

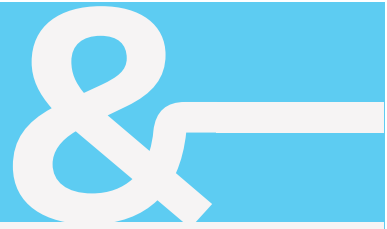
RESPECT

& REALITY

Staying Safe in Relationships **&** Being True to Yourself



ABOUT US!

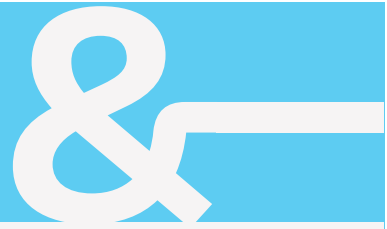


- We are a nonprofit based in Lodi, CA
- Our medical clinic offers free pregnancy tests & ultrasounds
- We also offer free parenting classes, free baby supplies, car seat classes, education, and more



www.dmcforwomen.org

WHAT EVEN?!



STAYING SAFE IN RELATIONSHIPS

Everyone deserves to have safe, healthy relationships built on respect and love

BEING TRUE TO YOURSELF

In order to make good decisions for your health and future you need to know all the right information

www.dmcforwomen.org

SELF RESPECT & IDENTITY

- Examining outside influences
- Thinking about your future
- Deciding what's important to you
- Understanding yourself
- Getting help & advice



REALITY

EXAMINING OUTSIDE INFLUENCES

When you scroll through social media, there are a lot of **messages** about what's important in life.

According to social media & culture,
what's most important in life?

Your appearance/body
Being successful
Acceptance

Driving a nice car
Having the perfect life
Making a lot of money

Being the best
Having the most followers



REALITY

EXAMINING OUTSIDE INFLUENCES

2022's Most-Followed People on Instagram



Cristiano Ronaldo
407 million followers



Lionel Messi
309 million followers



What are their most popular posts?



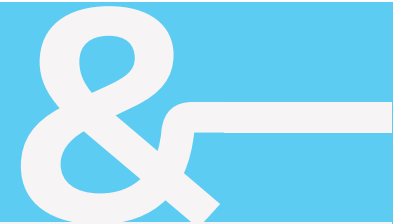
Dwayne "The Rock" Johnson
300 million followers

Rylo Warden
314 million followers



Selena Gomez
299 million followers

KYLIE JENNER — 314 MILLION FOLLOWERS



**Most-Liked Post:
Second
Pregnancy
Announcement**



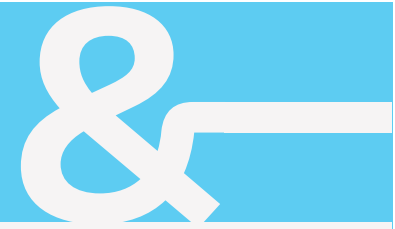
CRISTIANO RONALDO — 407 MILLION FOLLOWERS



**Most-Liked Post:
Their twins
pregnancy
announcement**



Lionel Messi— 309 MILLION FOLLOWERS



 **leomessi** • Follow
Parc Des Princes

 **leomessi** Arranco una nueva etapa en mi vida y lo hago con toda la motivación y las ganas de seguir aprendiendo cada día. Trabajaremos por cumplir los objetivos del @psg. #AllezParis

35w

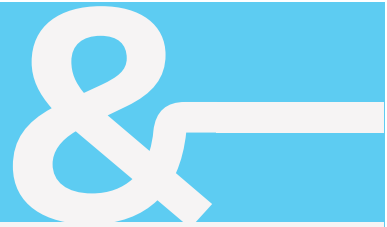
22,092,173 likes
AUGUST 11, 2021

 Add a comment... Post



Most-Liked Post:
First post after signing with PSG

DWAYNE JOHNSON — 300 MILLION FOLLOWERS



**Most-Liked Post:
Wedding Day**



therock • Follow



therock We do.
August 18th, 2019.
Hawaii.
Pōmaika'i (blessed)
[@laurenhashianofficial](#) ❤️
[@hhgarcia41](#) 🇺🇸

Edited · 139w



14,269,740 likes

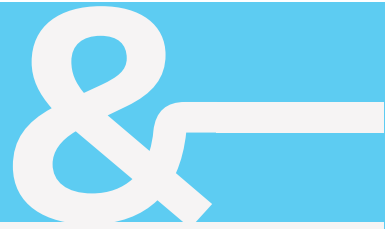
AUGUST 19, 2019



Add a comment...

Post

SELENA GOMEZ — 299 MILLION FOLLOWERS



selenagomez • Follow

selenagomez My best friend is getting married, so we celebrated her! Future Mrs. Lopez

166w

14,260,417 likes

FEBRUARY 11, 2019

Add a comment... Post



**Most-Liked Post:
Beach trip with
friends**

REALITY

EXAMINING OUTSIDE INFLUENCES

Did you notice the common theme? What type of content gets the most approval? **Relationships!**

According to your family & friends, what's most important in life?

What is most important to you?



ME, MYSELF, & I

A major part of being a teen is figuring out **your goals**.

What am I good at?

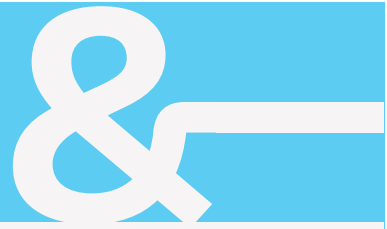
What am I about?

Why am I here?

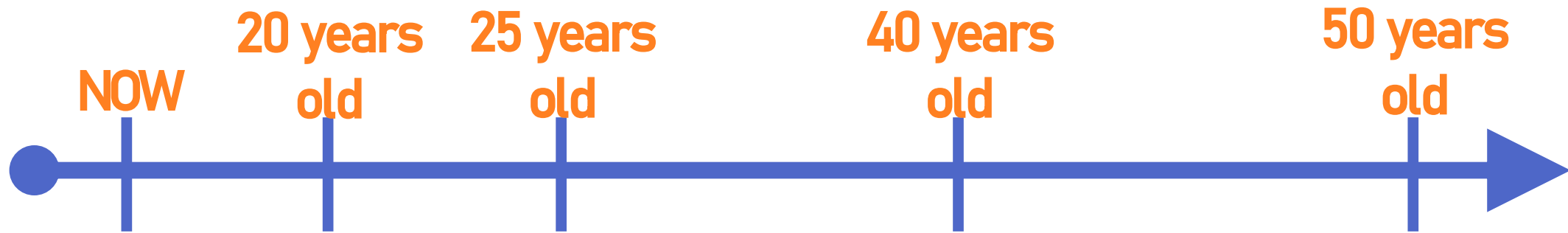
What's my role in the
world?

What's my purpose?

You are stronger than you think and
you can achieve so much more than you realize
if your focus is right



What are your goals in life?



Will decisions you make now help you achieve your goals or get in the way?

GETTING HELP

& ADVICE

One of the most important relationships teens have is with trusted adults.

WHAT CAN THEY HELP WITH?

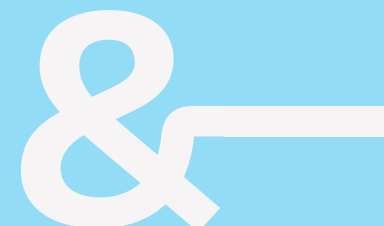
Answering questions about sex, gender, sexuality, abuse, relationships, dating advice, decision making, etc.

Who are your trusted adults?

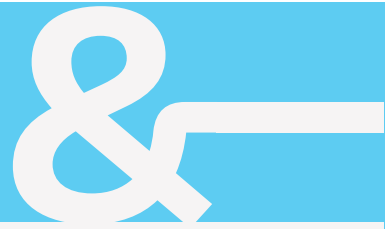
WHO ARE TRUSTED ADULTS?

Parents, teachers, aunts, uncles, grandparents, family friend, coaches, etc.

CA Youth Crisis Line: (call or text)
1 800 843 5200



WHY ARE RELATIONSHIPS WITH TRUSTED ADULTS IMPORTANT?



- Trusted adults want to help you make decisions that are good for you
- They have no secret motives behind helping you
- They love you!

