

& Prevention

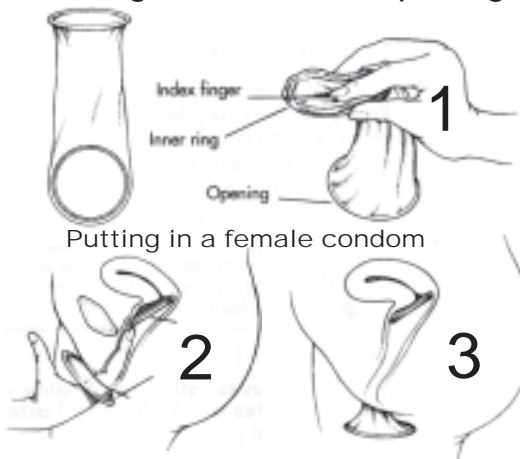
XHS

Using Condoms & Safer Sex

Condoms

prevent bacteria and viruses from spreading. The **FEMALE CONDOM** can be put in up to 8 hours before sex. It has two rings – one at the opening and a loose inner ring that

fits over the cervix. Squeeze the inner ring and push into the vagina [*pussy*] with your index finger. It can also be used anally [*up the ass*].



to leave a space for semen [*cum*]. Don't use oil-based lube (such as baby oil, vaseline, hand lotion). Oil breaks male condoms, but is safe for female condoms.

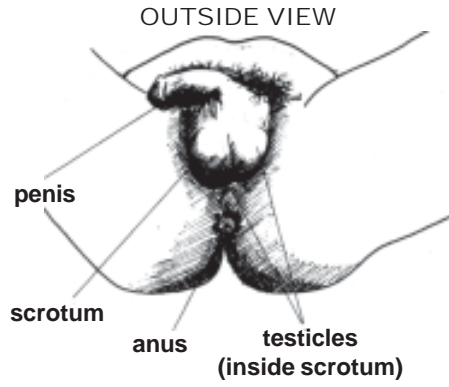
Using condoms during sex is sometimes called **SAFER SEX**, but condoms will NOT stop genital warts from spreading if virus is shed to/from skin that is not covered. **Remember – safer sex is NOT risk-free, but having safer sex can reduce your risk.**



Let's Have a Look...♂ The Male Sex

The **testicles** make sperm, which go up **vas deferens**. Sperm mixes with semen made by **seminal vesicles** and **prostate**, and exits the **urethra** during orgasm.

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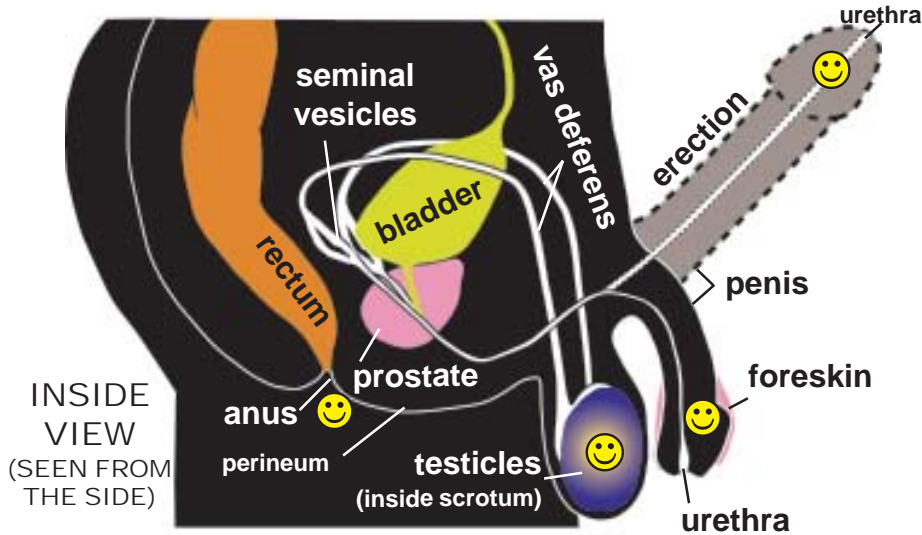
Other Facts:

Urethra is the tube that pee and semen [*cum*] comes out of.

