

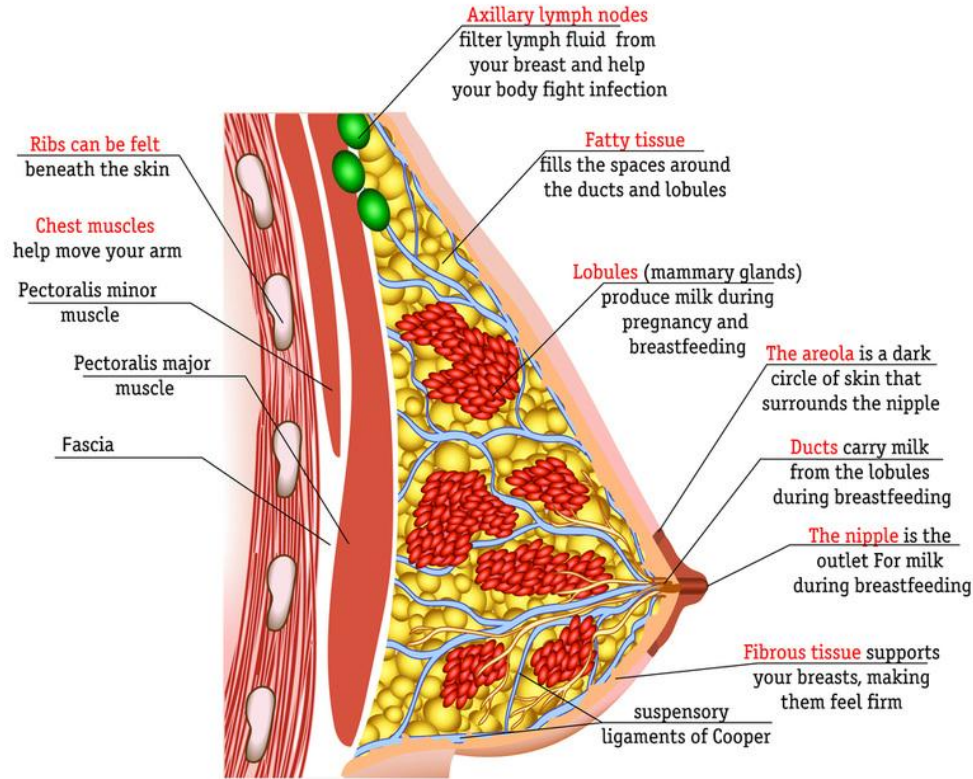
# THE HEALTH CLASS WE ALL MISSED

***Presented by Authentically Ashlie***

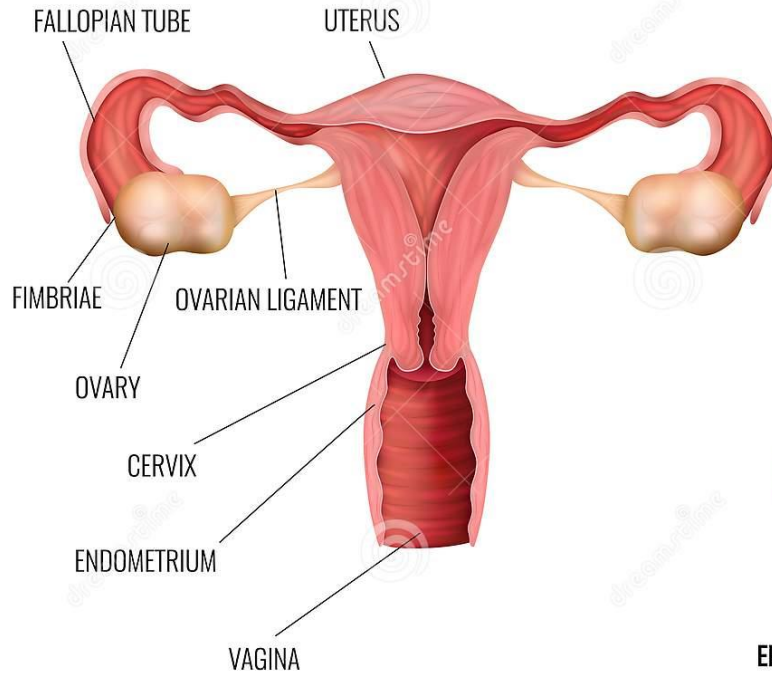
# OVERVIEW

- I. Male Puberty
- II. Female Puberty
- III. Teenage Hardships
- IV. A Male's Responsibility
- V. A Female's Responsibility
- VI. Masturbation, Abstinence & Outercourse
- VII. Consent