Tips for talking to your trusted adults:



Remember that adults are sometimes nervous to have big conversations



Think of the best location and time to talk



Plan some good conversation starters

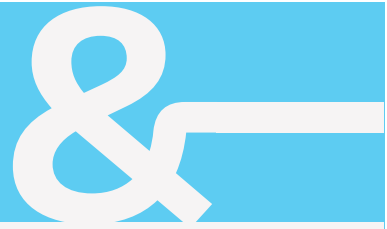


Make it ongoing, have lots of smaller conversations

GETTING READY FOR HEALTHY RELATIONSHIPS

- Your Rights
- Setting Standards
- Deciding Boundaries



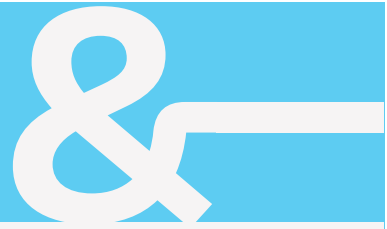


Everyone has the right to:

- Decide **when** they are ready for sexual activity
- Decide **how far** they want to go when they are intimate
- Not be **forced** into physical intimacy with another person
- Not have another person **look at, photograph, or touch** the intimate/private areas of their bodies
- Not be **forced to look at or touch** another person's intimate/private areas (in person or digitally)

You get to decide what happens to your own body!

GETTING READY FOR HEALTHY RELATIONSHIPS



Standards: Requirements that must be met

Must-have qualities:

Respectful

Similar Values

Responsible

Honest

Funny

Optional qualities:

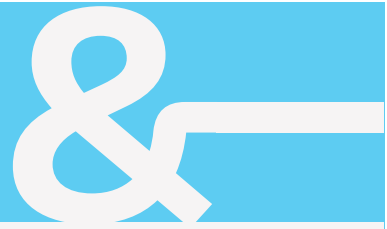
Likes Sports

Good Cook

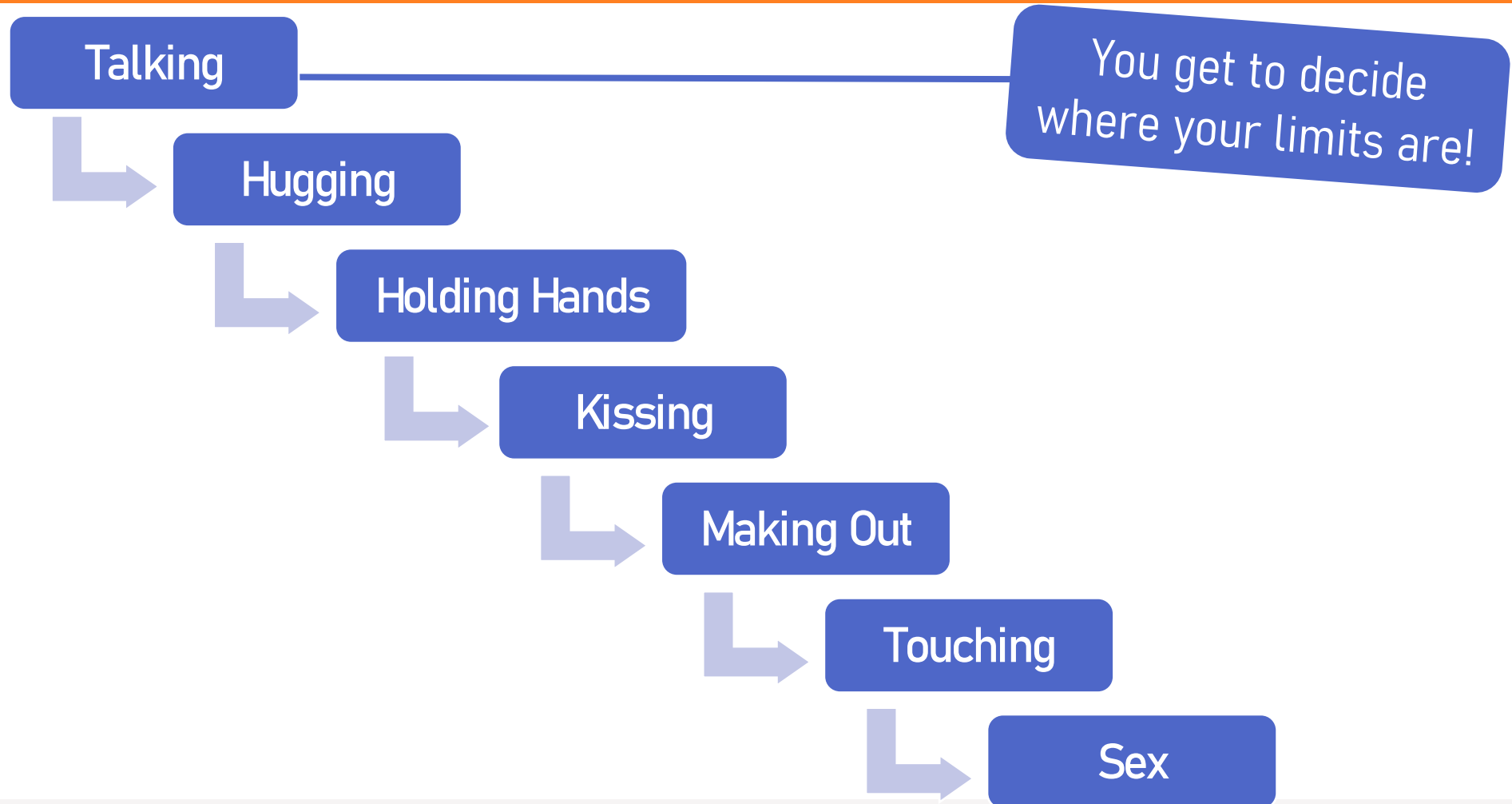
Artistic

Dog Person

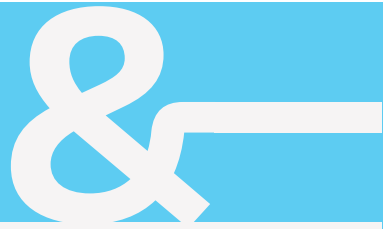
Same Taste in Movies



Boundaries: Setting limits for yourself



CONSENT IS PERMISSION



CONSENT IS:

- ✔ Saying “YES” or other affirmative statements
- ✔ Positive body language
- ✔ Checking in- “Is this OK?”
- ✔ Comfortable
- ✔ Mutual
- ✔ Retractable
- ✔ Willingly given

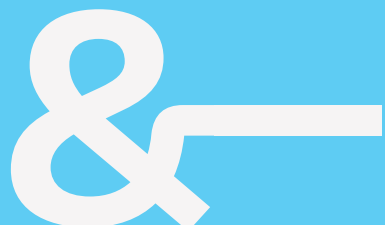
CONSENT IS NOT:

- ✘ Silence
- ✘ Assuming “yes” based on appearance
- ✘ Assuming “yes” because they are flirting or kissing
- ✘ Someone under the influence of drugs or alcohol
- ✘ Pressuring someone by using fear or intimidation
- ✘ Assuming you have permission because you’ve done it in the past

Remember: You get to decide what happens to your own body!

STAYING SAFE IN RELATIONSHIPS

- Healthy & Unhealthy Relationships
- Dangerous Situations
- Getting Help



UNHEALTHY



HEALTHY RELATIONSHIPS

Healthy

- Communication
- Respect
- Trust
- Honesty
- Equality
- Enjoy time apart
- Making mutual choices

Unhealthy

- No communication
- Disrespectful
- No trust
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities

Abusive

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

ABUSE



DANGEROUS SITUATIONS

Sexual Assault

- No consent given for sexual activity
- Includes physical actions from the boundary line

Sexual Harassment

- Includes sexual assault
- Actions that create a hostile environment including body language, comments or jokes

Teen Dating Violence

- Physical, sexual, psychological, or emotional violence within a dating relationship
- Includes stalking and controlling behaviors



REALITY

HUMAN TRAFFICKING

Human trafficking is basically modern-day slavery:

Using **force, fraud, or intimidation** to obtain some kind of labor or sex act for profit

Traffickers sometimes use **technology** to exploit and control their victims

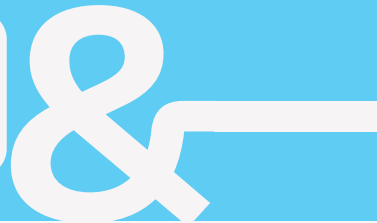
A person of any **age, gender, or background** can be trafficked

Anyone selling sex who is **under 18** is legally a trafficking victim

California is the **#1 state** in the U.S. for trafficking

People being trafficked feel **trapped, afraid,** and believe they **cannot escape**

Those who are **most vulnerable** to trafficking include those living in **poverty, racial minorities,** those who have **experienced abuse or trauma** prior to being trafficked, and **runaway, homeless, or LGBTQ youth**



REALITY

■ HUMAN TRAFFICKING

Common signs that a person is a victim of trafficking:

- Carries multiple cell phones
- Unexplained bruises and/or injuries
- Tattoos or brands
- Sudden change in wardrobe
- Loss of interest in school or favorite activity
- Sleeping in class
- Change in personality
- Secretive
- Much older boyfriend or girlfriend
- New drug/alcohol abuse

If you or someone you know needs help, call the National Human Trafficking Hotline toll-free hotline, 24 hours a day, 7 days a week at

1-888-373-7888 or text 233733

to speak with a specially trained Anti-Trafficking Hotline Advocate.