Perineum is the skin between the scrotum and the anus.

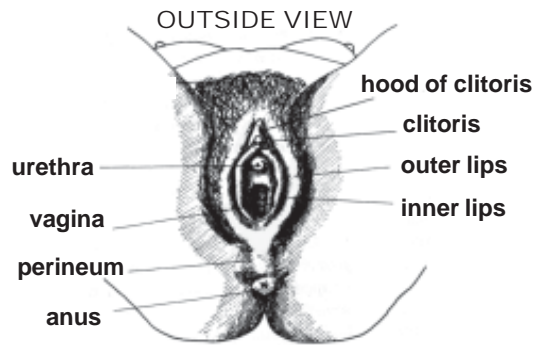
Foreskin is sometimes removed by circumcision.

Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.



Let's Have a Look... ♀ The Female Sex

Once a month, an **ovary** releases an egg, which goes down a **fallopian tube** to the **uterus**. If the egg is not fertilized by a sperm, the lining of the uterus is released about once every 28 days (called "menstrual blood"). This blood flows from the **cervix** and then through the **vagina**.

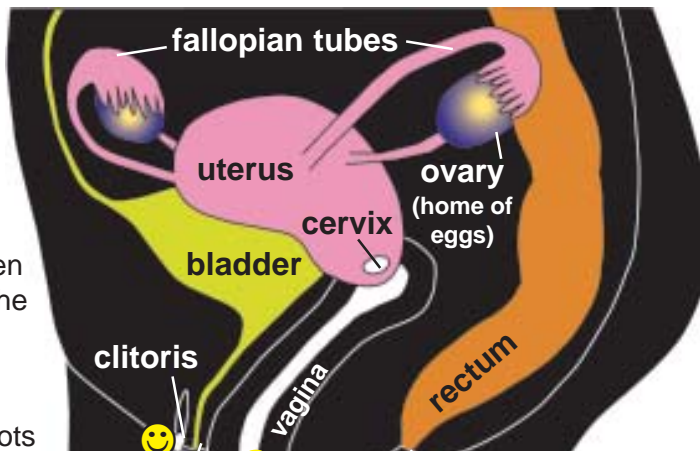


Other Facts:

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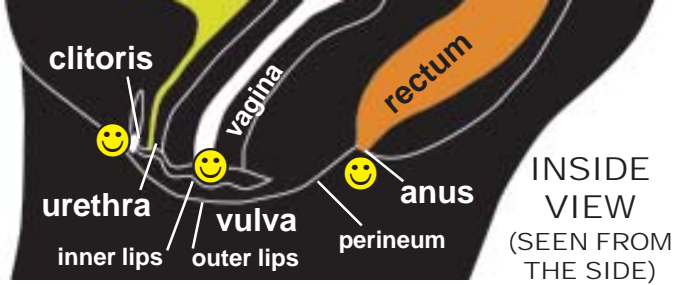
Perineum is the skin between the vulva and the anus.

Smiles show some of the spots



the vulva and the anus.

Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.



Living with Genital Warts

Because HPV

is a life-long infection and can cause cancer, people with genital warts can experience strong emotions and stress. Being infected with HPV may be difficult because some people feel that genital warts are ugly. This can be a barrier to a healthy self-image.

People with HPV may also be afraid of spreading the virus to a sex partner, or fear rejection if they tell their sex partner they have HPV. It is important to remember that genital warts can be controlled. The earlier the warts are treated, the easier it is to control them.

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Sex & Prevention

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Call SERC at 982-7800 for copies or for more information.

Questions Anyone?