- VIII. Pregnancy & Childbirth
- IX. Sexual Intercourse
- X. PrEP v. PEP
- XI. Sexually Transmitted Infections
- XII. Sexual Harassment
- XIII. Sexual Assault, Abuse & Rape
- XIV. LGBTQIA+
- XV. Condom, Pad, Tampon & Menstrual Cup Applications
- XVI. Vaginal & Anal Douching

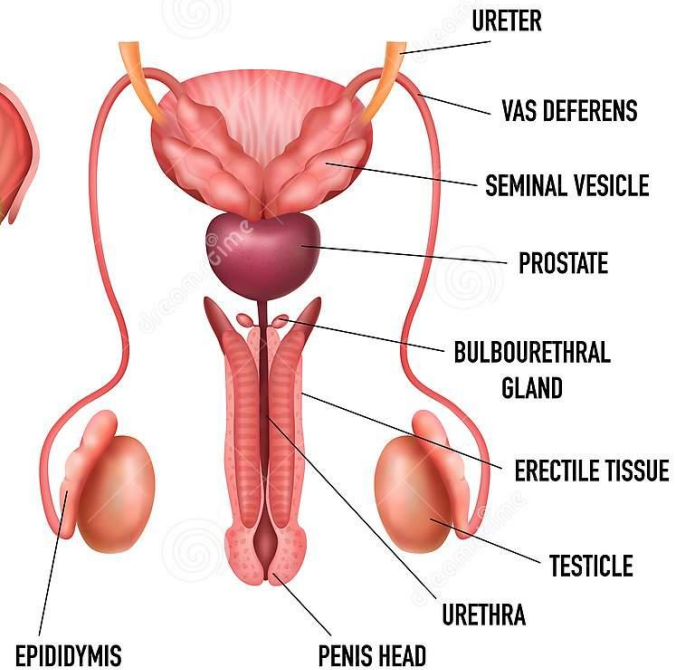
## MEDICAL STRUCTURE OF THE FEMALE BREAST