REALITY

SEXTING

What is sexting?

The sending of sexually explicit messages or images, usually by cell phone.

California & Federal law considers any sexually suggestive image of a minor (someone under 18) to be child pornography.

It is illegal to create, send, or possess sexually explicit images of a minor.

(Even if it is of yourself)

California law:

Teens can be expelled from school for sexting.

Revenge porn:

Posting sexually explicit photos of someone else online without permission.

CA law: 1st revenge porn incident is punishable by up to 6 months in jail and a fine of up to \$1000.

What is porn?

A depiction of sexual behavior in books, pictures, videos, and other media that is intended to cause sexual excitement.

How it affects your brain:

Porn can be addictive and can train your brain to think that it is better than real sex.

How it affects relationships:

- Less trust
- Lower relationship satisfaction
- Lower self-esteem
- Creates distorted expectations for relationships

How it affects society:

- Objectifies people (They are seen as objects for sexual pleasure)
- Feeds the human trafficking industry
- Promotes warped ideas about beauty
- Promotes abusive behaviors

RESPECT

WHAT TO KNOW WHEN YOU WANT TO SAY NO

1

Know what you want.

What are your goals? Standards?
Boundaries?

(example: "I don't want to have sex until I graduate from college.")

2

Know your rights.

You get to decide what happens
to your body.

3

Know your exit plan.

Code word with a friend, awareness
of surroundings, phone safety apps.

4

Know who your trusted adults are.

When do you need to get their
help?



If you are in immediate danger, call 911 and help will find you ASAP

Something bad happen? You have the right to make a report!

School

Tell any teacher, counselor, or school employee

What to expect:

- School will investigate any reports of sexual harassment and intervene as necessary.
- Someone may ask you questions to help in their investigation.
- You are protected from retaliation.

Police/Law Enforcement

Ask to make a report

What to expect:

- An officer may ask you questions to help in their investigation.
- Your safety is top priority.

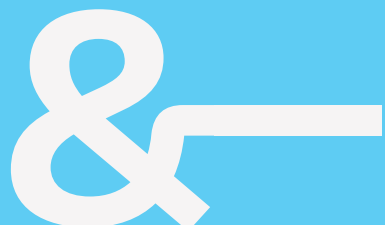
Galt PD
455 Industrial Dr.
Galt, Ca 95632
209-366-7000

Local Resources to Help You:

California Youth Crisis Line:
Suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle
(1-800-843-5200)

ADDING SEX TO THE RELATIONSHIP

- When is it True Love?
- Reproduction
- Parenting
- Contraception
- STIs & STDs



LOVE, LUST, & INFATUATION

Love

- Selfless
- Takes time to form
- Puts others first

Infatuation

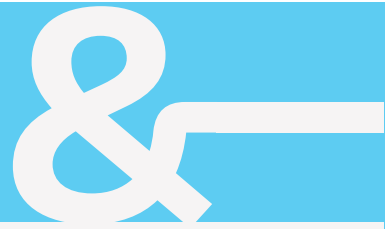
- Short-Lived
- Crush
- Obsessing

Lust

- Selfish
- All about physical attraction
- Greedy

ARE THEY ALL THE SAME?





Q. Am I ready for sex?

A. You are the **only one** who can decide if you are ready for sex.
Are you ready to handle any of the possible outcomes?

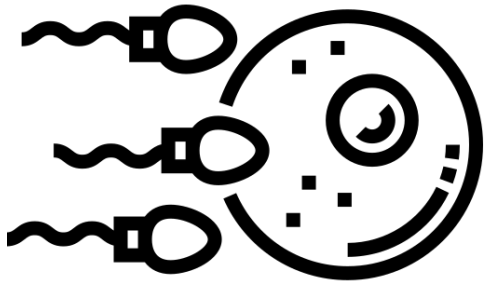
Potential results of sexual contact:

- Pregnancy
- STIs and STDs
- Negative relationship outcomes

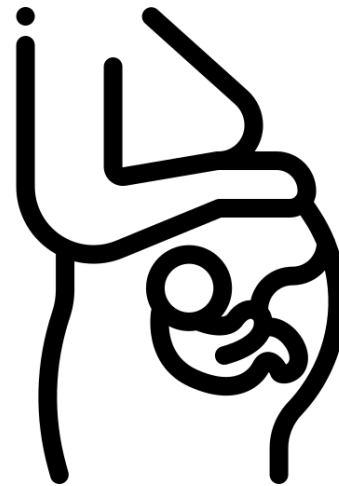
PREGNANCY

& PARENTING

Reproduction



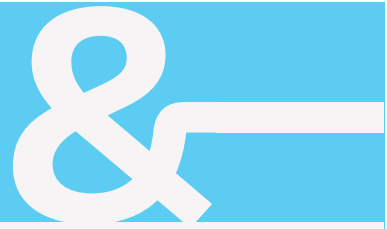
Fetal Development



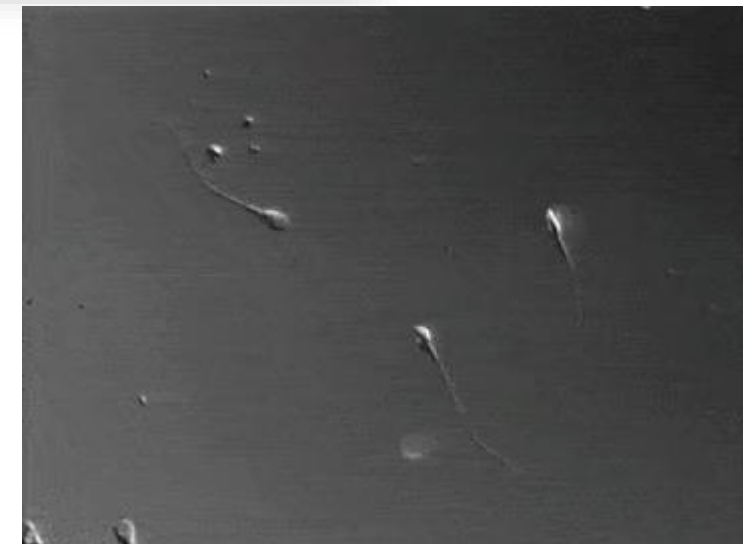
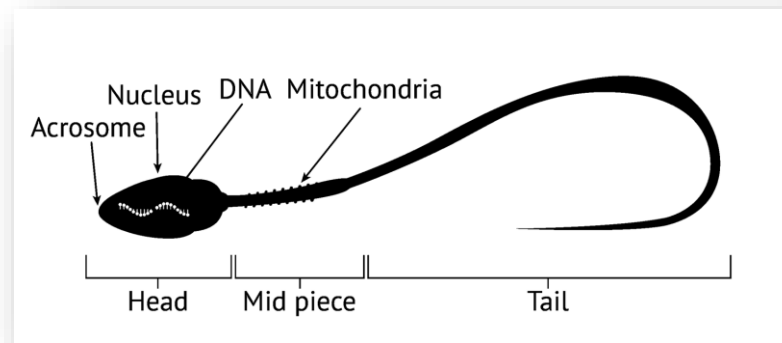
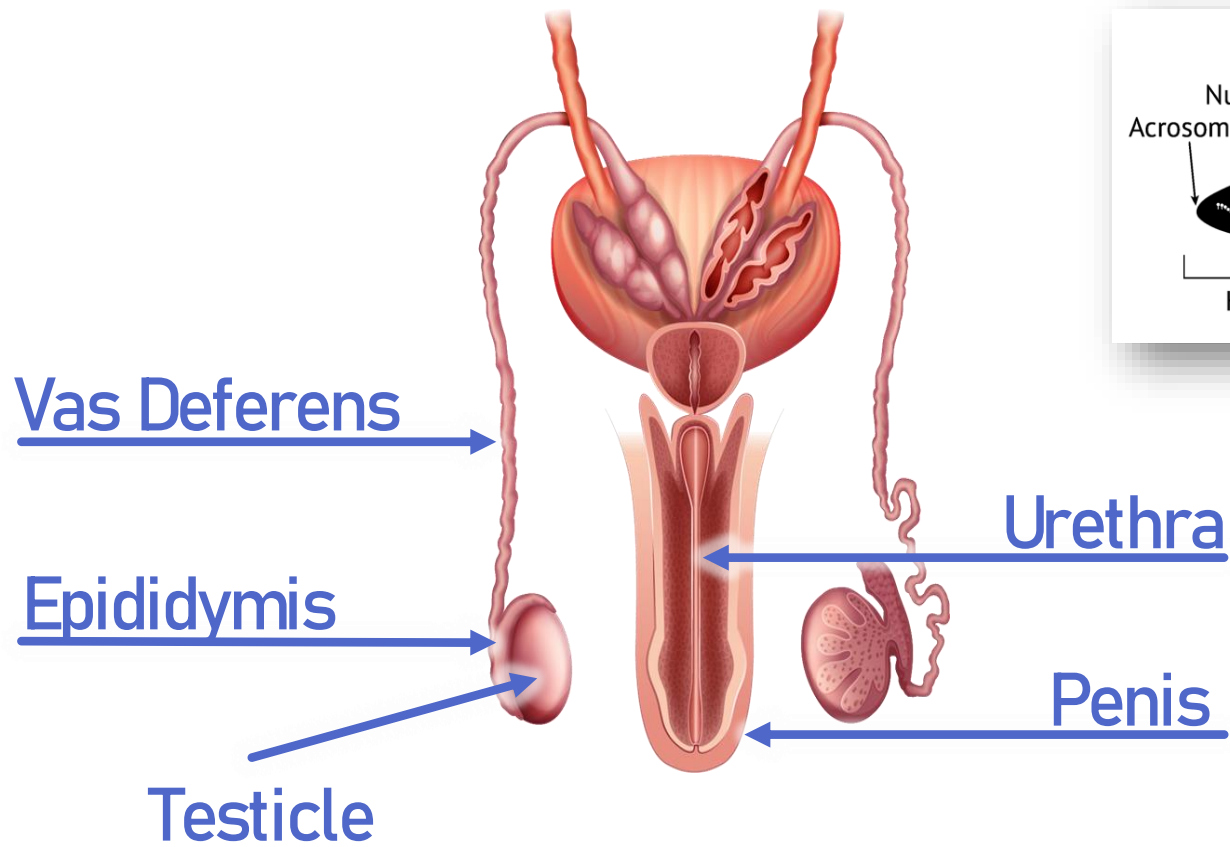
Parenting



