



SEXUAL HEALTH AND WELLNESS

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WHAT IS SEXUAL HEALTH TO YOU?



SEXUAL HEALTH IS...

- A state of physical, mental and social well-being in relation to sexuality
 - A positive and respectful approach to sexuality and sexual relationships
 - The possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

- The World Health Organization

WHY IS SEXUAL HEALTH AND WELLNESS IMPORTANT?

- Importance of understanding your body and how it functions.
- Avoidance of adolescent pregnancy
- Avoidance of STDs/STIs
- Healthy Relationships
- Understanding that No means No
 - Sexual Coercion
- No means No








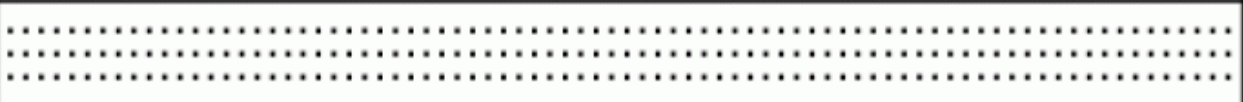


<https://www.youtube.com/watch?v=5vmsfhw-czA>

Number of Sexual Partners

SEXUAL EXPOSURE CHART

(if every person has only the same number of partners as you)

Number of People Exposed to

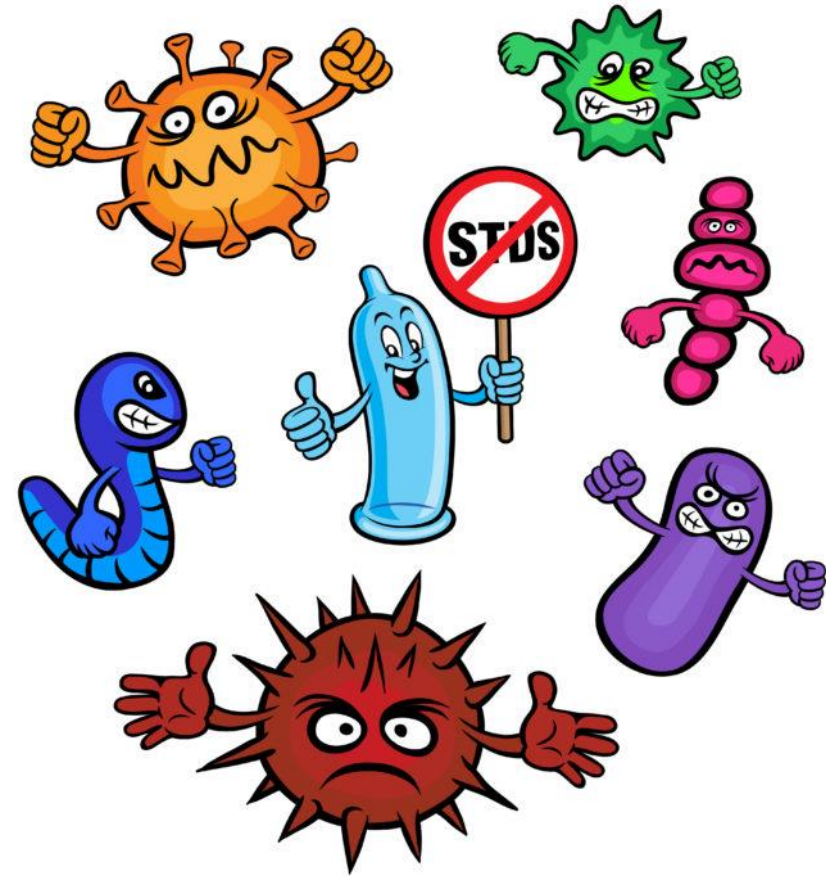
1		1
2		3
3		7
4		15
5		31
6		63
7		127
8		255
9		511
10		1023

STD'S/STI'S

Video:

[What are STDs? #FactCheck - YouTube](#)

- Chlamydia
 - Bacteria
- Gonorrhea
 - bacteria
- Syphilis
 - Bacteria
- HIV
 - Virus
- Herpes
 - Virus
- Genital Warts (HPV)
 - Virus



[HTTPS://WWW.YOUTUBE.COM
/WATCH?V=41CFMDTABJY](https://www.youtube.com/watch?v=41CFMDTABJY)

YOUTUBE: STD PREVENTION BEYOND CONDOMS

HOW DO I PROTECT MYSELF

- Abstinence
- Condom use
 - Internal
 - External
- Monogamous relationships
- Getting Tested
 - CCCHD
 - Planned Parenthood

[Condom Negotiation - YouTube](#)

TRUE OR FALSE?

- Only Adults get STD's
- Only dirty people get STD's
- You cannot get a STD if your only having oral sex
- You can get STD's from dirty toilets
- You can't get a STD if you only had sex once
- They looked clean so they do not have anything
- You can't catch the same STD twice
- There is no where for teens to get condoms to protect themselves