the other person must be less than 4 years older

WHAT DOES CONSENT NOT LOOK LIKE?

- Consent is not a one-and-done thing, consent comes with every sexual interaction you engage in.
- Consent cannot be forced.
- Consent cannot be given by someone who is underage, intoxicated, incapacitated by drugs or alcohol, asleep, or unconscious.
- Consent cannot be freely given under unequal power dynamics.
- Consent cannot be given by a partner who is disengaged, nonresponsive, or visibly upset.
- Wearing certain clothes, flirting, or kissing is not consent for anything.

F.R.I.E.S.

FREELY GIVEN:

- A choice made without manipulation or under the influence of drugs or alcohol.

REVERSIBLE:

- Anyone can change their mind about what they feel like doing, at any time.

INFORMED:

- Participants know what they are agreeing to and have all the information they need before saying yes.

ENTHUSIASTIC:

- Participants should only do stuff they want to do, not things they feel they're expected to do. They should be excited to do the activity, not reluctant.

SPECIFIC:

- Saying yes to one thing doesn't mean they've said yes to other things.



SEXUAL PLEASURE

MASTURBATION

- Masturbation is the act of touching one's own body to feel good.
- Benefits of masturbation include:
 - Releasing sexual tension
 - Discovering what brings you pleasure and then being able to communicate with your partner(s) about what one likes or doesn't like
 - Feels good!
- Sex toys can be used in masturbation and in partnered sex. They come in all shapes, sizes, and styles. It is important to clean sex toys after each use. Some materials sex toys are made of are not body safe. Research the materials before purchasing.
- Sharing sex toys can transfer STIs, so make sure to clean them between partners or use condoms on them.
- No one can die or go blind from masturbating too much. If a person is masturbating a lot, the penis, testicles, vulva, clitoris, or vagina can become sore to the touch or swollen, but that can be resolved by taking a little break.

ORGASM

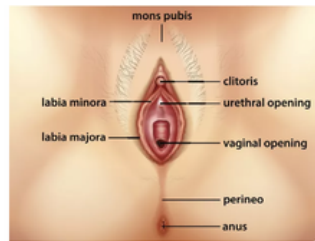
- An orgasm (climax) is when someone reaches the height of sexual arousal.
- People experience pressure in the body and genitals release resulting in ejaculation of fluids.
- An orgasm releases endorphins which makes people feel good, sleepy, and relaxed.
- Orgasms can be achieved from penetrative vaginal sex, masturbation or anal receptive or insertive sex.
- Heart rate and breathing can increase during orgasm.
- Sexual affirming surgery does effect somebody's ability to orgasm.

DURING SEX

- During sex with a partner, not everyone reaches orgasm. This varies person to person, and can be altered through communication and experimentation.
- Some people feel that the purpose of sex is to have an orgasm, but not having an orgasm does not make the sex any less valid, or mean that it wasn't enjoyable.
- Masturbation is a great technique to teach someone about themselves and in turn tell their partner what might help them reach orgasm if that is the goal.
- Sex toys can be used during partnered play to increase pleasure.

FOR PEOPLE WITH A UTERUS

- People with a uterus don't always have to have penetrative sex.
- Pleasure can more often than not come from stimulation of the clitoral head.
- When reaching orgasm the vagina may become wet, and even ejaculate fluid.
- Directly after an orgasm, the clitoris may feel more sensitive to touch.



FOR PEOPLE WITH A PENIS

- The penis can get stimulated causing it to become erect.
- With friction (either penetrative sex or masturbation) a person can climax.
- The muscles of the penis and anus contract.
- Heart and breathing rates may increase
- Once orgasm is reached the person ejaculates (1-2 tablespoons of semen is released)
- Directly after orgasm the head of the penis may feel sensitive or uncomfortable to the touch.

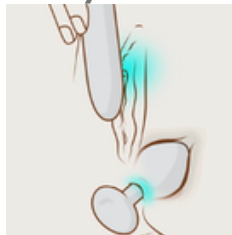
ANAL PLEASURE

ANAL IS FOR ALL!

- Despite social stigma, anal pleasure is for anyone with a butthole.
 - AMAB folks have a prostate which is the P-Spot
 - AFAB folks have an A-Spot (or anterior fornix)
 - Both "spots" are extremely stimulating
- The anus is an erogenous zone, just like nipples, ears, and feet.
- In essence, anal orgasms feel **AMAZING** with consent and constant communication.

PAIRING

- Sexual touch on or inside the anus, paired with other stimulation.
- Vaginal penetration, clitoral stimulation, hand jobs, and giving oral while playing with the anus can intensify the stimulation.



PENETRATION IS NOT THE ONLY WAY TO HAVE ANAL SEX

SURFACING

- Sexual touch on or around the anus by fingers, toys, or a penis.
- Think of your anus like any other flat erogenous zone on your body.



CONSENT IS SEXY. Always check in with your partner. "Oops, wrong hole" does not qualify as a conversation around consent.



SHALLOWING

- Shallow penetrative touch on the anus with fingers, penis, or sex toys.
- Typically, shallowing does not penetrate deeper than a knuckle.

TIPS FOR GIVING

- Trim your nails.
- Kissing, licking, and teasing the anus help your partner relax and get in the mood.
- Use a condom or dental dam to reduce STI transmission.
 - Condoms help prevent transmission via toys, hands, and/or penis.
 - Dental dams provide a latex barrier during anilingus (eating out).

TIPS FOR RECEIVING

- Take a hot bath to relax mentally and physically.
- Practice with an anal toy or your fingers.
- Use lube! This will decrease friction which will increase pleasure and reduce risk of tearing. Silicone is best for anal play as it lasts longer.

STIs



WHAT ARE STIS?

Sexually Transmitted Infections (STIs) are infections that are passed from one person to another through exchange of bodily fluid. The fluid is usually passed through vaginal, oral, or anal sex, but sometimes they can spread through other intimate physical contact.

WAIT, I THOUGHT THEY WERE CALLED STDs? WHAT CHANGED?