MALE REPRODUCTIVE SYSTEM



After reaching puberty, a healthy male can produce 80 – 300 million sperm each day.

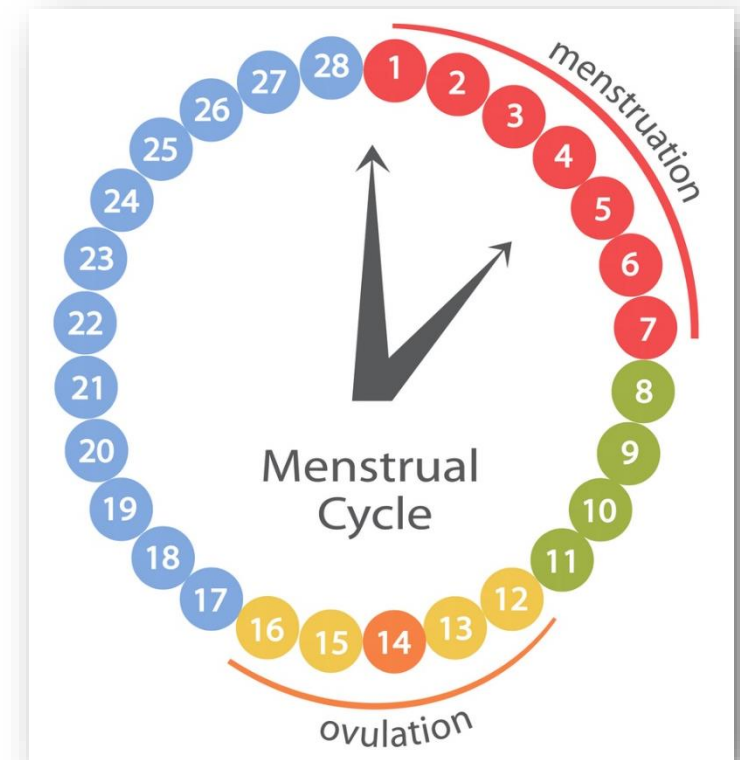
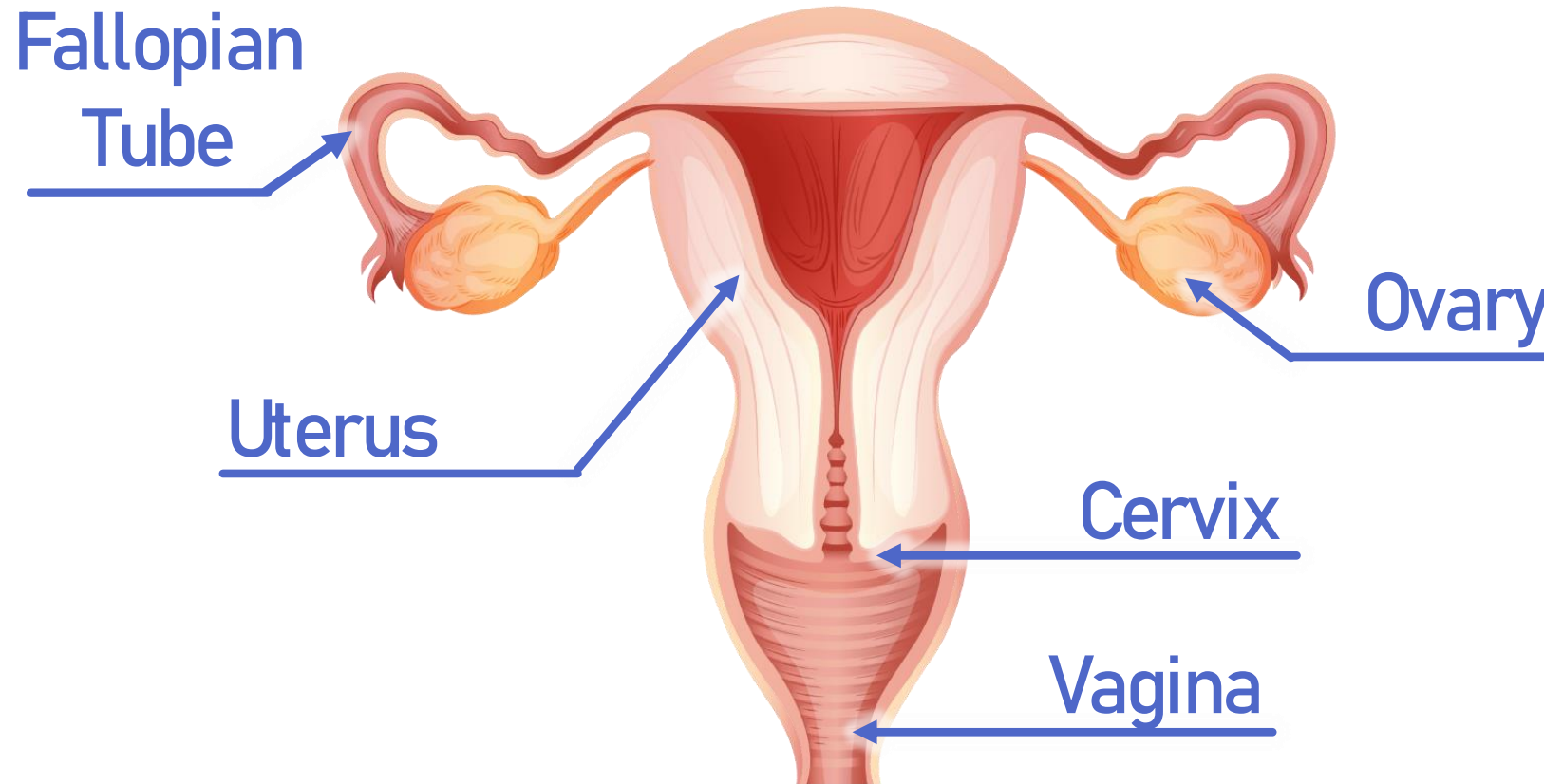