# HUMAN REPRODUCTIVE SYSTEM

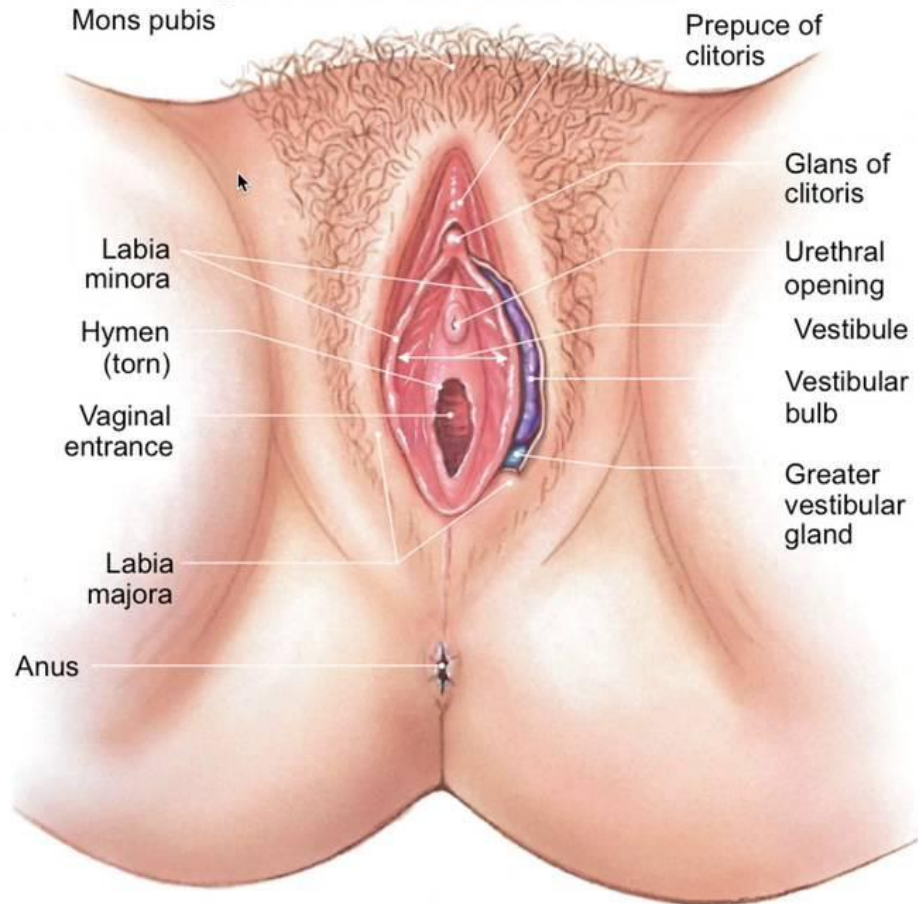


**FEMALE**

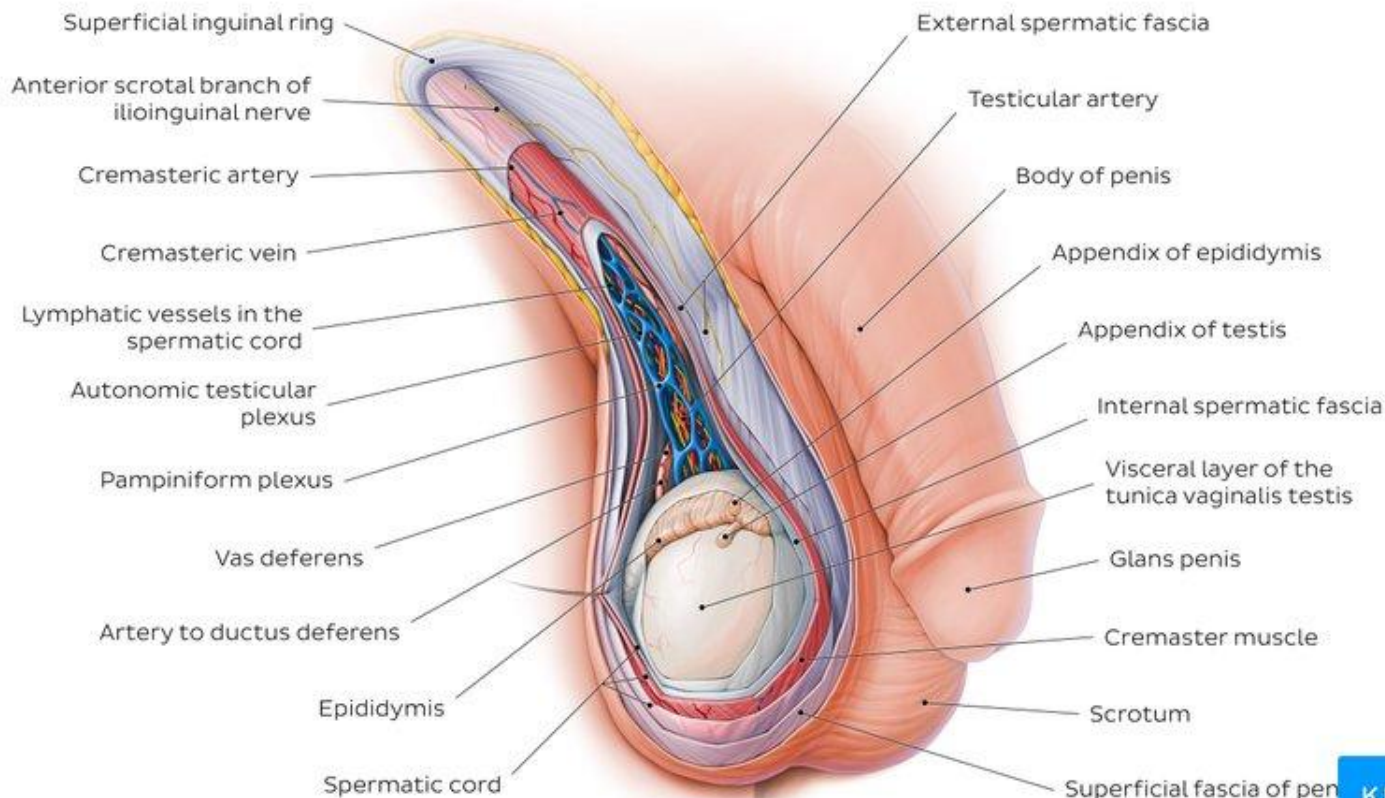


