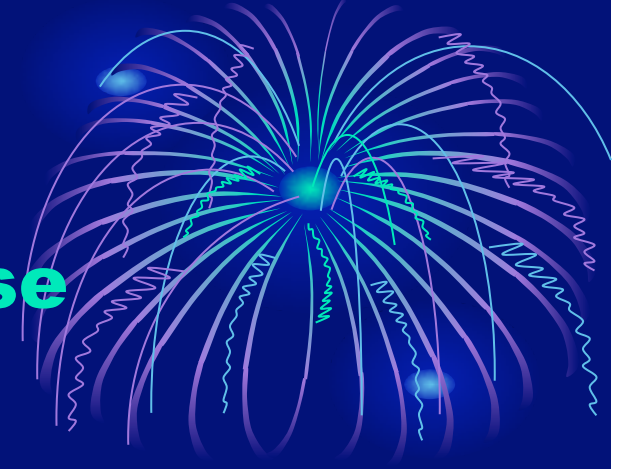


Let's talk about Sex...



HIV / AIDS

Part 1: True or False



- **HIV and AIDS are the same**
FALSE!
- **Testing positive on a blood test for AIDS antibodies usually means someone has HIV**
TRUE!
- **Only prostitutes and drug users are at risk for HIV/AIDS**
FALSE!
- **An effect of HIV is a decrease in the body's ability to fight off infections**
TRUE!
- **There is a cure for HIV/AIDS**
FALSE!

HIV / AIDS

Part 2: True or False



- **The most common mode of transmission is through injection drug use**
FALSE!
- **You can tell by looking at someone whether he/she has HIV**
FALSE!
- **HIV/AIDS isn't a problem in the Philippines**
FALSE!
- **HIV/AIDS is largely a homosexual disease**
FALSE!
- **Youth cannot be affected by HIV/AIDS**
FALSE!

HIV / AIDS

Part 3: True or False



- **Condoms, when used properly, can protect you from infection with the AIDS virus**
TRUE!
- **People with HIV/AIDS deserve the disease because they engage in risky behaviors**
FALSE!
- **Females are more likely to be infected than males**
FALSE!
- **There are no HIV/AIDS cases in Baguio**
FALSE!
- **It is safe for a person to go to school/work with someone who has the AIDS virus**
TRUE!

HIV / AIDS

Part 4: True or False



- **There is an increasing number of Filipino's practicing high risk behaviors**

TRUE!

- **The first HIV/AIDS case of the Philippines was in 1996**

FALSE!

- **HIV is an airborne disease, meaning after leaving the bloodstream and entering the air it can still affect others**

FALSE!

- **Which 2 do not belong?**

Blood to blood contact	Drug users sharing needles
Kissing	Babies born from infected mothers
Sexual Intercourse	Sharing needles from tattoos
Sharing a cup	Babies drinking mothers breast milk

KISSING & SHARING A CUP

MASTURBATION

Part 1: True or False



- **Most boys masturbate, but very few girls**
FALSE
- **If you masturbate too much, your adult sex life will be affected**
FALSE
- **Most people stop masturbating after they get married**
FALSE
- **Masturbation is considered more acceptable today than it used to be. Still, it is common for people who masturbate to feel guilty about it.**
TRUE

MASTURBATION

Part 2: True or False



- **Masturbation can cause pimples, acne, and other skin problems in teens.**
FALSE
- **Homosexuals masturbate more than heterosexuals.**
FALSE
- **People always masturbate alone.**
FALSE
- **Masturbating before you go out on a date will keep you from getting excited while you are on the date.**
FALSE
- **When masturbating, some people imagine themselves participating in sexual acts they would consider strange at other times. Such fantasies are normal and do not mean that the person is going crazy or will ever try such acts in real life.**
TRUE

SEXUALITY

Part 1: Myth or Fact : Toss-Up

- **It is not possible for a girl to get pregnant if she only has sex during her period.**

MYTH! It is possible for a girl/woman to get pregnant at any time during her menstrual cycle. Females are able to get pregnant when they are ovulating, usually about 14 days before their period and then again 10-14 days after their period. So it seems like a women would be unable to get pregnant during her period. However, ovulation can occur at any time during their menstrual cycle. Stress, illness, and other factors can bring on ovulation at various items throughout the cycle. This is especially true for youth.