Swimming Sperm

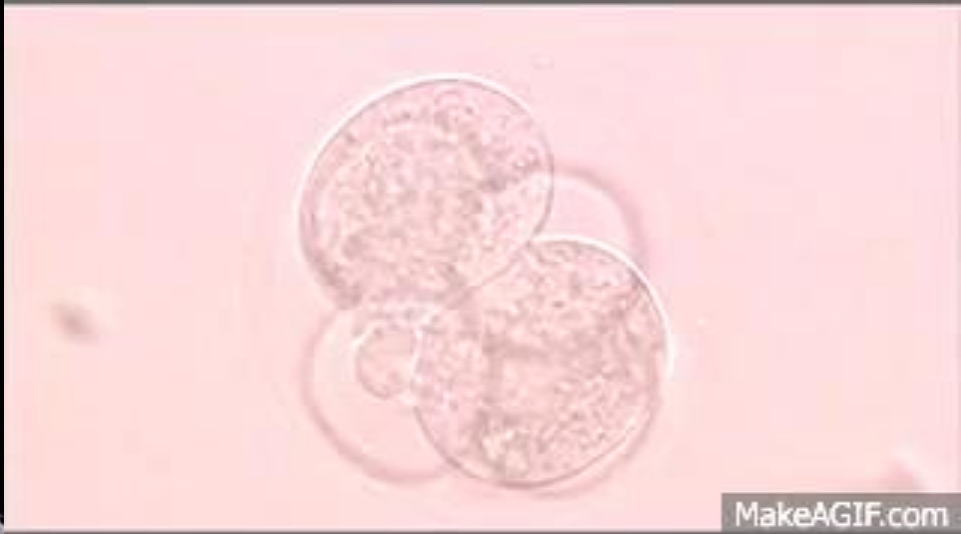
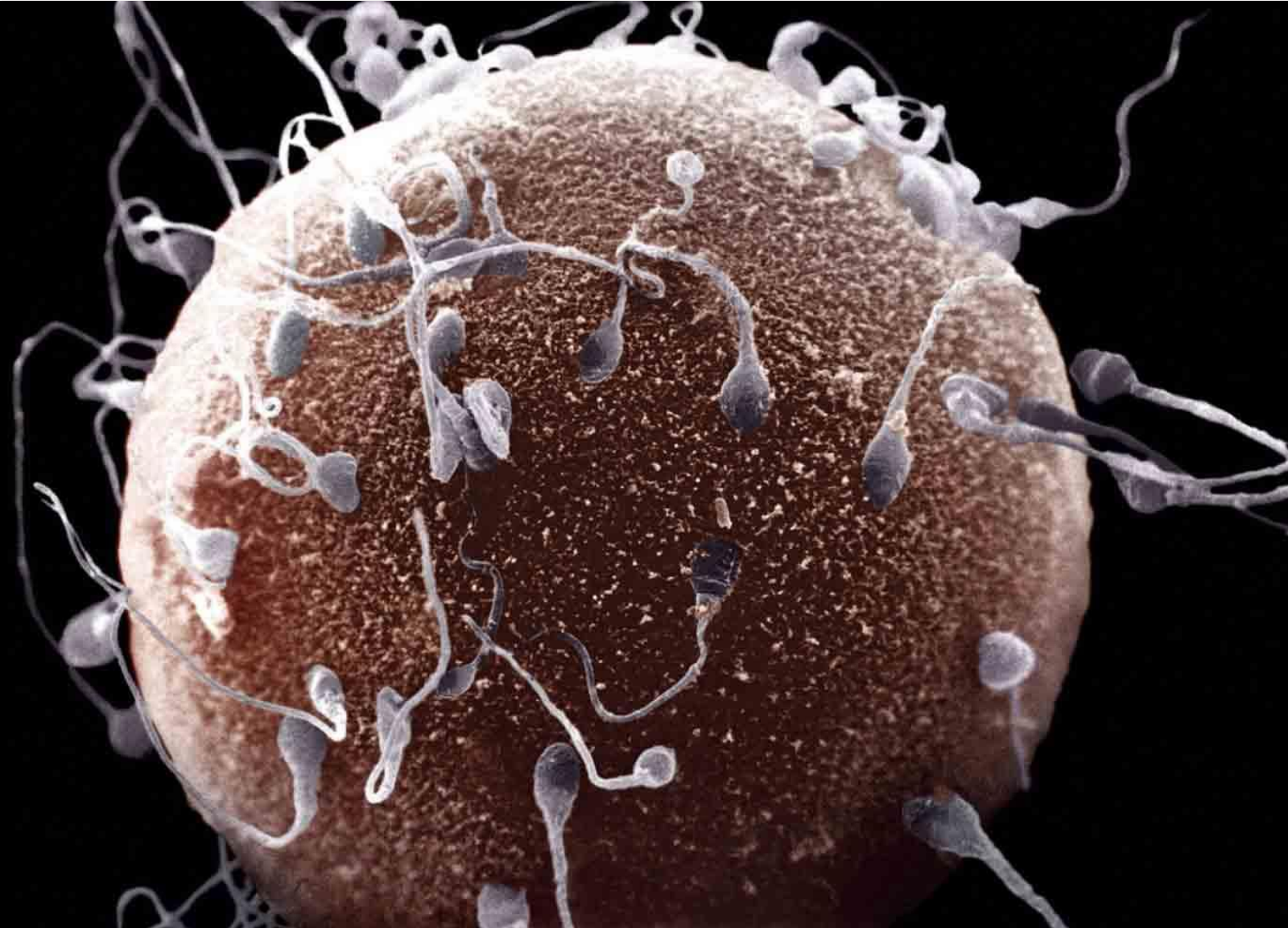
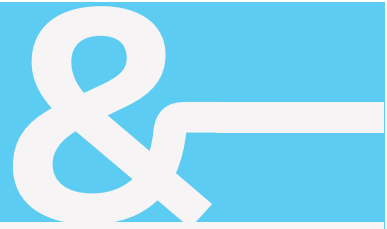
FEMALE REPRODUCTIVE SYSTEM



After reaching puberty, a healthy female's body begins to prepare to get pregnant every single month, in a process called the menstrual cycle.

