



women's
health clinic

www.womenshealthclinic.org

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SAFER SEX FOR TEENS

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“SAFER SEX”

is more than birth control and
sexually transmitted infection
(STI) prevention

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SAFER SEX

is being empowered to make
good choices for yourself

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We believe healthy sexuality involves:

* A holistic (whole) approach. We
recognize there are physical, mental,
emotional, spiritual, cultural and social
parts to our sexual health

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- * Honoring people as sexual individuals
- * Understanding and respecting our sexual
rights
- * Having a positive attitude towards
sexuality and relationships
- * Promoting safer sex

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- * Supporting informed choice
- * The right to protect ourselves from STIs and unplanned pregnancy
- * Taking a harm reduction approach to sexual health

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“What about teens who *want* to become pregnant?”

- * Most teen pregnancies are unplanned
- * Try to have a conversation that explores perceptions, and non-judgmentally challenge misperceptions
- * Explore supports, relationship stability, financial reality, career/school plans

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Not using birth control?

- * 85% chance of becoming pregnant within a year

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Abstinence (No Sex)

- * 100% effective against STIs and unwanted pregnancy



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Abstinence (No Sex)

- * “Outercourse” offers pregnancy prevention but **not** STI prevention



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The Pill

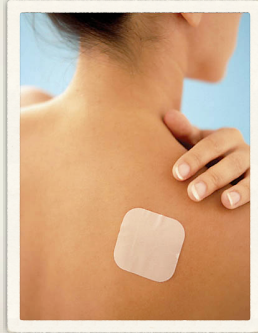
- * 92-99.7% effective
- * **No** STI protection
- * Generic brands appear to be different
- * \$16-\$35 per month



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The Patch

- * 92-99.7% effective
- * **No** STI protection
- * \$28.00 per month



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The Ring

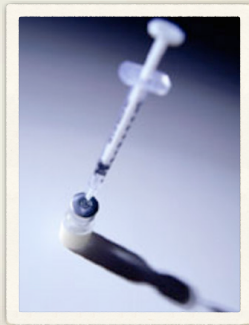
- * 92-99.7% effective
- * **No** STI protection
- * \$28.00 per month



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Depo Provera

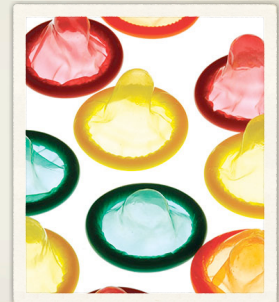
- * 97-99.7% effective
- * **No** STI protection
- * \$35.00



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Male Condoms

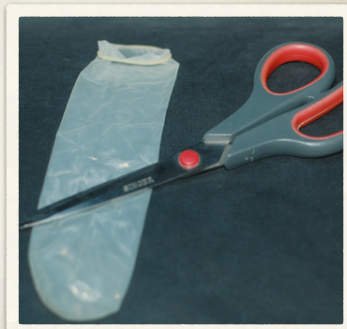
- * 85-98% effective
- * **Protects against STIs**
- * \$8-\$10 for 12



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Making a "Dental Dam"

- * For **ORAL** sex on women
- * Cut tip off condom, cut down one side
- * **STI protection**



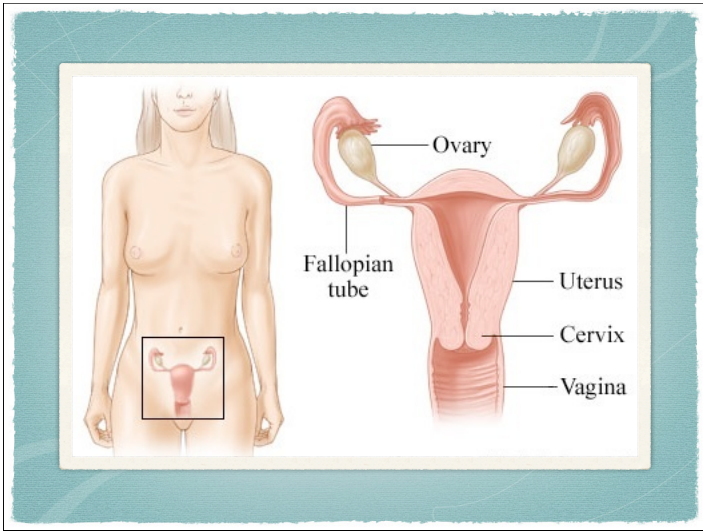
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Female Condoms

- * 79-95% effective
- * **Protects against STIs**
- * \$2.50 each



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IUD/IUS

- * 99.4-99.9% effective
- * **No** STI protection
- * \$180-\$350



Morning After Pill

- * 50-89% effective
- * **No** STI protection
- * \$35-\$40



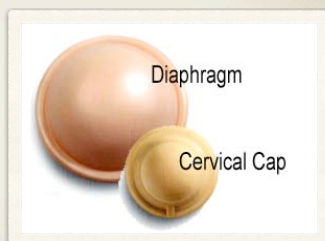
Spermicides or Sponge

- * 68-80% effective
- * **No** STI protection
- * \$15.00 for 9 pack VCF



Diaphragm & Cervical Cap

- * Barrier methods that are currently **unavailable** in Manitoba :(



Sterilization

- * Unlikely to be available to teens
- * Surgical procedures
- * 99.5-99.9% effective
- * **No** STI protection

BC Issues: The Four C's

- * Cost
- * Confidentiality
- * Convenience
- * "Compliance"

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Challenges for this generation:

- * Sexual "how to" and role modeling is now mainly coming from media
- * Getting teens to "buy in" to condoms

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Other challenges

- * Developmental biology doesn't match social reality
- * Social reality doesn't match cultural messages

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The best sex happens when both partners:

- * Communicate their needs to each other
- * Feel ready and not pressured to have sex
- * Have realistic expectations of sex and their bodies
- * Agree on how to protect themselves

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GOOD WEBSITES:

www.teentalk.ca
www.serc.mb.ca
www.sexualityandu.ca

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ASK A SEX QUESTION

The Facts of Life is
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thefactsoflife@serc.mb.ca

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