STD and STI are different terms that are talking about the same thing. STD stands for sexually transmitted disease rather than infection. Many healthcare providers and educators have started using STI rather than STD because not all infections caused by these bacteria and viruses will develop into a disease. We have also transitioned to using STI because there is less stigma associated with infections than diseases.

WOULD I KNOW IF I HAVE AN STI?

No, not always! Many STIs show no symptoms, which is why frequent testing is important. Anytime something doesn't feel like it normally should it is recommended to get checked. **STIs do not go away on their own.**

WHAT'S THE MOST COMMON STI?

According to the CDC, HPV is the most common STI. The most reported STI is chlamydia.

WHAT IS A WINDOW PERIOD?

The time period from the exposure of an infection to when the body produces enough antibodies to be detected by standard tests.

WHAT DOES IT MEAN TO GET A FULL PANEL OF TESTING DONE?

What is included in a "full panel" of STI testing is different depending on the provider. Make sure to ask the provider specifically what tests are being performed, and if there is a test they aren't performing but you want them to, ask!

HOW DO I TELL MY PARTNER I HAVE AN STI?

Telling a partner can be hard, but keep in mind that most people with an STI don't know they have it. It's important that you talk to your partner as soon as possible so they can get treatment. It is possible to pass STIs back and forth, so if you get treated and your partner doesn't, you may get infected again.

HOW OFTEN SHOULD I GET TESTED?

If you have multiple partners, we recommend getting tested every three months. If you have one monogamous partner, we recommend getting tested at least once a year.

WHAT'S THE DIFFERENCE BETWEEN BACTERIAL AND VIRAL STIS?

Bacterial infections are curable. They need living organisms to survive so this busts the myth that you can get an STI from a toilet seat. Chlamydia, Gonorrhea, Trichomoniasis and Syphilis are all bacterial STIs. Viral infections are treatable but not curable, and can be airborne. For example HIV, Herpes, HPV and Hepatitis C. It doesn't mean they are terminal, it just means you may have to take medication continuously.

HIV (HUMAN IMMUNODEFICIENCY VIRUS)

HIV is a virus that attacks the body's immune system by entering the T-Cells and converting them to HIV cells. T-Cells are what fights off infections in the body. People with low T-Cells have a harder time fighting off simple infections which can lead to opportunistic infections.

TRANSMISSION:

- HIV can be transmitted through contact with infected breast/chest milk, blood, semen, vaginal fluids, rectal fluids, or pre-seminal fluids (pre-cum).
- These fluids must come in contact with mucous membrane, damaged tissue, or be injected into the bloodstream (from a needle or syringe) for transmission to occur. Mucous membranes are found inside the rectum, vagina, penis, and mouth.
- Contact with dried blood, dried semen, or other fluids poses little to no risk. You CANNOT get HIV through casual contact.

SYMPTOMS:

- Not all people experience symptoms of HIV, but if symptoms do occur they tend to start 2-4 weeks after exposure.
- Fever, Chills, Night Sweats
- Fatigue
- Swollen Lymph nodes
- Mouth Ulcers
- Muscle Aches

These symptoms are common to many conditions and should not be used to diagnose HIV. Testing is the only way to determine your status.

WINDOW PERIOD:

- 3 months from possible exposure, though some types of HIV tests are conclusive sooner

UNTREATED:

- HIV left untreated can develop into AIDS (acquired immunodeficiency syndrome).
- AIDS left untreated can leave you susceptible to:
 - Illnesses
 - Infections
 - Certain Cancers
- Ultimately untreated AIDS can lead to death

TESTING & TREATMENT:

- Tested through blood (most common) or saliva
- HIV cannot be cured, but it can be managed with medications:
 - Antiretroviral Therapy (ART)
 - This is a combination of HIV medicines
 - These are taken every day
 - ART regimens are decided by a doctor and can be unique for each person
- Medication taken correctly can help lower the viral load, making HIV undetectable
 - HIV cannot be sexually transmitted to partners when the carrier is undetectable (undetectable=untransmittable)



MORE INFO ON HIV TREATMENT AND PREVENTION METHODS CAN BE FOUND UNDER THE PREP/PEP/U=U PAGES

SYPHILIS

Syphilis is a bacterial infection that is passed on when infected lesions come in contact with the soft skin of the mucous membrane found inside the vagina and urethra or with an abrasion during vaginal, oral, and anal sex, even if there is no sexual penetration. There are four stages through which untreated syphilis progresses, each stage with its own unique signs and symptoms. Some side effects cannot be reversed with treatment, including serious damage to the brain, heart, nervous system, and even death. It is most easily spread during the first (primary) stage because symptoms usually go unnoticed.

TRANSMISSION:

- Spread through any exchange of bodily fluids (blood, semen and vaginal fluids) and direct contact with an open sore
- Can be transmitted during pregnancy, childbirth, or nursing from parent to infant.

SYMPTOMS:

- Abnormal Discharge
- Rash on any part of the body, often on hands/feet/torso
- Chancres in mouth or genitals
- Flu-like symptoms

WINDOW PERIOD:

- 3 months from possible exposure

TESTING & TREATMENT:

- Tested through blood
- Penicillin Injection
 - Number of injections depends on stage of syphilis

UNTREATED:

- If left untreated syphilis can lead to: blindness, heart problems, paralysis, or death



HEPATITIS C

Hepatitis C is a liver infection that can range from a mild illness lasting a few weeks to a serious, long-term illness. Chronic hepatitis C can be a lifelong infection if left untreated. Chronic hepatitis C can cause serious health problems, including liver damage, cirrhosis (scarring of the liver), liver cancer, and even death. Hepatitis C transmits through blood. In the right environment Hep C can live outside the body for two weeks.

TRANSMISSION:

- Spread through blood products including unsterile needles, or mother to baby by pregnancy, labor, or nursing.