SEXUALITY

Part 1: Myth or Fact



- **Abstinence (not having sex) is the only method of birth control that is 100% effective.**

FACT! A girl/woman will not become pregnant if she does not have sexual intercourse. However, sperm ejaculated on or near the vagina may enter the vaginal canal and possibly result in pregnancy.

SEXUALITY

Part 1: Myth or Fact

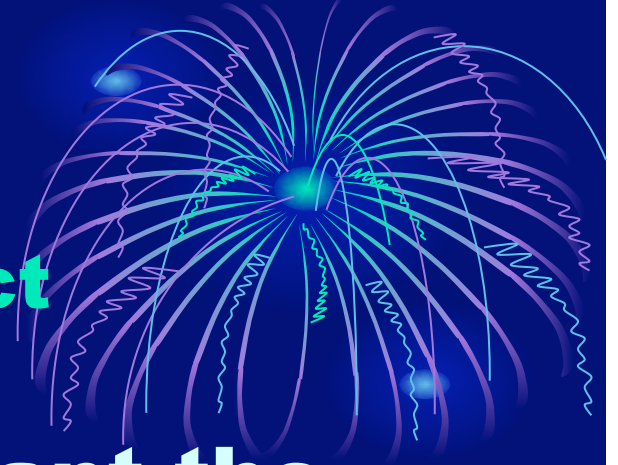


- **About 80% of all teenagers have had sex by the time they reach age 17.**

MYTH! Research has shown that 30-50% of teens have had sex by the age of 17. This means that many teens are choosing to delay having sex. (3 out of 10 / 5 out of 10)

SEXUALITY

Part 1: Myth or Fact



- **A girl cannot get pregnant the first time she has sex.**

MYTH! A girl/woman can become pregnant any time she has sex, even the first time.

SEXUALITY

Part 1: Myth or Fact



- **It is possible to have a sexually transmitted disease (STD) and not even know it.**

FACT! Some STD's have easily recognizable symptoms, others may have no symptoms at all.

SEXUALITY

Part 2: Myth or Fact : Toss-Up



- **A man always wants and is ready to be sexually active.**

MYTH! Males like to engage in a variety of activities that are totally unrelated to sexual activity. There are times when males may not want to be sexually involved and they should learn how to say no when they feel pressure to have sex.

SEXUALITY

Part 2: Myth or Fact

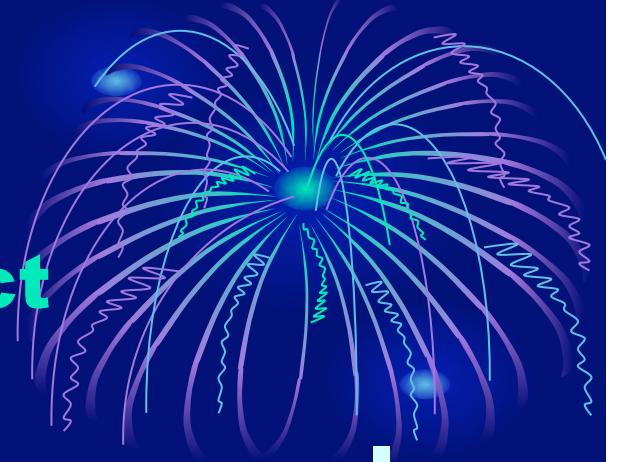


- **People have a right to say no to sexual activity any time.**

FACT! The decision needs to be made each time a person is thinking of having sex with someone. A person has the right to say no if he or she does not want to be sexual with a person even if they have already been sexual with that person.

SEXUALITY

Part 2: Myth or Fact



- **Big penises mean better sexual performance.**

MYTH! Penis size has nothing to do with a boy's/man's masculinity or his sexual ability.