Phone:

AIDS/STD InfoLine: 945-AIDS (2437)

(Outside Winnipeg 1-800-782-2437)

The Facts of Life Line: 947-9222

(Outside Winnipeg 1-800-432-1957)

Talking Yellow Pages: 947-9222

Public Health STD Line: 940-2200

Health Links: 788-8200

Kids Help Phone: 1-800-668-6868

Klinik Crisis Line: 786-8686

Web:

www.serc.mb.ca

(Follow links for more info about Youth & STD/HIV Prevention Project and new Urban Health website)

www.sexualityandu.ca

www.planetahead.ca

(Info about sex, condoms, STD, HIV)

www.youthco.org

(Info about HIV for youth by HIV-positive youth)

What are Genital Warts?

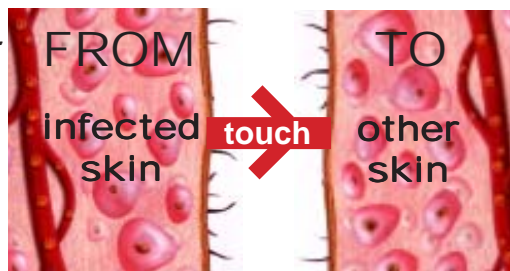
Genital warts are a skin infection caused by the Human Papilloma Virus (HPV), which is similar to the virus that causes all warts. This infection cannot be cured, but it can be treated and managed. Because HPV can cause cancer, it is very important that those infected with HPV get checked regularly to detect cancer in its early stages.

Remember, viruses spread wherever and whenever they can. Sex can spread virus, but it **does not cause** genital warts. A virus causes genital warts.

How are they spread?

Genital warts spread by **direct contact** (touching) of infected skin or mucous membrane (the 'skin' inside mouth, vagina [*pussy*] or rectum [*inside the ass*]). They are mostly spread during sexual contact with an infected partner, and can spread even if you can't see any warts.

- Vulva, vagina or cervix [*inside or outside pussy*].
- Penis or testicles [*dick or balls*].
- Mouth or lips.
- Anus or rectum [*in/outside ass*].
- Other skin



ANYWHERE on a sex partner or other places on the infected person

Can they be prevented?

Yes, they can. Prevention means **reducing your risk** of getting genital warts. The only way to avoid coming into contact with genital warts is by NOT having direct contact with infected skin.



Using condoms will reduce your risk of coming into contact with genital warts, but **parts of the body not covered may not be protected** (scrotum [*balls*], lips of vulva [*pussy*]). The female condom covers a larger area and may protect more of the genitals.

What are the symptoms?

Many people with HPV show no symptoms at all. It is possible to be infected with HPV and spread the virus without having any visible warts. The main symptoms of genital warts are growths on the skin that range from almost invisible lumps beneath the skin's surface to large lumps that sort of look like cauliflower. If you do have genital warts, they **might**

visible warts. The main symptoms of genital warts are growths on the skin that range from almost invisible lumps beneath the skin's surface to large lumps that sort of look like cauliflower. If you do have genital warts, they **might** appear in the following places:

- on the vulva or inside the vagina [*pussy*],
- on the penis [*dick*] or on the scrotum [*balls*],
- near the anus or in the rectum [*outside/inside the ass*],
- on butt cheeks, thighs or any other skin.

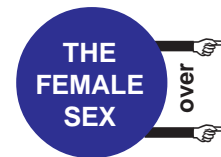
Can they be treated?

Yes, they can.

Genital warts are commonly removed in the same way as other warts, by chemical freezing or burning, or by laser therapy. Treatment often needs to be repeated as new warts appear. Drugs can also be prescribed to reduce the size and number of warts. **If you think you might have genital warts, don't wait to get treated. The sooner they are treated, the easier they are to control.**



Some types of HPV, the virus that causes genital warts, have been linked to cancer of the cervix [*inside the pussy*] or rectum [*inside the ass*]. It is important that women with HPV have regular Pap smears to test for changes in the cervix. People exposed to HPV in the anus or rectum should also be checked regularly for signs of cancer.