SYMPTOMS:

- Some people have no symptoms at all
- Jaundice, yellowing of the skin
- Dark Urine
- Fluid build up in abdomen & swelling of legs
- Fatigue & poor appetite

WINDOW PERIOD:

- 2 weeks to 6 months after possible exposure

TESTING & TREATMENT:

- Tested through blood
- Direct Acting Antiviral medication is taken for 8 to 12 weeks

UNTREATED:

- Cirrhosis of the liver (Liver Disease)
 - Can potentially be fatal
- Liver Cancer

CHLAMYDIA & GONORRHEA

Gonorrhea (also known as “the clap”) is caused by the bacteria *Neisseria gonorrhoeae*. Many people with a penis infected with gonorrhea can have symptoms, while a lot of people with a vagina can have none. If it is undiagnosed & untreated, gonorrhea can cause serious health complications. Gonorrhea is completely curable with antibiotics, but it is possible to get it more than once.

Chlamydia is a common and curable infection caused by the bacteria *Chlamydia trachomatis*. It is the most common reported STI in the U.S. About 50% of people don't have symptoms. Chlamydia can be cured with antibiotic treatment, but if left untreated it can lead to complications such as PID and, potentially, infertility. You can get it more than once.

WINDOW PERIOD:

- 2 weeks after possible exposure

TRANSMISSION:

- Passed through exchange of bodily fluids, oral, anal, and vaginal sex.

SYMPTOMS:

- No symptoms is common
- Abnormal discharge from vagina or penis
- Burning with urination
- Swelling of the testicles
- Itching
- Pelvic pain/cramping/pain during sex
- Bleeding between periods

TESTING & TREATMENT:

- Tested through urine, oral swabs, and/or rectal swabs
- Antibiotics
 - No sex for 7 days after you finish the antibiotics
 - The oral pill doxycycline is used for chlamydia
 - An injection of ceftriaxone is used for gonorrhea

UNTREATED:

- Can develop into Pelvic Inflammatory Disease (PID) in people with a vagina

HPV (HUMAN PAPILLOMAVIRUS)

HPV is the most common STI. There are over 200 types of HPV. Some types can lead to cancers, while others can cause warts, others can do nothing. In most cases (9 out of 10), HPV goes away on its own within two years, if it is not a high risk strain or a wart causing strain. The only way to tell if it causes warts is if they appear. There is no blood test for this.

PREVENTION:

- A vaccine is available to people ages 11-45 and can prevent high risk strains of HPV that can turn into cancer or genital warts.

TRANSMISSION:

- Any exchange of bodily fluids (oral, anal or penetrative vaginal sex)
- Skin to skin contact

SYMPTOMS:

- Genital Warts
- Typically no symptoms

WINDOW PERIOD:

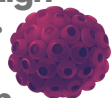
- One to three years

TESTING & TREATMENT:

- Tested through a pap smear in people with a cervix
- Occasionally tested with an anal pap smear
- Treatment depends on what type of HPV you have
- Most types of HPV are treatable

UNTREATED:

- Cervical, throat, or rectal cancer



HERPES SIMPLEX VIRUS (HSV)

Herpes is a common and usually mild infection. It can cause cold sores on the mouth or face (called oral herpes) as well as symptoms around the genitals, butt and thighs (called genital herpes). There are two types of HSV: herpes simplex virus type 1 (HSV-1) and herpes simplex virus type 2 (HSV-2). The majority of oral herpes cases are caused by HSV-1 and the majority of genital herpes cases are caused by HSV-2; however, type-1 or type-2 can occur in either the genital or oral area. Anyone who has ever kissed someone can get oral herpes. Anyone who has ever had any type of sex can get genital herpes. More than 50 percent of the adult population in the United States has oral herpes. More than one out of every six people aged 14 to 49 years have genital herpes.

TRANSMISSION:

- Passed through skin to skin contact with an outbreak

SYMPTOMS:

- Oral or genital sores/lesions
- Pain or itching
- No symptoms is common

WINDOW PERIOD:

- 3 Months from possible exposure

TESTING & TREATMENT:

- Tested through blood or swab of sore/lesion
- Antiviral medication
 - Usually only prescribed if you have active outbreaks

UNTREATED:

- Herpes left untreated does not have much of an effect on most folks, usually only causes unpredictable outbreaks, some people get fewer outbreaks after some time.
- Many people who have herpes do not know they have it due to the ease of transmission through skin-to-skin contact.

TRICHOMONIASIS

Trichomoniasis (aka Trich) is a very common parasite. Infection is more common in people with a uterus to get it. It is more likely to occur in older people with a uterus. About 70% of infected people do not have any signs or symptoms.

TRANSMISSION:

- Passed through exchange of bodily fluids, throat, rectal and vaginal sex.

SYMPTOMS:

- Abnormal discharge from vagina or penis
- Can be green in tint
- Burning with urination/ejaculation
- Itching, burning redness, or soreness of genitals
- No symptoms is common

WINDOW PERIOD:

- 2 weeks after possible exposure.

TESTING & TREATMENT:

- Tested through swabs & urine
- Oral antibiotic called Metronidazole
- No sex for 7 days after you finish medication

UNTREATED:

- Can lead to infertility & Pelvic Inflammatory Disease (PID)

CONDOMS & LUBE

CONDOMS ARE THIN FLEXIBLE SHEATHS THAT ARE WORN ON A PENIS DURING SEX TO HELP PREVENT PREGNANCY AND PROTECT FROM STIS



Thick/Thin: For folks who want to increase their sensitivity, thin condoms are made of less material and may be a good option. If folks find they are more sensitive than they want to be, they can use thicker condoms.

Internal: soft plastic pouch that is inserted into the vagina or anus creating a barrier that helps prevent pregnancy and protect from STIs.

A CONDOM SHOULD FIT SNUG AT THE BASE TO PREVENT IT FROM COMING OFF, BUT MAKE SURE IT'S NOT TOO SNUG BECAUSE BREAKING MAY OCCUR. ALWAYS CHECK CONDOMS FOR THE EXPIRATION DATE BEFORE USING THEM.

LUBE HELPS PREVENT STIS BY DECREASING FRICTION THAT COULD CAUSE CONDOMS TO BREAK OR CAUSE TEARS IN YOUR SKIN. IT CAN ALSO MAKE SEX FEEL BETTER BY LESSENING FRICTION THAT MAY BE IRRITATING TO THE SKIN.