SEXUALITY

Part 2: Myth or Fact

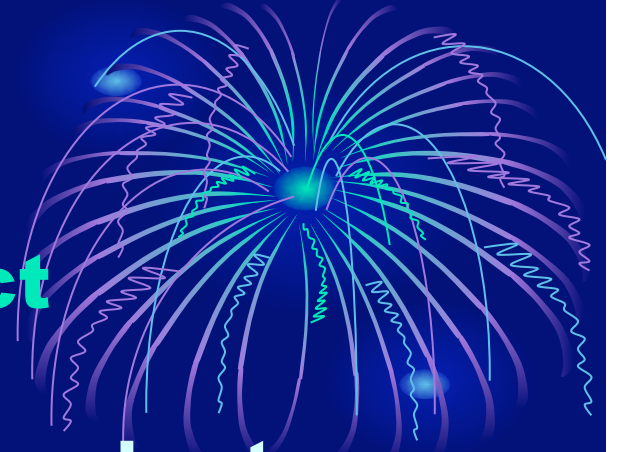


- **Males need to have sex to keep good health.**

MYTH! It is normal and healthy for both males and females to have sexual feelings and desire to express them, but neither males nor females need to have sex to be healthy.

SEXUALITY

Part 2: Myth or Fact



- **Once a boy gets really excited and gets an erection, he has to go all the way and have sex or it will be harmful.**

MYTH! There is no harm in not acting on every urge. Semen cannot get “back-up” and demand ejaculation. Occasionally a boy might feel some discomfort if he is sexually excited for an extended period of time. This will disappear when he is able to relax, or if he masturbates.

SEXUALITY

Part 3: Myth or Fact



- **Alcohol and marijuana make it easier to get sexually aroused.**

MYTH! They have exactly the opposite effect. Alcohol and marijuana may increase desire and reduce inhibitions (make you feel freer) but they decrease the flow of blood to the genital area and make it more difficult for males to have an erection and more difficult for males and females to experience orgasm. More importantly, they can make people feel like it is okay to do things they would not ordinarily do sexually, such as have sex or not protect themselves against pregnancy, STD's, and HIV infection.

SEXUALITY

Part 3: Myth or Fact : Toss-Up

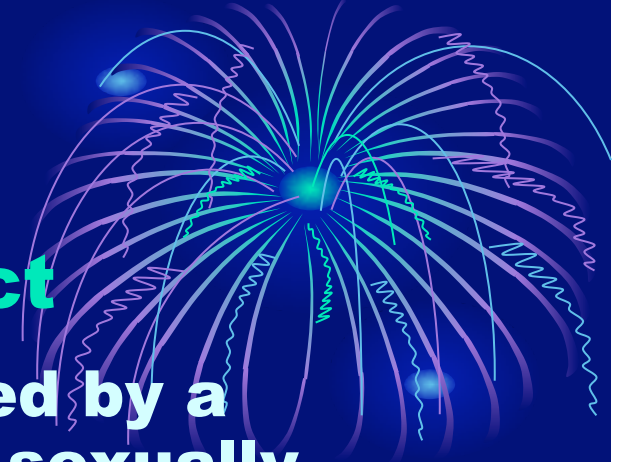


- **Women do not have orgasms, so when the male reaches orgasm, the sex is finished.**

MYTH! Women do have orgasms. It may take some sensitivity and patience on the male's part to learn how to be sure that the female experiences orgasm; especially if he is extremely excited. Males generally achieve orgasm faster than females, so it important that the male know how to arouse the female. Communicating likes and dislikes is important to ensure that sexual relations are satisfying for both the male and the female.

SEXUALITY

Part 3: Myth or Fact



- **All men can be sexually aroused by a women, and all women can be sexually aroused by a man.**

MYTH! Each person's sexuality and sense of sexual attraction is different. People are sexually attracted by a variety of different types of people. Though a man can be aroused by a woman he finds attractive, other men are not aroused by the same woman, or by women at all. Conversely, most women can be excited by a man whom they find appealing, but some women may not find that same man, or any man, sexually attractive.

SEXUALITY

Part 3: Myth or Fact



- **Sexual activity is only for the purpose of having a baby.**

MYTH! Sexual activity consists of a wide range of sexual expression. There are many kinds of sexual activity which do not result in pregnancy. It is a very personal decision which the couple must make about when, how and why they will be sexual. If there is open communication and mutual respect, sexual expression can lead to greater trust, caring and intimacy between two people. Sexual intercourse may result in pregnancy, but it does not have to if contraceptive devices are used.