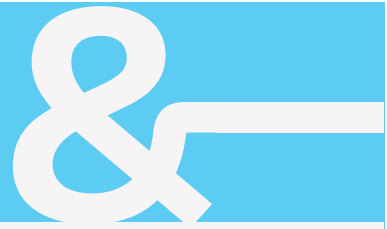


CONCEPTION

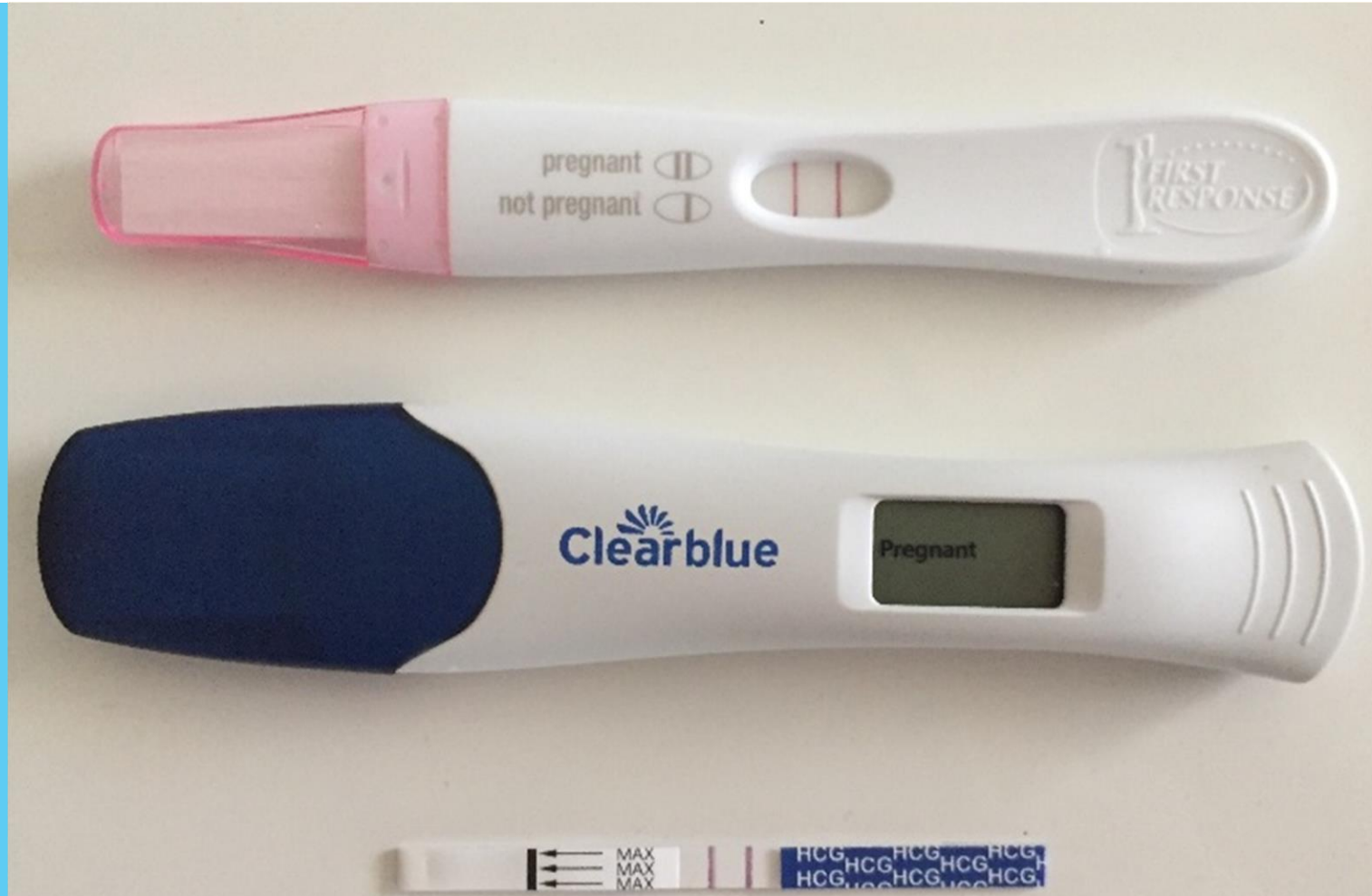


- During intercourse, up to 400 million sperm can be released, all in search of the ovum.
- Only about 100 sperm make it to the egg.
- After conception, the fertilized cell begins to multiply.

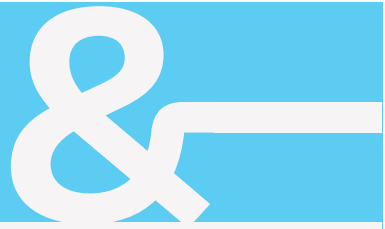
SIGNS OF PREGNANCY



- Missed period
- Sore breasts
- Tiredness
- Nausea/vomiting
- Food cravings or aversions
- Mood swings
- Frequent urination



Only a pregnancy test can tell you if you are pregnant!



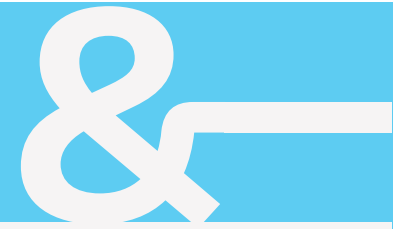
What is contraception?

Any method used to **prevent pregnancy**,
also known as **birth control**

Does birth control prevent STIs & STDs?

Only **some** types of birth control offer
limited STI/STD protection (not 100%)

TYPES OF CONTRACEPTION



Emergency

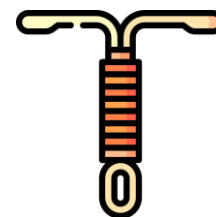
- Prevents pregnancy after sex
- Not a regular form of birth control
- Should be used 72-120 hours after unprotected sex
- Typically 85% effective
- **No STI/STD protection**

Hormonal

- Uses hormones to stop ovulation in females
- **No STI/STD protection**

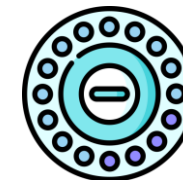
Long-term

- Implant or IUD
- Lasts 3-12 years
- Typically 99% effective

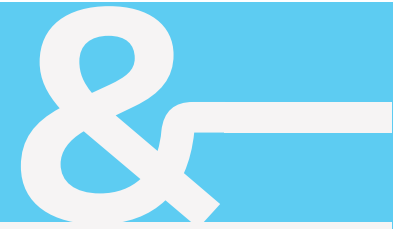


Short-term

- The pill, shot, ring, or patch
- Typically 91-94% effective

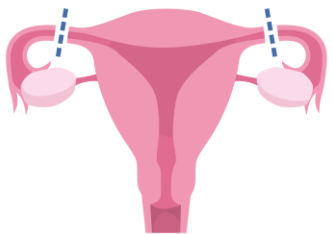


TYPES OF CONTRACEPTION



Permanent

- Surgery or procedure to remove possibility of pregnancy
- Vasectomy (male) or Tubal Ligation (female)
- Typically 99% effective
- **No STI/STD protection**



FEMALE STERILIZATION
TUBAL LIGATION



MALE STERILIZATION
VASECTOMY

Barrier

- Items that stop sperm from reaching the egg

Some STI/STD Protection

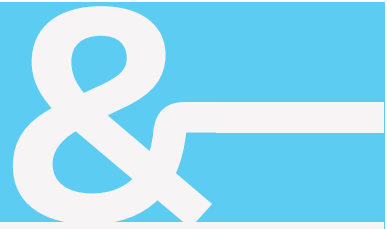
Condoms:

- Typically 79-82% effective (at preventing pregnancy)
- External: A thin latex cover worn on a man's penis during intercourse
- Internal: a pouch worn to cover the inside of the vagina or anus.

No STI/STD Protection

- Spermicide, gel, cervical cap, sponge, diaphragm
- Typically 72-88% effective

TYPES OF CONTRACEPTION



Abstinence

- Not having any sexual activity
- Also called the “Not Right Now Method”
- Typically 100% effective
- **Total STI/STD protection**

Fertility Awareness

- Tracking monthly cycle to know when to avoid unprotected sex
- Also called Natural Family Planning
- Typically 76% effective
- **No STI/STD protection**



Withdrawal

- Pulling out before ejaculation
- Typically 78% effective
- **No STI/STD protection**

STDs

& STIs

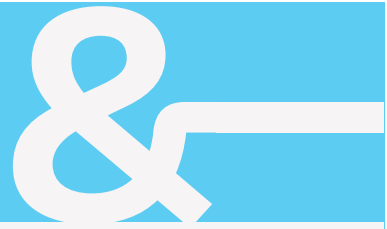
What are STIs and STDs?

**Sexually transmitted infections &
Sexually transmitted diseases**

How does someone get an STI?

From having sexual contact with an infected person

WHAT IS SEXUAL CONTACT?

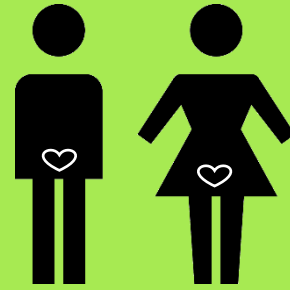


Important:

All types of sexual contact can pass STIs and STDs!

You should know:

STIs and STDs can be spread even if a person has no symptoms of being sick!



Intercourse



Oral Sex

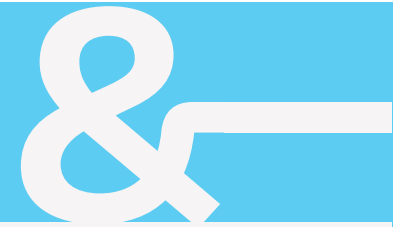


Anal Sex



Skin to Skin

STDs IN THE UNITED STATES



THE
STATE OF STDs
IN THE
UNITED STATES,
2020

STDs remain far too high,
even in the face of a
pandemic.

Note: These data reflect the effect of COVID-19 on
STD surveillance trends.



1.6 million
CASES OF CHLAMYDIA
1.2% decrease since 2016



677,769
CASES OF GONORRHEA
45% increase since 2016



133,945
CASES OF SYPHILIS
52% increase since 2016



2,148
CASES OF SYPHILIS
AMONG NEWBORNS
235% increase since 2016

LEARN MORE AT: www.cdc.gov/std/

Anyone who has sex is at risk, but some groups are more affected:

- Young people aged 15-24
- Gay & bisexual men
- Pregnant women

Almost half of all STDs are found in young people aged 15-24

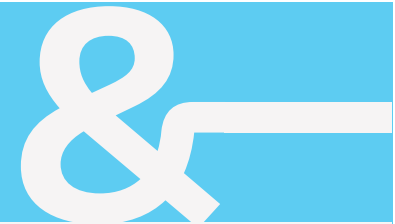


Which California cities have the most STIs/STDs?

