

# Sexual Health



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# Protection

- **More than 500 thousand of the babies that are born in one year are from underage mothers (less that 20 years old)**
- the INEGI says that only the 45% of women that are between 15 and 19 years of age use protection while being sexually active, when 96% of these women know about protective methods.

# Myths

**Many people think that the following methods work (they don't):**

- Drinking lemon juice
- Washing the vagina with vinegar
- Using the pill only the day in which you'll be having intercourse
- Be on a “special diet”
- Bouncing after the sex (so the semen goes out)
- Retiring the penis before ejaculation happens.

# The condom

- A special latex device that covers the penis when it's having an erection, so that the semen does not get out during ejaculation, avoiding any contact with the uterus.
- There are many types of condoms: lubricated, non-lubricated, colored, flavored, with figures and even musical ones.
- **You can have access to it without a medical recipe**
- It also protects the body from STD's
- It is 88% effective (it can be more effective if you use spermicide)



- Sex feels 95 % the same when a condom is used
- **A new condom must be used for each intercourse**
- Musical condoms and the ones that come in funny figures are not effective, they're used only for playing
- **The condom package should never be opened with your teeth, for you can break it and it would lose all effectiveness.**
- There are some people that are allergic to
- Two condoms should never be used at the same time, it causes friction and, therefore, it can break and lose effectiveness.



# How do you use a condom?

- It should be put on before coitus. To put it on you press the tip of the condom with the thumb and the index finger, while unrolling the rest of it (this is to avoid breaking it by leaving air inside). The tip (empty space) of the condom should be a cm long so the semen can be stored there.
- After ejaculation and before the erection is gone, the condom should be taken off. The base of the condom should be held while the penis is leaving the vagina, so that there isn't any contact. Afterwards you seal it and throw it away.



# The Pill

- **Tiny little pills that have small doses of hormones in them to control ovulation**
- They should be taken daily
- There are many types of these little pills. You should visit the gynecologist to know which ones are for you
- It is a fairly safe method; and menstrual cycles become regular
- They can produce other effects like: gaining weight or body hair, breast pain and headaches, depression and nausea