SEXUALITY

Part 3: Myth or Fact

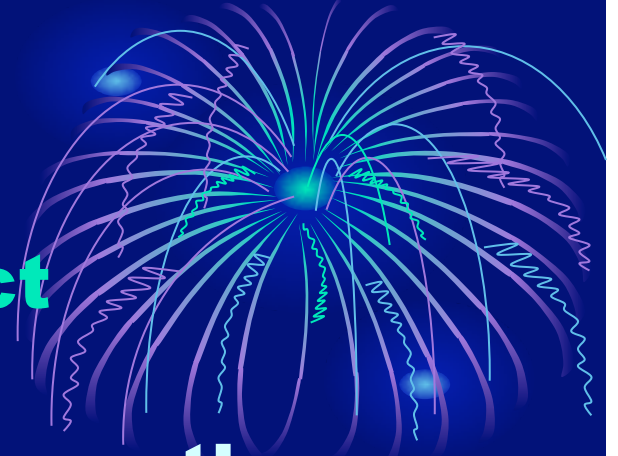


- **Sexual intercourse is really the best way to express your love for someone.**

MYTH! There are hundreds of ways to show you care about or love someone without physical intimacy. In addition sexual activity includes a range of physical intimacy including holding hands, hugging, kissing, touching, caressing to orgasm, etc. Sex is only one type of sexual activity and only one way to express love.

SEXUALITY

Part 3: Myth or Fact



- **The “idle” and the working youth are more prone to engage in premarital sex than the youth in school.**

FACT! The “idle” (35%) and the working (32%) youth are more prone to engage in premarital sex than the students (10%). These findings suggest that staying in school postpones PMS (pre-marital sex).

And the winner is...

Congratulation



Good team work 🤝

Characteristics of First Sex Partner



- Almost **4 out of 5** young females who had PMS reported that their first experiences have been with men, usually older, whom they regard as their boyfriends or 'steadies'. In contrast, young males were more into casual sex with about **2 out of 5** who had PMS with either a friend or plain acquaintance.
- First sex experiences were mostly with unmarried people, **9 out of 10** youth.

Venue of First Sex



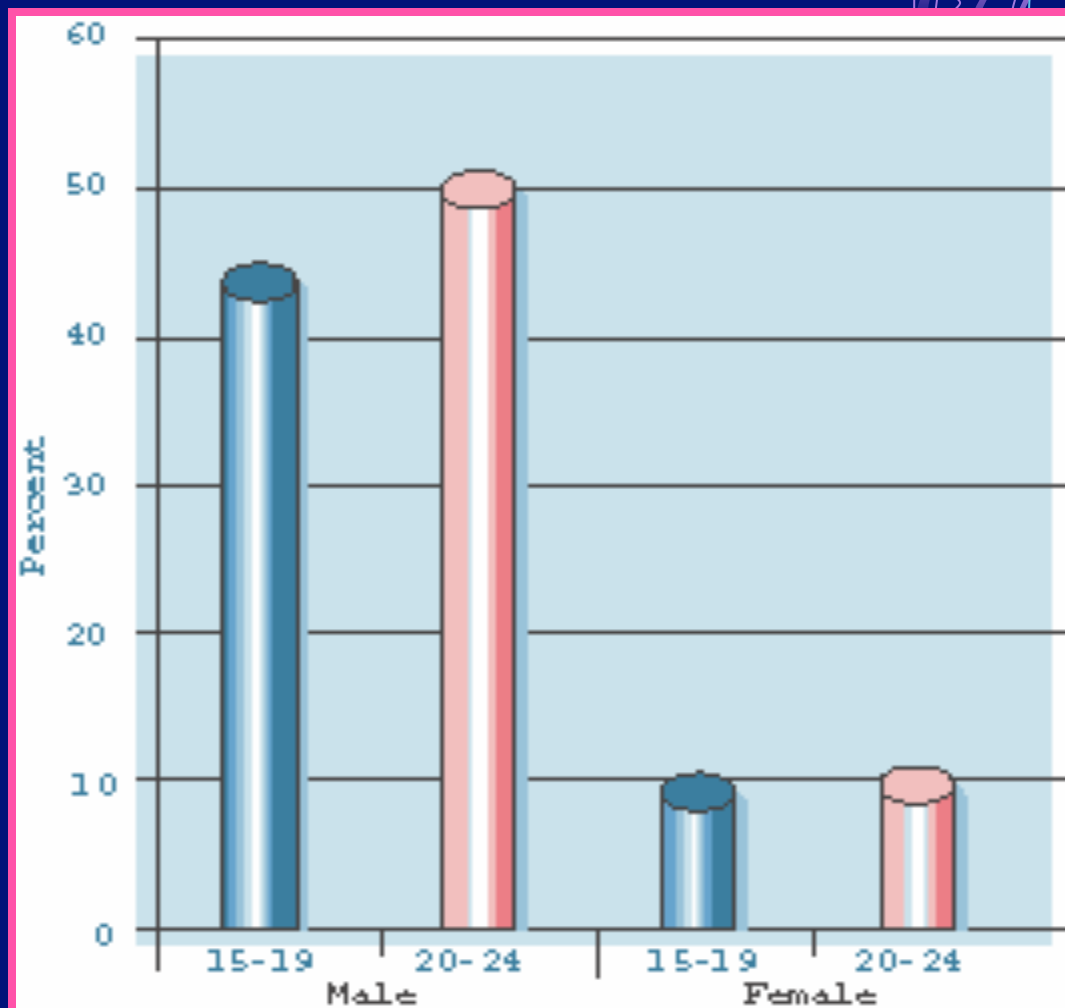
- The popular venue for sexual debut is the **partner's home** among the females (**32%**) and at **hotels** or **motels** among the males (**30%**), especially from the urban areas.
- For youth in the rural areas, the counterpart venues are the **beaches, parks and farms.**