Water Based Lube: can be used with all condom types, dries out quicker than other lubes so it's not recommended for anal sex.

Silicone Based Lube: good for anyone, usually hypoallergenic. Cannot be used with silicone sex toys because it eats away at the toy, and causes abrasions and micro bacteria can grow there. Can be used with condoms.

Latex: most condoms are made from this. Can be used with water or silicone lube.

Non-latex: (polyurethane, polyisoprene, or lambskin) for folks with allergies. Can be used with oil based lubes.

Flavored/Unflavored: There are many different flavors to choose from. Just make sure flavored condoms are only used for oral sex to prevent yeast infections.

Textured: This includes ribbed and studded types that create texture which may assist in stimulation for both partners.

Flared: Have a wider width towards the top of the condom.

Straight: Same width from the top to the bottom.



Oil Based Lubes/Coconut Oils: Last longer but are not compatible with latex condoms because the combination leads to breaks and tears. Oils can also lead to yeast infections. Can be used as body massage or penetrative sex. Not the best for STI prevention.

PREP

WHAT IS PREP:

Pre-Exposure Prophylaxis (PrEP) is a medication for people who are HIV negative that can reduce the chance of HIV transmission through sex by about 99% when taken as prescribed.

PrEP reaches maximum protection from HIV for receptive anal sex at about 7 days of daily use.

PrEP reaches maximum protection from HIV for receptive vaginal sex and injection drug use at about 21 days of daily use.



WHO IS PREP FOR:

PrEP can be taken by anyone, but is recommended for:

- People who have multiple sexual partners with infrequent condom use.
- People who have a sexual partner living with HIV who has an unknown or detectable viral load.
- People who do not consistently use a condom.
- People who share syringes.

PREP:

PrEP was approved for prevention against HIV in the beginning of 2012.

PrEP was first only available as a pill, but in December of 2021 Apretude, a long-lasting injection form of PrEP was approved by the CDC.

In 2019, Descovy for PrEP was approved for adolescents weighing at least 77lbs.

OTHER THINGS TO KNOW ABOUT PREP:

- There are state and pharmaceutical funded programs that can help with covering the cost of PrEP.
- Starting PrEP requires a negative HIV test, and after starting it you will have visits with your provider every 3 months for blood and HIV tests.
- Possible short-term side effects include gas, nausea, headaches, and loss of appetite (may lessen after first few weeks of taking PrEP)

HOW DO I START PREP? TALK TO A PREP NAVIGATOR TO SEE IF PREP IS RIGHT FOR YOU!

You can call HeyDenver to speak to a PrEP navigator.
303-962-2880

PEP

WHAT IS PEP:

Post-Exposure Prophylaxis (PEP) is a medication that people who are HIV negative can take after a possible exposure to HIV.

PEP should only be used in emergency situations and must be started within 72 hours after a possible exposure to HIV.

WHO IS PEP FOR:

PEP can be accessed by anyone who is HIV negative and has been recently exposed to HIV.



OTHER THINGS TO KNOW ABOUT PEP:

PEP can be found in ER'S.

PEP is covered by most insurance plans and there are also financial assistance options available if you don't have insurance.

PEP may cause nausea as a side effect, but PEP side effects can be treated and aren't life-threatening.

UNDETECTABLE = UNTRANSMITTABLE

People who live with HIV take daily medication to lower their viral load.

When a viral load is low enough, it is considered undetectable.

When someone who lives with HIV achieves an undetectable viral load for 6 months or more, they are unable to transmit HIV through sex, as long as they continue taking their medication as directed.

HOW TO USE U=U

U=U can be used as a conversation starter with sexual partners.

Having discussions with your sexual partners about knowing your status can be used as a prevention tool.



SKIN STIS

WHAT ARE SKIN STIS?

Skin STIs are infections that are caused by skin-to-skin contact. These can be spread to any part of the body, but are most commonly found on the genital regions. They cannot be tested through blood, urine or swab. They live on the skin so a provider has to assess the symptoms and determine with a visual test.

MOLLUSCUM

Molluscum is a virus that appears as bumps on the body and is spread by skin-to-skin contact. The virus remains in the top layer of skin and does not circulate throughout the body; therefore, it cannot spread through coughing or sneezing. Once the lesions are gone the virus is gone and you cannot spread it to others.

TRANSMISSION:

- Spread by skin-to-skin contact

SYMPTOMS:

- Round, firm, painless bumps anywhere on the body.
 - They can sometimes be itchy.

DIAGNOSIS & TREATMENT:

- Only test is a visual test from a provider
- Usually disappears on its own but sometimes need a provider to diagnose and treat further

SCABIES

Scabies is caused by an infestation of the skin by a parasite known as the human itch mite. The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs. If a person has never had scabies before, symptoms may take 4-8 weeks to develop. It is important to remember that an infested person can spread scabies during this time, even if there are no symptoms yet. In a person who has had scabies before, symptoms usually appear 1-4 days after exposure.

TRANSMISSION:

- Spread by skin-to-skin contact
 - often spread while sharing a bed
- Extremely contagious

DIAGNOSIS & TREATMENT:

- Only test is a visual test from a provider
- Anti-parasitic lotions must be prescribed by a provider. It will not go away on its own.
 - Must decontaminate laundry

SYMPTOMS:

- Severe itching (mostly at night)
- Tiny raised red dots that make up a rash
 - Generally found in skin folds such as genitals, knees, etc.
- May see silvery lines (burrow markings) under the skin
- Severe forms of scabies can create a thick crusts on the skin.



PUBIC LICE

Pubic Lice, also known as Crabs due to their appearance, are small parasites that attach to skin and hair in genital area. Lice cannot live a long away from a warm human body and they do not have feet designed to hold onto or walk on smooth surfaces such as toilet seats.

TRANSMISSION:

- Spread through sexual contact because they are usually found in the pubic hair area.