**MALE**

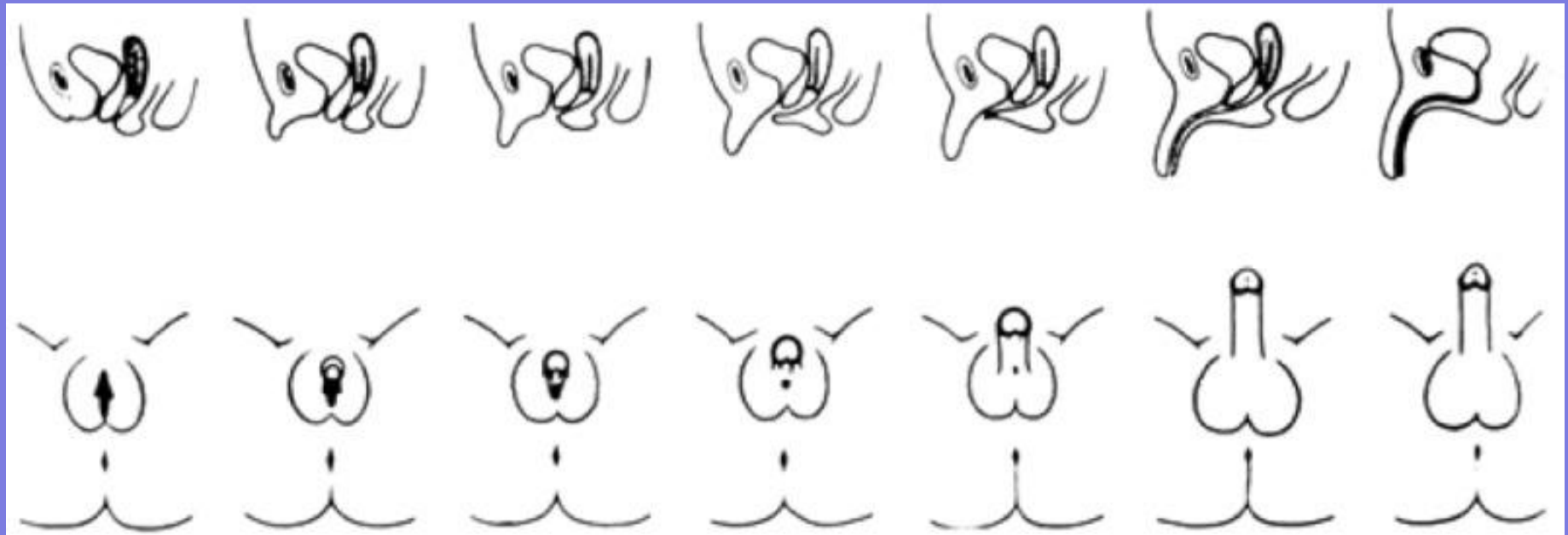
Figure 19-12 The Female External Genitalia.