How can I tell if I have them?

Genital

warts are usually diagnosed by the way they look. There is no blood test for HPV. A Pap smear may be able to tell you whether you have HPV even if no warts can be seen. The virus can cause changes in the cells of the cervix that can be detected in a Pap smear. There is no other way to tell if you are infected unless you can see warts.

Let's Have a Look...

Getting Tested

When you go to a doctor or nurse to get tested for sexually transmitted infections (STIs), give as many details as you can so you can get the best care possible. This is what will **probably** happen:

- Your genitals may be examined for sores, growths, swelling or discharge [*stuff coming out*]. A swab may be taken from any sores. (A swab is like a thin Q-tip.)
- Men and women may have a swab taken from the

- Your genitals may be examined for sores, growths, swelling or discharge [*stuff coming out*]. A swab may be taken from any sores. (A swab is like a thin Q-tip.)
- Men and women may have a swab taken from the urethra [*pee hole*]. Women may have a swab taken from the cervix. Swabs may also be taken from your mouth, throat, anus or rectum [*inside/outside the ass*].
- A urine [*pee*] sample may be asked for.
- A blood sample may be taken to test for Hepatitis B and syphilis. **HIV testing is usually done separately.**



What About HIV?

HIV, the virus that causes AIDS, is a sexually transmitted infection (STI). It is spread when infected blood, semen [*cum*] or vaginal fluid [*pussy juice*] gets into your blood. If you already have an STI such as chlamydia, gonorrhea, syphilis, herpes or genital warts, you may have broken skin, swelling or sores that make it **much easier for HIV to get into your body.**

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Where can I go?

You can get tested for Hepatitis, HIV and STIs at your doctor's office, or contact one of the health agencies below for confidential testing services or FREE male/female condoms:

- **Klinic** – 870 Portage, 784-4090. Drop-in Teen Clinic (20 and under) every MON. from 4:30-8 p.m.
- **Women's Health Clinic** – 3rd floor, 419 Graham, 947-1517. Drop-in Teen Clinic (19 and under) every THURS. from 3:30-8:30 p.m. (Boys welcome!)
- **Nor'West Coop** – 103-61 Tyndall, 940-2020. Drop-in Teen Clinic (21 and under) every WED. from 3:45-5:45 p.m.
- **Mount Carmel Clinic** – 886 Main, 582-2311. Drop-in Teen Clinic (19 and under) every SAT. from 12-4 p.m., except long weekends.
- **Children's Hospital** – 840 Sherbrook, 787-2689. Teen Clinic (18 and under) on TUE. & FRI. from 1-4 p.m. Appointments required.
- **St. James Walk-in Clinic** – 1600 Portage, 774-1868. Open MON.-FRI. from 8 a.m.-10 p.m., SAT.-SUN. from 9 a.m.-6 p.m.
- **Nine Circles Clinic**– 705 Broadway, 940-6001. Drop-in STD & HIV testing and information every WED. from 1-7 p.m.
- **Youville Centre** – Unit 6-845 Dakota, 255-4840. Teen Clinic (14 to 24 years old) on TUE. from 4-7 p.m. Regular walk-in open MON.-THURS. from 9 a.m.-9 p.m., FRI. from 9 a.m.-5 p.m.
- **Sage House** – 50 Argyle, 943-6379. Nurse available for women and transsexuals only, in the afternoons MON.-FRI. Call for hours.
- **Elmwood Teen Clinic** – 505 Chalmers, 654-9190. Drop-in for Elmwood area youth on TUE. from 4-8 p.m (1-5 p.m. Jul./Aug.)
- **R.B. Russell Teen Clinic** – 364 Dufferin, 589-5301 (*extension 224*). Drop-in for RB students and their kids every TUE from 12-4 p.m.