SYMPTOMS:

- Itching in the genital area
- Visible nits (lice eggs) or crawling lice



DIAGNOSIS & TREATMENT:

- Diagnosed by finding a “crab” louse or egg (nit) on hair in the pubic region
- A special over-the-counter lice-killing lotion

NON-STI SEXUAL HEALTH CONCERNS

BACTERIAL VAGINOSIS (BV)

CAUSE:

- An imbalance in the vaginal bacteria.
 - Douching, not using condoms, and having new or multiple sex partners can upset the normal balance of vaginal bacteria

SYMPTOMS:

- Pain, itching, or burning in the vagina or around the outside of the vagina.
- A strong fish-like odor, especially after sex.
- Abnormal discharge (tends to be thin, white or gray).
- Burning when peeing.

DIAGNOSIS & TREATMENT:

- Often resolves on its own. However, if you have symptoms, you should be checked and treated by a healthcare provider.

- Treatment may reduce the risk for getting STIs.
- A healthcare provider can treat BV with antibiotics. BV can return even after treatment.
- People with penises cannot get BV. However, BV can spread between sex partners who have vaginas.

PREVENTION:

Healthcare providers and scientists do not completely understand how BV spreads or know how best to prevent it. The following basic prevention steps may help lower the risk of getting BV:

- Not douching
- Using condoms correctly and consistently

URINARY TRACT INFECTION (UTI)

CAUSE:

- Happens when bacteria, often from the skin or rectum, enter the urethra, and infect the urinary tract. Most commonly affects the bladder.
- Both people with vaginas and people with a penis can get UTIs, though it's less common in people with penises due to the anatomy of the penis.
- Factors that increase the risk of UTIs:
 - A previous UTI
 - Sexual activity
 - Changes of the bacteria that live inside the vagina
 - Age (older adults and young children are more likely to get UTIs)
 - Structural problems in the urinary tract, such as enlarged prostate
 - Poor hygiene

SYMPTOMS:

- Pain or burning while urinating
- Frequent urination
- Feeling the need to urinate despite having an empty bladder
- Bloody urine
- Pressure or cramping in the groin or lower abdomen
- Fever
- Chills
- Lower back pain or pain in the side of the back
- Nausea or vomiting

BETWEEN 50% AND 60% OF ADULTS WITH A UTERUS WILL HAVE AT LEAST ONE UTI IN THEIR LIFE.

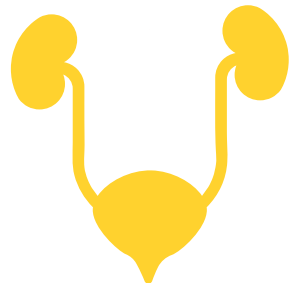
DIAGNOSIS & TREATMENT:

- Diagnosed by a provider asking about symptoms, doing a physical exam, and ordering a urine test.
- Sometimes resolves itself, but it has similar symptoms to STIs, so it's important to be seen by a provider.
 - If you are experiencing fever and back pain you need to be seen by a provider because it can lead to kidney infection.
- There is a myth that cranberry juice helps treat or prevent a UTI. This is false because most store-bought cranberry juices do not contain enough of the antioxidant that has been found to help prevent bacteria from attaching to the walls of the urinary tract.

PREVENTION:

You can help prevent UTIs by doing the following:

- Urinate after sexual activity.
- Stay well hydrated.
- Take showers instead of baths.
- Not douching or using sprays or powders in the genital area.
- In the bathroom, always wipe from front to back.



VAGINITIS

CAUSE:

- Vaginitis is an irritation of the vagina or vulva. It's super common and usually easy to treat. Almost everyone with a vulva gets vaginitis at some point.
- Things that lead to vaginitis include:
 - Common vaginal infections
 - Lack of Estrogen
 - Vaginal Sex
 - Allergies and Irritants (from things such as douching, perfumes, etc)

SYMPTOMS:

- Vagina and/or vulva is discolored, irritated, swollen, or uncomfortable.
- Itching, burning, and pain in the vulva or vagina.
- Pain or discomfort during sex.
- Feeling the need to pee more often than usual. Peeing may sting.
- Abnormal discharge.

DIAGNOSIS & TREATMENT:

- To see what's causing vaginitis, a provider may do an exam, look at a sample of vaginal discharge under a microscope, or do other tests, like a urine test.
- Vaginitis is usually easy to cure. The type of vaginitis treatment that's best for each person depends on:
 - the cause of the vaginitis
 - how bad the symptoms are
 - whether the person is pregnant
- If the vaginitis is caused by an allergy or irritation, the symptoms will usually go away when the cause of the problem is no longer used.

PREVENTION:

- Everyone's body is different, so the things that lead to vaginitis for some people don't always cause problems for others. But in general, anything that changes the chemical balance in the vagina can lead to vaginitis.

TOXIC SHOCK SYNDROME (TSS)

CAUSE:

- TSS is a rare, life-threatening complication of certain types of bacteria. Often results from toxins produced by staph or strep. TSS can happen to anyone, but risk factors include skin wounds, surgery, and the vaginal use of tampons, menstrual cups, or contraceptive sponges.

PREVENTION:

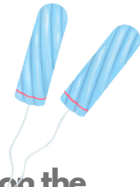
- If you use tampons, use the lowest absorbency. Change tampons frequently, at least every 4-8 hours.

SYMPTOMS:

- A sudden high fever
- Low blood pressure
- Vomiting or diarrhea
- A rash resembling a sunburn, particularly on the palms and soles
- Confusion
- Muscle aches
- Redness of eyes, mouth and throat
- Seizures
- Headaches

DIAGNOSIS & TREATMENT

- TSS requires immediate medical attention
- Blood work or other samples are needed for a diagnosis



YEAST INFECTION (VULVOVAGINAL CANDIDIASIS)

CAUSE:

- If the vaginal chemistry gets thrown off balance, the normal yeast that live in the vagina can grow too much and lead to an infection. Some things that can cause changes in the vagina's environment are:
 - normal changes in hormone levels (like during the menstrual cycle)
 - antibiotics, cortisone, and other drugs
 - pregnancy
 - diabetes
 - a weak immune system
 - a natural reaction to another person's genital chemistry
- It is not contagious, and cannot spread to another person during sex. However, sexual contact sometimes leads to yeast infections because one person's body chemistry can have a bad reaction to another person's natural genital yeast and bacteria.
- People can also get a yeast infection on their mouth, throat, or tongue — that's called "thrush."