Multiple Sex Partners

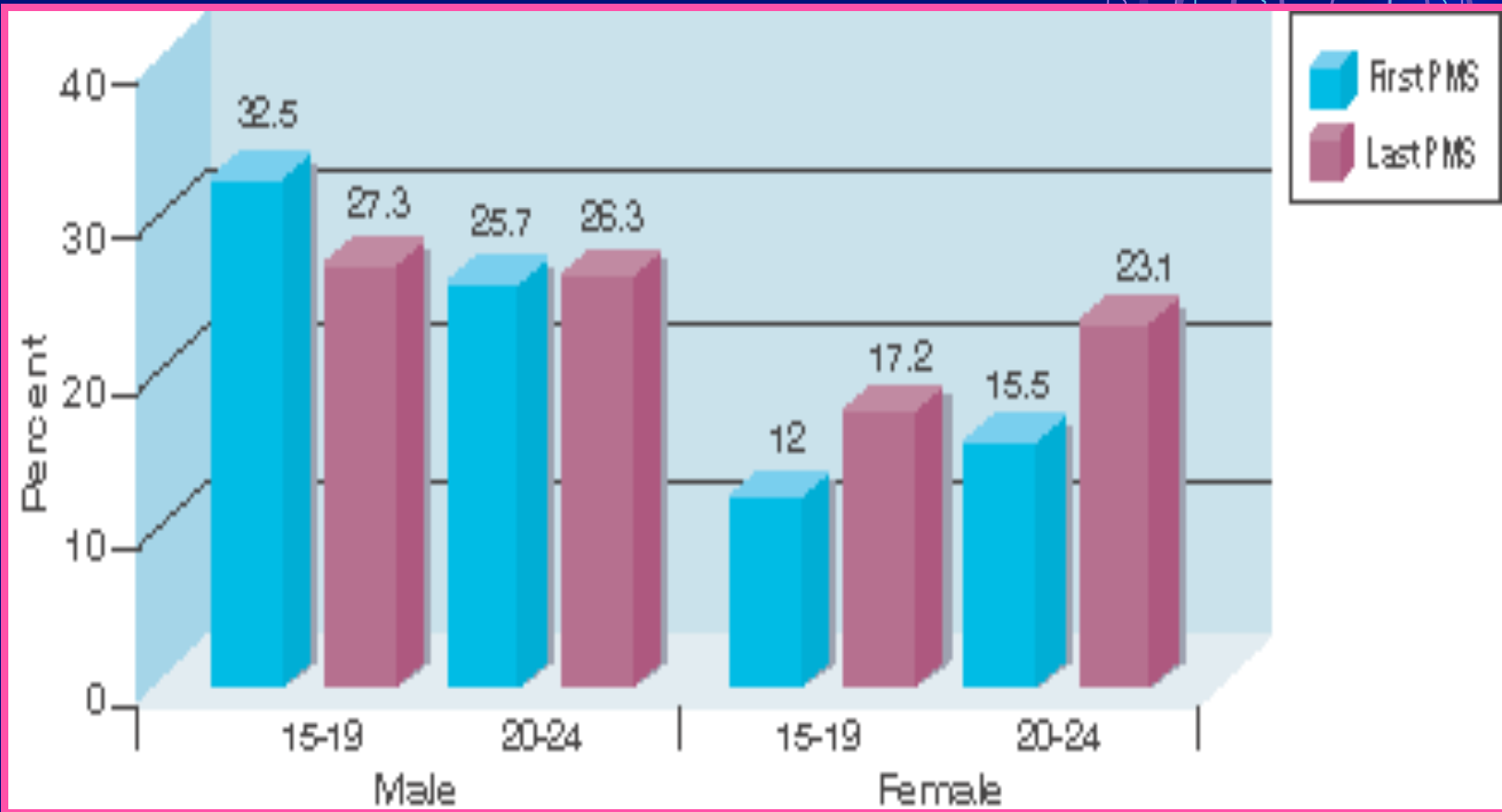


- The fad of having multiple sex partners is popular among youth especially boys. **1 out of 3 (34%)** admitted to having more than one sexual partner beside their first sex partner.
- Half (**50%**) of the males affirm the above behavior compared to less than a tenth (**11%**) among females.
- Having multiple sex partners, particularly if unprotected, pose significant risks for STD transmission. Young men are at substantial risk of HIV in view of their sexual practices. **Before** they reach the age **25**, **37%** already had sex with at least one partner, a non-negligible portion of which had paid for sex.

Percent Distribution of Youth with PMS Experience who had Multiple Sex Partners by Age Group and Sex



Percentage Among Youth with PMS Experience who used Contraceptives



Unprotected Sex



- While the female youth are expected to be responsible for the use of contraceptives since they are the ones who could get pregnant (UCWSF, 2003), the YAFS 2 data reveal however that more females did not use any contraceptive method during their first sexual encounter. **WHY?**



Reasons given by the youth for not using Contraceptives

- **Not knowing about contraception (16%)**
- **Objection of partner (7%)**
- **Sex is not fun with contraception (6%)**