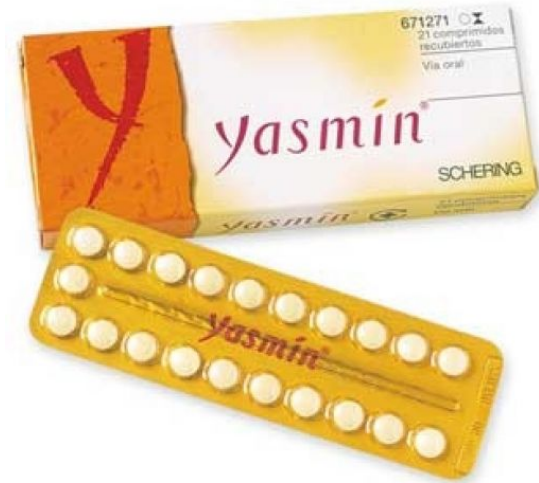


## 28-day Pill Calendar

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Begin Pill Cycle Day

Last Pill of Cycle



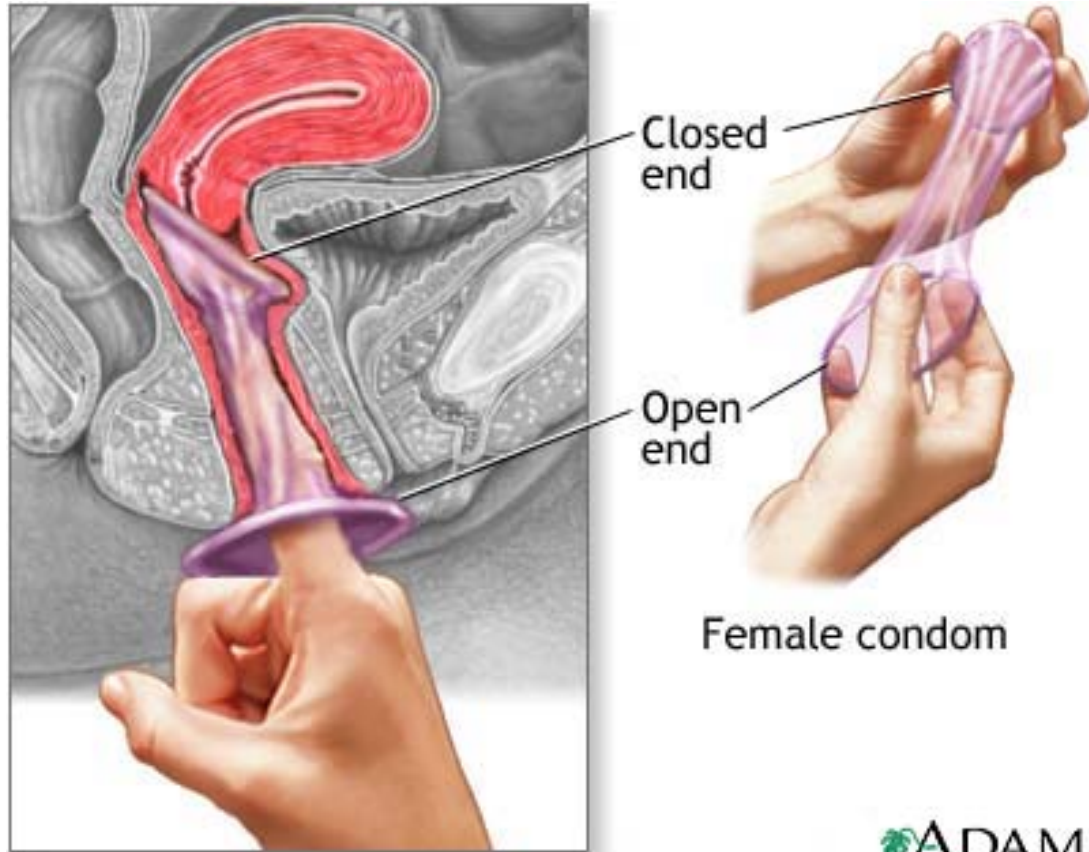
# "Ovules, jellies and spermicidal "

- Substances that are introduced in the vagina before sexual intercourse
- **They kill or stop the sperms without causing any damage to the sexual organs**
- *Loose effectiveness after one hour*
- They can be introduced with both: hands (fingers) and special applicators
- Their effectiveness in protection is of 79%, but it can be increased by using (at the s



# Female Condom

- It is also a latex, lubricated membrane. It is shaped like a tube, and has a ring in each one of its ends. It should be placed in the vagina, and it doesn't have to be put in just minutes before intercourse, you can wear it all day long.
- Stops semen from entering into the uterus, and covers every wall to avoid any contact.
- **90% effective**
- It **SHOULD NOT** be used while using a male condom.



# The “natural method”

## **Having sex only on infertile days (when the woman isn't ovulating)**

To know which days are these you could:

- Take your temperature (it goes up 0.5° after ovulation)
- Observing your fluids (vaginal), they change, becoming more transparent and jelly-like after ovulation
- Knowing which ones are your fertile days (10-17 of the menstrual cycle)

This method isn't very effective, for you have to be extremely regular in your cycle for it to work

# The “next day Pill”

- It contains a significant amount of hormones that alter the endometrio (uterus' walls), so that the egg can't install and, therefore, the pregnancy can be cancelled. Menstruation comes afterwards.
- To have it be effective, it has to be taken at some point during the 72 hours after coitus.
- **It is a extreme resource, it shouldn't be applied every time, it is safer and healthier using other methods.**



# Interrupted Coitus

- The man withdraws the penis just before ejaculation, to avoid getting any semen inside the vagina
- **It has a very poor effectiveness; during the coitus there are pre-ejaculations that contain sperms**
- Doesn't protect the body from STD's