## The Male External Genitalia



## Genitalia Spectrum



# MALE PUBERTY

- Growing **testicles** and **penis**
- Developing acne and/or oily skin
- Becoming taller and muscular
- Voice getting deeper (potentially cracks)
- Possible swelling and tenderness underneath the nipples
- Developing body odor
- Increasing body size
- Spontaneous **erections** (a distended and rigid state of an organ) when the penis is filled with blood
- Producing **sperm** (a component of **semen**, a male reproductive cell) and **ejaculating** (sudden release of sperm) may potentially cause “Wet Dreams”
- Raging **hormones** (regulatory chemical substances produced in the body)
- Hair growing around the penis and on the armpit, face, chest, legs
- Varying development in 2-5 years



# FEMALE PUBERTY

- Developing breasts
- Growing pubic hair
- Hair growth on arms and legs
- Increasing height, weight, and body size
- Developing acne and/or oily skin
- Girls are more likely to experience early puberty
- Raging hormones
- Beginning monthly **menstrual cycle** (28 day cycle; may be abnormal)
  - **Ovulation** occurs around 10-16 days before the next period when the body releases eggs from the **ovaries** (where eggs are stored) to be **fertilized** (**zygote** forming or fusing a sperm and egg cell)
    - **Fertility** is the body making hormones for reproduction
  - **Menstruation/periods** vary with each individual
    - Unfertilized eggs cause the lining of the **uterus** (the womb where babies develop) to shed blood and womb lining through the vagina
    - Lasting anywhere from 2-7 days each month
    - Some women bleed heavier than others
    - Period related symptoms: cramps/pains, bloating/swelling, constipation, diarrhea, acne, tiredness, and mood changes
    - Pads, tampons, period underwear, and menstrual cups are worn to protect clothes and sheets from blood
    - **Premenstrual Syndrome, PMS** is a combination of physical and emotional symptoms that many women get after ovulation and before the start of their menstrual period

# TEENAGE HARDSHIPS

- Being compared to peers
- Struggling with identity
- Dietary concerns (eating disorders)
- Concerns with philosophy, politics, and social issues
- Wanting to be independent from parents
- Difficult peer relationships
- Suffering from negative body image
- Not feeling supported and accepted in the community
- Difficulty with stress and time management
- Managing expectations from peers, parents, and society
- Possible mental and physical health issues
- Exposure to alcohol and drug use
- Exposure to on-screen violence and unhealthy social media
- Bullying (cyber, physical, verbal, social)
- Participating in risky sexual activity and behaviors
- Lack of a role model
- Suicides and sudden deaths
- Risk of anxiety and depression

# A MALE'S RESPONSIBILITY

- Showering daily and other self-care maintenance, such as shaving
- Maintaining a healthy diet, regular exercise, and managing hormones
- Managing **libido** (sexual desires)
- Managing hygiene specifically related to **circumcised** (cut) or **uncircumcised** (uncut) foreskin around the penis
- Being mindful of varying erectile functions: **premature ejaculation**, **delayed ejaculation**, inability to orgasm upon ejaculation (**anorgasmia**)
- Protecting self from unplanned pregnancies and sexually transmitted diseases
  - Wearing condoms to protect from HIV and other viruses
  - **Vasectomy** for effective birth control (cut and seal of tubes allowing sperm to pass through to testicles)
  - **Pull Out Method** (removing penis before ejaculation) \*high risk\*
  - Regular health check ups

