

## Chapter 22.1 and 22.2 Notes

### Chapter 22.1

1. A \_\_\_\_\_ infection is any pathogen that spreads from one person to another during sexual contact.
2. List 3 short term consequences of sexually transmitted infections.
3. List 2 long term consequences of sexually transmitted infections.
4. Risky behaviors that account for the current STI epidemic are:
  - a. Ignoring risks
  - b. \_\_\_\_\_
  - c. Not seeking treatment
5. You can avoid an STI by:
  - a. Practicing abstinence
  - b. \_\_\_\_\_
  - c. Choosing responsible friends

### Chapter 22.2

1. STIs are spread through \_\_\_\_\_ and \_\_\_\_\_.
2. The three most common STIs in the United States are:
  - a.
  - b.
  - c.
3. \_\_\_\_\_ is the most common viral STI in the United States.
4. What two health problems can HPV cause in women?
5. \_\_\_\_\_ is the most common STI caused by bacteria in the United States.

6. If left untreated, chlamydia can cause serious infection of the reproductive organs called \_\_\_\_\_ disease.
7. In some people, the symptoms of genital herpes are hardly \_\_\_\_\_, while others experience painful blisters on or around the genitals. There is \_\_\_\_\_ cure for genital herpes.
8. Individuals who suspect they may be infected should seek medical attention \_\_\_\_\_.

## Chapter 6.4

1. The risks of sexual intimacy:
  - a. The effect on your \_\_\_\_\_.
  - b. The effect on your relationship.
  - c. The risk of \_\_\_\_\_.
  - d. The risk of STIs.
2. \_\_\_\_\_ in \_\_\_\_\_ teenage girls who engage in sexual intercourse becomes pregnant.
3. \_\_\_\_\_ refers to the openness, sharing, affection, and trust that can develop in a close relationship.
4. Define the word abstinence.
5. Abstinence skills include:
  - a. Setting clear limits
  - b.
  - c. Avoiding high-pressure situations
  - d.
6. Other Birth Control Options include: <http://goo.gl/034SPv>
  - a. Birth Control Patch-The birth control patch is a thin, beige, 1¾-inch (4½-centimeter) square patch that sticks to the skin. It releases hormones through the skin into the bloodstream to prevent pregnancy. The combination of the hormones progesterone and estrogen in the patch prevents ovulation
  - b. Birth Control Pill-The birth control pill (also called "the Pill") is a daily pill that contains hormones to change the way the body works and prevent pregnancy. The combination of the hormones progesterone and estrogen in the patch prevents ovulation.

- c. Birth Control Ring-The birth control ring is a soft, flexible, doughnut-shaped ring about 2 inches (5 centimeters) in diameter. It is inserted into the vagina, where it slowly releases hormones — the chemicals the body makes to control organ function — through the vaginal wall into the bloodstream.
- d. Birth Control Shot- The birth control shot is a long-acting form of progesterone, a hormone that is naturally manufactured in a girl's ovaries. The shot is given as an injection in the upper arm or in the buttocks once every 3 months to protect a girl from becoming pregnant.
- e. Cervical Cap- A cervical cap is a small, thimble-shaped cup made of silicone that fits over the cervix (the part of the uterus that opens into the upper part of the vagina). It is considered one of the barrier methods of birth control because it provides a physical barrier between a male's sperm and a female's egg.
- f. Condom- condoms are a barrier method of contraception. There are male condoms and female condoms:
  - i. A male condom is a thin sheath (usually made of latex, a type of rubber) that is worn on the penis.
  - ii. A female condom is a polyurethane sheath with a flexible ring at either end. One end is closed and inserted into the vagina; the other end is open and the ring sits outside the opening of the vagina.
- g. Diaphragm- The diaphragm is a dome-shaped bowl made of thin, flexible rubber that sits over the cervix. The diaphragm keeps sperm from entering the uterus by blocking the cervix.
- h. Emergency Contraception (Morning-After Pill, Plan B, or ECP)-Emergency contraception is a way to prevent pregnancy after unprotected sex. Often called the morning-after pill, emergency contraception pills (ECPs) are hormone pills that women can take after having sex. There are different types of ECPs. One type, levonorgestrel (brand names: Plan B and Next Choice), has been on the market for a while. It works best up to 72 hours after having unprotected sex, but will reduce the risk of pregnancy if taken within 120 hrs (5 days) after unprotected sex.
- i. Implantable Contraception-Implantable contraception is a small, flexible plastic tube containing hormones that doctors insert just under the skin of the upper arm. The hormones delivered in this way can help protect against pregnancy for up to 3 years. The implanted tube slowly releases low levels of the hormone progestin to prevent pregnancy.
- j. Intrauterine device (IUD)- is a T-shaped piece of plastic about the size of a quarter that is placed inside the uterus to prevent pregnancy.
- k. Spermicide-Spermicides come in several different forms: cream, gel, foam, film, and suppositories. Most spermicides contain nonoxynol-9, a chemical that kills sperm. Spermicides can be used alone but are more effective when used with another method of birth control, such as a condom or diaphragm.
- l. Withdrawal-Withdrawal is an attempt to keep sperm from entering the vagina by having the guy ejaculate outside the vagina. Over the course of 1 year, about 27 out of 100 typical couples who rely on withdrawal to prevent pregnancy will have an accidental pregnancy.

