

Facts About STDs

Handout

HIV:

- HIV is a very serious illness that eventually causes death.
- People who have HIV can live for a long time with the help of a doctor.
- HIV is a type of STD.

STDs:

- An STD is an illness that people catch from having sex with someone who already has it.
- The most common way to get an STD is by having vaginal or anal sex with someone who already has an STD.
- Some STDs, including HIV, are spread by sharing needles.
- Some STDs, including HIV, are spread from mother to baby, through pregnancy, childbirth or breastfeeding.
- Lots of teens and young adults have STDs—10 million new cases of STDs each year in the United States are acquired by people between the ages of 15 and 24.

Prevention:

- People can prevent getting HIV and other STDs by not having sex.
- People can prevent getting HIV and other STDs by using a condom if they do have vaginal, anal or oral sex with a penis.
- People can prevent getting HIV and other STDs by not sharing needles.
- People can prevent getting the STD called Human Papillomavirus by getting the vaccine.

Abstinence:

- Most high school students are abstinent.
- Abstinence is choosing not to have oral, anal and vaginal sex.
- Abstinence is a 100% effective way to not get pregnant or catch an STD.

Condoms:

- Almost all teens who have vaginal sex have used a condom at some point.
- Condoms are easy to get and easy to use.
- Condoms are the only method of birth control that protects against pregnancy, HIV and other STDs.

Testing:

- The only way to know if you have HIV or other STDs is to get tested.
- Most people who have an STD, including HIV, do not have any symptoms.
- You can't tell if someone has HIV or other STDs by looking at them.

Clinics:

- See the websites listed on the *Sexual Health Resources* handout.