SYMPTOMS:

- Vaginal itching or soreness
- Pain during sexual intercourse
- Pain or discomfort when urinating
- Abnormal vaginal discharge (often cause thick, white, & clumpy)

DIAGNOSIS & TREATMENT:

- Can usually be cured in a few days with anti-fungal medicine.
- Can be treated with medicated creams or suppositories found at a drugstore, over-the-counter without a prescription.
- There are also pills that can be prescribed by a provider.
- Contact the provider if:
 - This is the first time you've had yeast infection symptoms
 - You're not sure whether you have a yeast infection
 - The symptoms aren't relieved after treating with over-the-counter antifungal vaginal creams or suppositories
 - Other symptoms develop
- Providers usually diagnose yeast infections by examining a small sample of vaginal discharge under a microscope or send it to a laboratory for a fungal culture.

PREVENTION:

- Wear underwear that has a cotton crotch and doesn't fit too tightly.
- It might also help to avoid:
 - Tight-fitting pantyhose
 - Douching
 - Scented feminine products
 - Hot tubs and very hot baths
 - Unnecessary antibiotic use
 - Staying in wet clothes for long periods of time

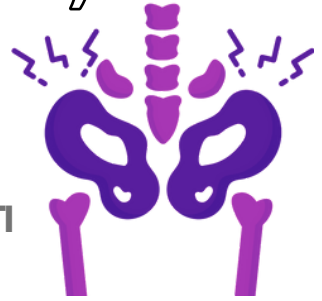
**AN ESTIMATED 1.4
MILLION OUTPATIENT
VISITS FOR VAGINAL
CANDIDIASIS OCCUR
ANNUALLY IN THE U.S.**

Benedict K, Jackson BR, Chiller T, Beer KD. Estimation of direct healthcare costs of fungal diseases in the United States. *external icon*. Clin Infect Dis. 2018 Sep 10.

PELVIC INFLAMMATORY DISEASE (PID)

CAUSE:

- PID is an infection in a person with a uterus' reproductive organs. It is a complication often caused by some STIs.
- You are more likely to get PID if you:
 - Have a diagnosed or undiagnosed STI and do not get treated
 - Have had PID before
 - Are sexually active and are age 25 or younger
 - Douche
 - Use an IUD for birth control. However, the small increased risk is mostly limited to the first 3 weeks after the IUD is placed inside the uterus by a provider.



SYMPTOMS:

- Some people don't experience symptoms
- Pain in lower abdomen
- A feeling of fullness in the pelvic area
- Fever
- An unusual discharge with a bad odor from the vagina
- Pain and/or bleeding when having sex
- Burning sensation when urinating
- Bleeding between periods.

DIAGNOSIS & TREATMENT:

- There are no blood lab tests for PID. A diagnosis is usually based on a combination of medical history, pelvic exam, and other testing.
- If PID is diagnosed early, it can be treated. However, treatment won't undo any damage that has already happened to the reproductive system.
- Treatment is always required and is usually antibiotics.

PREVENTION:

- If you are sexually active, getting tested frequently ensures STIs will be caught and treated quickly, before PID can develop.
- Use barrier methods such as condoms when having sex.

HOW TO TALK TO PARTNERS ABOUT GETTING TESTED FOR STIS

It can feel awkward to bring up STI testing, but it's important and you'll feel better once you get it over with. And you never know — your partner might be glad you brought it up. Talking about getting tested shows you care about your partner, and it can even make you closer.

HOW DO I ASK MY PARTNER TO GET TESTED?

Getting tested before having a new partner is one of the best ways to prevent STIs, so it's best to discuss getting tested before you start having any type of sex.

Getting tested for STIs isn't about cheating or not trusting your partner. People can have an STI for years and not know it — most people with STIs don't have any symptoms, and testing is the only way to know for sure if someone has an STI. You can say that you want to get tested because you care about your health AND their health.

TEXTING VS. CALLING VS. TALKING IN PERSON

There is no one best way to have these conversations, but talking about test results face to face could pose safety concerns in some situations. If you're concerned that a partner may get aggressive or violent, then a text is the safest way to go. In an ideal world, everyone would be able to sit and have a heart-to-heart that ends with a hug of understanding and gratitude. But since the world isn't all unicorns and rainbows, a text is better than putting yourself in harm's way or not telling them at all.

HERE ARE SOME IDEAS FOR STARTING THE CONVERSATION:

- "This is hard for me to talk about, but I care about you and I think it's important. How do you feel about going to get tested for STIs together?"
- "FYI, I got tested for STIs last month and I didn't have anything. Have you ever been tested? I want us to make sure we're taking care of each other."
- "Many people who have an STI don't know it. Why take a chance when we can know for sure?"
- "I know we already had sex without a barrier, but if we're going to keep doing it, I'd like us to get tested."
- "If we're going to stop using dental dams/condoms, we need to get tested. Just to be safe."
- "I feel like sex might be in the cards for us soon, so we should probably talk about getting tested for STIs."
- "I always get tested before having sex with someone new. When was your last STI test?"

FACTS THAT COULD HELP THE CONVERSATION:

- Many STIs can be easily cured with medicine. There are also treatments for the STIs that can't be cured, which can help with symptoms and lower your chances of giving it to your partner. When they're treated early, STIs are less likely to cause long-term health problems.
- STI tests are quick, simple, and usually painless. For example, some rapid HIV tests can provide results from just a swab inside the mouth in only 20 minutes.
- If you want to get tested at home, you can get an HIV home test or self-testing kits for other STIs.
- If you don't feel comfortable talking about STIs with your regular doctor, you can get tested at a clinic instead.
- There are places to get free STI testing if cost is a barrier.

It's a great idea for you and your partner to get tested together so you can support each other. If your partner won't get tested, you may want to think about whether this is the right relationship for you. Someone who won't help you stay healthy may not be the best person to have a relationship with.