- #1: San Francisco (#3 overall in US)
- #2: Los Angeles (#37 overall in US)
- #3: Sacramento (#51 overall in US)
- #4: San Diego (#55 overall in US)
- #5: Bakersfield (#68 overall in US)

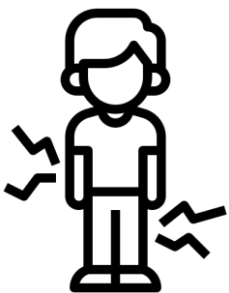
“Fun” fact: Modesto is #11 (#113 overall in US)





If left **untreated**, STIs don't just go away.

They can lead to:



Long-term pain



Cancer

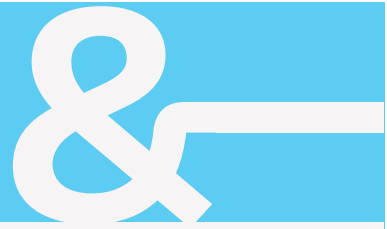


Infertility



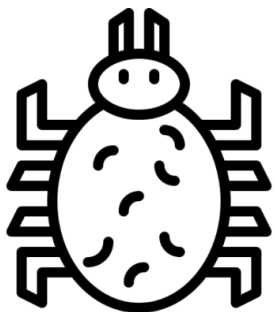
Death

WHERE DO STIS & STDS COME FROM?



Parasites

- Organisms that live in the body causing harm.
- Can be cured.



Bacteria

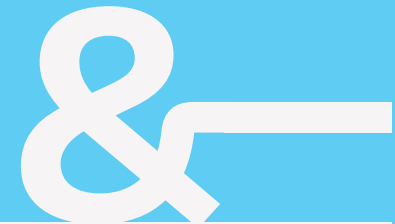
- A type of biological cell.
- Can be cured.



Viruses

- Microscopic parasites that infect cells.
- Cannot be cured.





Parasitic STIs:

- Scabies
- Pubic Lice

SCABIES



- Caused by the itch mite
- Burrows under the skin and lays eggs
- Causes intense itching & rashes

Spreads with:

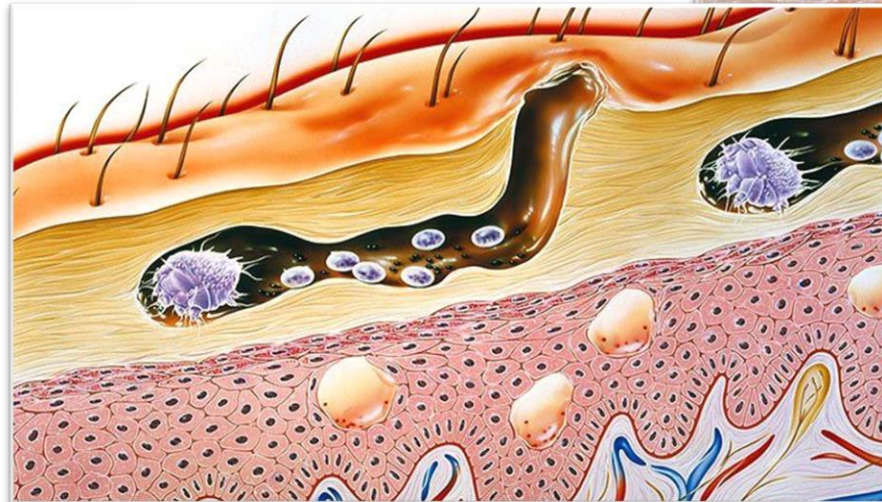
- ✓ Close physical contact

Symptoms:

- Intense itching
- Rash
- Pimple-like bumps

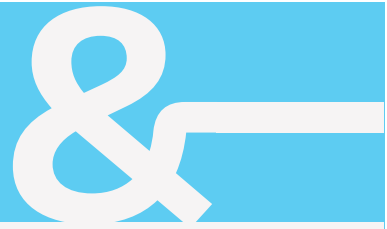


Source: WebMD



Source: Bavosi/Getty Images

PUBIC LICE



- Also known as Crabs
- Attaches eggs to pubic hair
- Feeds on human blood

Spreads with:

- ✓ Close physical contact

Symptoms:

- Itching
- Visible eggs & crawling lice
- Dark or blue spots on the skin



Source: CDC



Source: AIDSfonds/ Wikipedia Commons

SCABIES

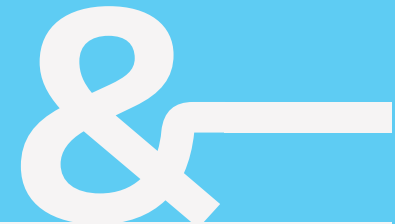
& PUBIC LICE

Treating Parasitic STIs

Using medicated lotions,
washes, and creams
(prescription or store-bought)

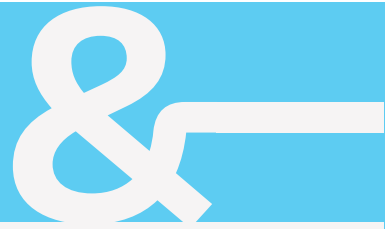
All partners must be treated even if they don't have symptoms





Bacterial STIs:

- Syphilis
- Chlamydia
- Gonorrhea



“The Great Pretender”

Stats:

Stanislaus County:
26.1 cases per 100,000

Most of the time, syphilis is diagnosed through a blood test

Spreads with:

- ✓ Vaginal Sex
- ✓ Anal Sex
- ✓ Oral Sex
- ✓ Skin to Skin
- ✓ Mother-to-Unborn Baby

SYPHILIS



Progresses through four stages:

1. Chancre sores where bacteria entered the body
2. Skin rash, fever, flu-like symptoms, hair loss
3. Latent stage (symptoms disappear)
4. Attacks internal organs

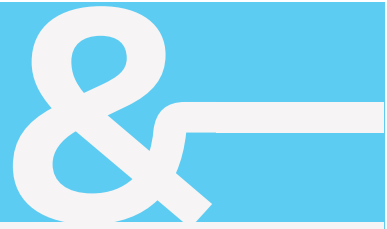


Sources: CDC

OMG:

At any point syphilis can cause damage to the brain and nervous system (neurosyphilis) and/or the eye (ocular syphilis)

CHLAMYDIA & GONORRHEA



Top STIs in Stanislaus County:

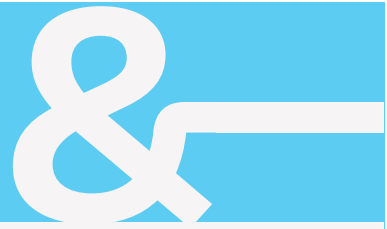
Chlamydia: 580.4 per 100,000

Gonorrhea: 175 per 100,000

- Most common among people aged 15-24
- Sometimes there are no visible symptoms

Spreads with:

- ✓ Vaginal Sex
- ✓ Anal Sex
- ✓ Oral Sex
- ✓ Skin to Skin



Symptoms:

- Genital discharge
- Painful/burning during urination
- Painful intercourse
- Testicular swelling
- Bleeding between periods

After treatment, reinfection is common.

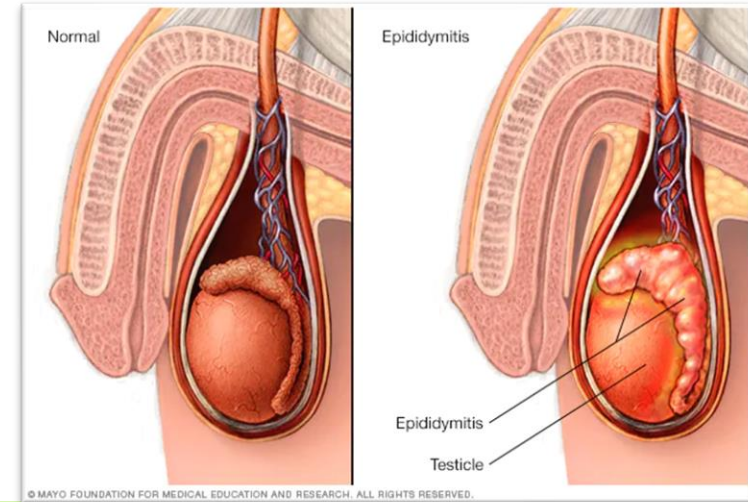
It's recommended to get retested three months after treatment.