- **Contraception is either wrong or dangerous to health (7%)**
- **Another reason also cited in 1994 is that they tend to desire spontaneity of sexual encounters and are thus, not likely motivated to use protection or be prepared when the opportunity presents itself.**

Type of Contraception Used



- 40 percent used withdrawal (effective???)
- 20 percent used the condom
- 13 percent the pill
- Contraception is highest among the younger ones: 24 percent among those aged 15-19 and 14 percent among those aged 25-27. **WHY?**
- Males reported using a condom during casual or commercial sex although use was largely determined by the situation (e.g. unplanned) and their condition (e.g. drunk, or too aroused to stop).

% with Reproductive Health problems



Sex / Year	% w/ RHP	% w/ serious RHP	% w/ less serious RHP	#
• Female/2002	73.42	22.9	70.0	8,762
• Male/2002	35.7	25.5	21.5	7,910

Serious RH Problems:

Female Vaginal discharge
Painful urination

Male Painful urination
Penile discharge
Genital warts/ulcers
Reddish/swollen testicles

Less serious RH Problems:

Female Dysmenorrhea*
Irregular menstruation
Diminished desire for sex

Male Infection due to circumcision
Low sperm count
Itching of genital areas

*This condition refers to the pain or discomfort associated with [menstruation](http://www.popcom.gov.ph/sppr/sppr02/chap03b.html).
www.popcom.gov.ph/sppr/sppr02/chap03b.html