HOW TO TALK TO PARTNERS ABOUT YOUR STI STATUS

It's no fun to tell the person you're dating that you have an STI, but it's the right thing to do, and it helps them stay healthy. It's really important to also tell any past partners, so they can get tested, too.

There's no one right way to talk to your partners about having an STI, but here are some basic tips that might help:

1. Try to stay calm and remember that you're not the only one dealing with this. Millions of people have STIs, and plenty of them are in relationships. Try to go into the conversation with a calm, positive attitude. Your delivery is as much a part of your message as your words. Having an STI is simply a health issue, and it doesn't mean anything about you as a person.
2. It's normal to be worried about how your partner's going to react. And there's no way around it: they might get freaked out. If that happens, try to stay calm and talk about your plan to stay healthy and not give your STI to anyone. You might just need to give your partner a little time and space to process the news, which is normal. They can also talk to their doctor about ways to protect themselves. In the end, the conversation may even bring you closer together.
3. Try not to play the blame game when you talk to your partner. If one of you tests positive during your relationship, it doesn't automatically mean that somebody cheated. It can take a while for STIs to show up on a test, and most people don't have any symptoms. So lots of people have an STI for a long time (even years) without knowing it, and it can be hard to tell when and how someone got it. The most important thing is that you both get tested. If it turns out only one of you has an STI, talk about how you can keep the other one safe.

4. **Know your facts.** There are a lot of myths about STIs out there, so read up on the facts and be ready to answer your partner's questions. Let your partner know there are medicines that can cure or help treat your STI. Safer sex tools can also help protect your partner. Emotions may be running high, so a partner might not hear or process everything you share.
5. **Think about timing.** Pick a time when you won't be distracted or interrupted, and choose a place that's private and relaxed. If you're nervous, you can practice out loud to yourself or a friend you trust. It may sound strange, but practicing saying the words can help you figure out exactly what you want to say and feel more confident when you talk to your partner.
6. **Safety first.** If you're afraid that your partner might hurt you, you're probably better off with an e-mail, text, or phone call. Call 1-800-799-SAFE or go to the [National Domestic Violence Hotline website](#) for help if you think you might be in danger.

In some states, healthcare professionals offer the Partner Notification Services Trusted Source program and will contact your previous partner(s) to let them know they've been exposed and offer testing and referrals. If that's not an option or you'd rather not have a clinician do it, there are online tools that let you text or email previous partners anonymously. They're free, easier to use, and don't require sharing any of your personal information.

Here are a few options:

- TellYourPartner
- STDCheck
- Health Initiative for Men
- Let Them Know

STUCK ON WHAT TO SAY? HERE ARE A COUPLE OF EXAMPLES:

- "I was just diagnosed with [INSERT STI] and my clinician recommended that my previous partners get tested for this. It doesn't always cause symptoms, so even if you don't have any, you should still be tested to be safe."
- "I got my test results back and tested positive for [INSERT STI]. It's totally treatable and the doctor prescribed a medication for me to take for [INSERT NUMBER OF DAYS]. I'll be tested again in [INSERT NUMBER OF DAYS] to make sure it's gone. You probably have questions, so ask away."
- "My results came back positive for [INSERT STI]. I care about you, so I got all the information I could about my treatment, what this means for our sex life, and any precautions we have to take. What do you want to know first?"
- "Before we hook up, we should talk status. I'll go first. My last STI screen was [INSERT DATE] and I'm [POSITIVE/NEGATIVE] for [INSERT STI(s)]. How about you?"
- "I have [INSERT STI]. I'm taking medication to manage/treat it. I thought it was something you need to know before we take things further. I'm sure you have questions, so fire away."

REMEMBER: YOU GOT THIS.

Anyone who treats you poorly for talking about STIs or having one probably isn't worth it. Whether you are bringing up STI tests or the fact that you have an STI, there's always a chance that someone might respond cruelly, ghost you, or do something else along those rude lines. It's their right to decide who they do and don't want to have sex with. But if someone treats you poorly over taking responsibility for your sexual health, they're likely not a great partner to have in the first place.

TIPS FOR BEING INTIMATE WITH GENITAL & ORAL HERPES

DON'T LET HERPES WRECK YOUR SELF-ESTEEM

Millions of people have herpes. You are not alone, dirty or bad. Understanding that you are just as sexy and vibrant as before your diagnosis ensures you will continue to have healthy sexual experiences. Herpes is basically just an inconvenience, not a deterrent.

AVOID SEX DURING HERPES OUTBREAKS

This one seems like a no-brainer. When you start to experience any early outbreak symptoms, like tingling and itching, don't have sex. When you're having a full-blown outbreak, refrain from oral or genital sex, even protected sex. If you have cold sores, don't perform oral sex on your partner. Continue to avoid having sex for about 3 to 5 days after your outbreak has healed to ensure safety.

GET CREATIVE

An outbreak may mean you have to stop having sex for a few days until the infection clears- but this doesn't mean you have to stop being intimate. It may be tempting to withdraw from your partner, however, this is a great time to explore other intimate acts such as cuddling, going on dates, sexting, and nurturing your emotional connection: sex is not the only component in a romantic or intimate relationship. Additionally, mutual masturbation and sex toys are a great way to have fun without worrying about accidentally transmitting herpes to your partner.

USE PROTECTION

Using condoms during sex, even oral sex, can reduce the chance that you will pass genital herpes to your partner. A dental dam is another good barrier method to avoid transmission during oral sex.

TAKE SUPPRESSIVE MEDICATION

Suppressive medication is a herpes treatment that works by preventing asymptomatic shedding. Asymptomatic shedding is when the herpes virus spreads without a visible outbreak. Plus,

COMMON SLANG

THE PHRASE 'WET DREAMS'

WHAT ARE WET DREAMS?

- Wet dreams refer to sexual arousal during sleep. While wet dreams are common during puberty, they can happen during adulthood as well. Wet dreams are a normal part of growing.

WHAT DO WET DREAMS CAUSE?