EPIDIDYMITIS

& PELVIC INFLAMMATORY DISEASE

Epididymitis

- ✓ Untreated STDs (chlamydia and gonorrhea)
- ✓ Anal Sex

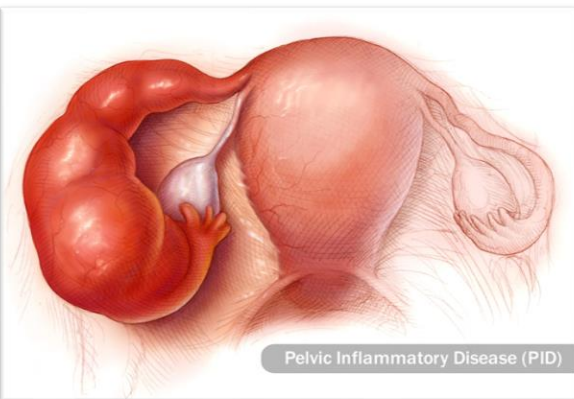


Source: Mayo Clinic

Pelvic Inflammatory Disease

Caused by:

- ✓ Untreated STDs (chlamydia and gonorrhea)
- ✓ Having more than one sex partner
- ✓ Having a sex partner who has sex partners other than you



Source: WebMD

Treating Bacterial STIs

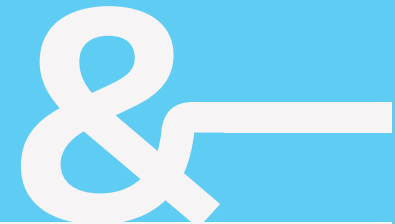
Antibiotics:

Medicine that kills bacteria

All partners must be treated even if they don't have symptoms

**Some STIs are turning into superbugs
(antibiotics don't work very well)**

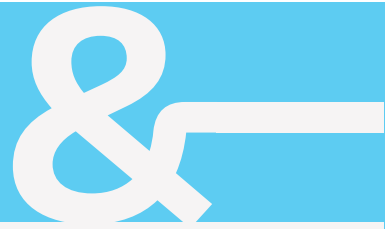




Viral STIs:

- HPV
- Genital Herpes
 - HIV/AIDS

HPV (HUMAN PAPILLOMAVIRUS)

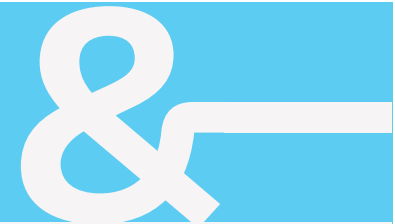


- Very contagious
- Can be passed even when an infected person has no signs or symptoms
- Nearly all men and women will get HPV at some point in their lives
- 9 out of 10 cases will go away on their own within 2 years
- Some types of HPV infections can cause cancer

Spreads with:

- ✓ Vaginal Sex
- ✓ Anal Sex
- ✓ Oral Sex
- ✓ Skin to Skin

HPV (HUMAN PAPILOMAVIRUS)



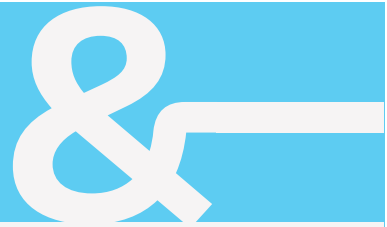
Source: DermNetNZ



Source: WebMD

Symptoms:

- Warts
- Cancer or precancerous cells



Symptoms:

- Herpes sores
- Itching & burning
- Headache
- Tired & achy
- Fever

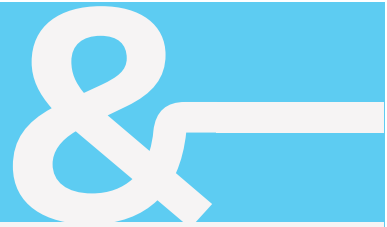


Source: NHS.uk



Source: WebMD

GENITAL HERPES (HSV-2)



Two types of herpes:

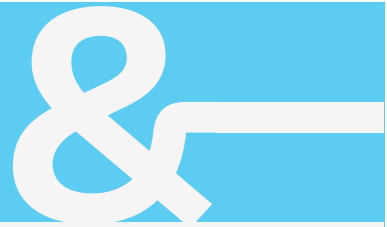
HSV 1: Causes cold sores around the mouth (not an STD)

HSV 2: Causes sores in the genitals or inside the mouth (STD)

- **Very contagious**
- Can be passed even when an infected person has **no signs or symptoms**
- Most people with HSV-2 don't know they have it

Spreads with:

- ✓ **Vaginal Sex**
- ✓ **Anal Sex**
- ✓ **Oral Sex**
- ✓ **Skin to Skin**



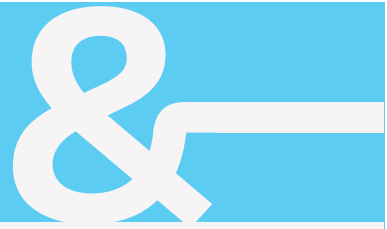
A virus that attacks your immune system and leads to AIDS

Spreads with contact from these fluids:

- ✓ Blood
- ✓ Semen
- ✓ Vaginal fluid
- ✓ Breastmilk

...NOT these:

- Sweat
- Saliva
- Tears
- Skin to skin contact
- Urine



Transmission:

- Sexual contact
- Mother to child
- Needle sharing

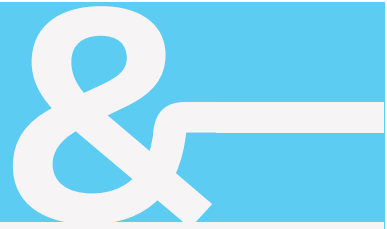
The human body can't get rid of HIV on its own and no cure exists.

Symptoms:

- Low "T" cell count
- Weakness
- Flu-like symptoms
- Loss of appetite
- Pain & sweating
- Sores

HIV/AIDS and Needles

- 1/3 of HIV transmissions are spread from needle sharing
- HIV can live in a used needle for up to 42 days
- People who use illegal IV drugs and share needles can also easily spread the virus

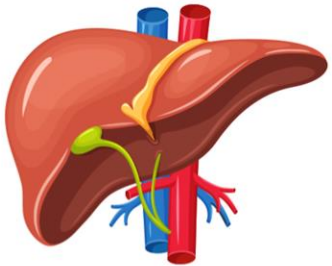


AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

People with AIDS can get very sick from other infections and/or cancers.

HEPATITIS B AND C...

are **common liver infections** among people living with HIV.



Hepatitis B & C

Source: HIV.gov



Tuberculosis

Source: Yale School of Public Health



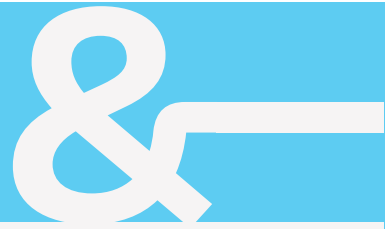
HSV1

Source: Wikipedia



Thrush

Source: Britannica



HPV

- 9/10 infections go away on their own in around 2 years
- A medical professional can remove visible warts
- Regular medical screening can detect HPV cancers
- An HPV vaccine helps prevent the types of HPV that lead to cancer

Genital Herpes

- Antiviral medicines help shorten outbreaks and prevent transmission to partners



HIV/AIDS

HIV Positive: ART (antiretroviral therapy) medication

- This must be taken for life to keep HIV from getting worse

Preventing HIV/AIDS

PREP: meds to help prevent HIV **before** you are exposed

PEP: meds to help prevent HIV **after** you've been exposed

Healthy Choices

- Staying Safe & Getting Tested



STAYING SAFE

& GETTING TESTED

A sexually active person should get tested at least **once per year**, or **before they change partners**.

Starting at age 12, CA teens have the right to access testing and treatment for STIs/STDs, and HIV/AIDS

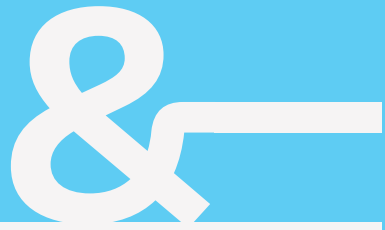
Most STI/STD testing is simple and painless

If you test positive...

Getting an STD is not the end! Many STDs are curable and all are treatable. If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

What would you do if your partner didn't want to get tested?

All partners should get tested before having sexual contact



What's on your mind?

- Write a question or comment
- If you don't know what to say, just draw a smile 😊
- Don't write your name

RESPECT

& REALITY



Directions
MEDICAL CLINIC

www.dmcforwomen.org
(209) 368-7190