- For people with a penis, wet dreams can cause nocturnal emissions. This means the penis will ejaculate while the person is sleeping. For people with a vagina, they may experience wetness and increased lubrication.
- The best thing someone can do after a wet dream is clean up after themselves and wash their sheets or clothing as needed. Wet dreams are normal, not something that should be shamed.

WHY DO WET DREAMS HAPPEN?

- Wet dreams happen as a reaction to our bodies stimulation during sleep. It is important to note that not all wet dreams occur because of a sexual dream. Not ejaculating for a few weeks can also cause nocturnal emissions, and friction to the genitals during sleep can encourage wet dreams.
- While some people experience wet dreams more often, others might not experience them as much, and both are completely normal.

THE PHRASE 'BLUE BALLS'

- The term blue balls refers to people with a penis- the medical term is **Epididymal Hypertension**.
- This occurs when people with a penis become sexually aroused and do not orgasm or finish.
- This can create tension in the testicles causing ache, discomfort, slight pain.
- The testicles do not turn blue and there are no long term effects of the ache.
- The ache or pain people feel when they almost finished and didn't finish, goes away or is relieved by orgasming.
- It happens most when people with a penis are younger and are newer to exploring sex and their own bodies.
- **AVOIDING BLUE BALLS IS NOT A REASON TO CONVINCE SOMEONE TO HAVE SEX WITH YOU.**
 - (That's what masturbation is for!)

THE PHRASE 'MORNING WOOD'

WHAT IS AN ERECTION?

- Erections occur to people with a penis. An erection occurs when blood flow increases into the shaft of the penis, making it appear bigger and firm. While erections can be caused by sexual arousal, during puberty they can also happen spontaneously.

WHAT IS MORNING WOOD

- The term 'morning wood', or nocturnal penile tumescence, refers to when people with a penis experience an erection early in the morning shortly after waking up.

WHY DOES MORNING WOOD HAPPEN?

- Morning wood can happen because of physical stimulation, or friction to someone's genitals.
- Hormone shifts during sleep stages can cause morning wood.

Sources: [healthline.com](https://www.healthline.com)

RESOURCES

Birth Control at low cost or free:

- **Children's Hospital**
 - Several Locations
 - 720-777-BC4U (2248)
 - <https://bc4u.org/>
- **Planned Parenthood**
 - Several Locations
 - 303-321-2458
 - plannedparenthood.org/learn/birth-control
- **Denver Health Family Planning**
 - Several Locations
 - 303-436-4949

STI Information Websites:

- cdc.gov/std
- ashasexualhealth.org
- plannedparenthood.org/learn

STI TESTING SITES:

- **Denver Health School-based Health Centers**
 - Martin Luther King, Jr. Early College Campus (720)424-0476
 - Evie Dennis Campus (720)423-7610
 - Rachel B. Noel Campus (720)424-0909
 - Montbello Campus (720)423-5808
- **Denver Sexual Health Clinic**
 - (303)-602-3540
- **HeyDenver**
 - (303) 962-2880
 - heydenver.org

Visit heydenver.org/alternate-testing for more options

Sex-Ed Chats:

- **Roo**
 - roo.plannedparenthood.org or
 - text Roo to 22422
- **Planned Parenthood**
 - text PPNOW to 774636
- **SGR**
 - Call (415) 989-7374
 - Mon-Thur 3-9pm PT

Menstrual Cycle Tracking Apps (help track ovulation and you can set birth control reminders)
Every time you use a period tracking app, be sure to read the terms and conditions regarding the sale of your data.

- Flo
- Spot On
- Clue
- Cycles
- Euki (available in spanish)

MANDATORY REPORTER DISCLAIMER

Most organizations who manage youth have to report abuse of a minor to local authorities.

SEXUAL ASSAULT RESOURCES:

Resources:

- **RAINN**
 - rainn.org
- **NOVA (National Organization for Victim Assistnace)**
 - trynova.org
- **The Blue Bench**
 - thebluebench.org

RESOURCES

TALKING TO PARENTS:

- **Gender Affirming Care**
 - transfamilies.org
 - genderspectrum.org
- **Sex & Birth Control**
 - sexetc.org/action-center/sex-in-the-states/
 - plannedparenthood.org/learn/teens

HARM REDUCTION CENTERS:

- **Access Point Denver (18+)**
 - 6260 E Colfax Ave, Denver, CO 80220
- **Harm Reduction Action Center (18+)**
 - 112 E 8th Ave, Denver, CO 80203

SUGGESTED MEDIA:

- **Sex Education (Netflix):** A teenage boy with a sex therapist mother teams up with a high school classmate to set up an underground sex therapy clinic at school
- **Sexplanations (YouTube)**
- **Instagram**
 - @heydenverorg
 - @afrosexology_
 - @school_sexed
 - @talk.tabu
 - @sh24_nhs
- **Websites**
 - **Scarleteen:** scarleteen.com
 - **AMAZE:** amaze.org
- **Podcasts**
 - **Doing It! With Hanna Witton**
 - **Six Minute Sex Ed**
- **TikTokers**
 - @heydenverorg
 - @safe.slut
 - @suzbub
 - @bubblieinblu

Books:

- **On Reproductive Justice:**
 - **Killing the Black Body-** Dorothy E Roberts
 - **Undivided Rights: Women of Color Organizing for Reproductive Justice-** Marlene Gerber, Jael Silliman Elena Gutierrez
 - **Reproductive Justice-** Loretta J Ross, Rickie Solinger
- **On Sexual Health**
 - **Our Bodies Ourselves-** Boston Women's Health Book Collective
 - **In Case You're Curious-** Planned Parenthood
- **Social Sexual Constructs:**
 - **Purity Myth-** Jessica Valenti
 - **The Ethical Slut, A Practical Guide to Polyamory, Open Relationships and other Freedoms in Sex and Love-** Janet W Hardy, Dossie Easton

LGBTQ+ RESOURCES

- **Denver Health**
 - denverhealth.org/services/lgbtq-services
- **The Center on Colfax**
 - lgbtqcolorado.org
- **Transgender Center of the Rockies**
 - transgendercenteroftherockies.org