# A FEMALE'S RESPONSIBILITY

- Showering daily and other self-care maintenance, such as shaving
- Maintaining a healthy diet, regular exercise, and managing hormones
- Managing libido
- Managing **vaginal discharge/secretions** as they change throughout ovulation and menstruation.
- Protecting self from unplanned pregnancies and sexually transmitted diseases
  - Birth control pills, implant, shot, vaginal ring, patch, sponge, IUD, diaphragm, spermicide, and a cervical cap
  - Condoms and internal condoms
  - Termination of pregnancy (**abortion**)
  - **Sterilization/Tubal ligation** is the process of cutting or blocking the **Fallopian tubes** (tubes connecting the ovaries to the womb) to block sperm from fertilizing eggs
  - Regular health check ups

# MASTURBATION, ABSTINENCE & OUTERCOURSE

- **Masturbation** is the stimulation of the genitals for sexual pleasure.
  - **Self - soothing** is infantile masturbation between ages 1-5.
  - Exploration of the body creates a self-awareness that promotes safety, advocacy for consensual and pleasurable sex, and the ability to recognize unsafe touching.
  - Self-touching is normal, natural, and private.
  - A great way to figure out what you like and what makes you have an orgasm (**ejaculation**; a climax of sexual excitement).
  - Viewing **porn/pornography** (portrayal of sexual subject matter for sexual arousal) is common practice in masturbation.
    - Beware of porn addiction which is notable for a lacking interest in real sex.
- **Abstinence** is when you don't have (**vaginal, oral, anal**) sex. \*no risk\*
  - Misconception that abstinence is engaging in sexual activity on fertile days (**fertility awareness**).
  - **Celibacy** is the state of abstaining from marriage and sexual relations.
  - **Virginity** is the state of never having engaged in sexual intercourse.
  - **Chastity** is refraining from unreasonable sexual conduct or romantic relationships as defined within the moral standards and guidelines of a culture.
- **Outercourse** is engaging in other sexual activities besides intercourse.
  - Misconception that outercourse is any sexual pleasure that cannot cause pregnancy.

# CONSENT

- **Consent** is actively agreeing to sexual activity with someone with clear communication. It is never implied and cannot be delivered while drunk, high, or passed out.
  - **Enthusiastic consent** is wanting to have sex rather than being expected to.
  - **Reversible consent** is changing your mind about what you feel like doing at any given time.
  - **Informed consent** is agreeing with the full story or having complete awareness of what is to come.
  - **Specific consent** is agreeing to a particular activity.
- The **age of sexual consent** (legal capability of consenting) is typically between 16-18. Adults who have sex with minors may face jail time and being registered as a **sex offender**.
- Young adults tend to engage in various “touching games” that impact feelings of being violated and uncomfortable. A crucial time in understanding harassment and assault.
- Changing hormones may impair judgment, but cannot negate the responsibility of getting consent. Our choices affect others and how they respond/react, so mindfulness is necessary.
- “Gut feelings” or instincts are worthy of being explored. You must be able to sort through your feelings and make decisions, so keep in mind that nobody has the right to touch you if or how you do not want them to.
- “No” and “stop” must be respected in any and all circumstances. Ask permission before touching or embracing a playmate. Safe words may be used to negotiate what is acceptable.

# PREGNANCY & CHILDBIRTH

- **Pregnancy** is when sperm meets with an egg, pregnancy hormones are released to prevent uterus lining from shedding, and periods cease throughout the process.
  - Some signs of pregnancy include missed periods, breast tenderness, nausea, vomiting, fainting, lethargy, weight gain, constipation, and bloating.
  - Pregnancy has three trimesters typically over the course of nine months.
- **Childbirth** begins when a pregnant woman goes into labor. Signs of labor include contractions, abdominal cramps, and leaking fluid and/or blood from the vagina.
  - Once the **cervix** (canal between uterus and vagina) is **dilated** (stretched) to 4 inches wide, mothers begin pushing. The baby is born and the **placenta** (organ supplying food and oxygen to baby) is delivered.
  - A number of complications may come into play during childbirth that may require **induction** (assisted labor) or speeding up the labor process. A **Cesarean Section (c-section)** is a surgery that may be required to deliver a baby.

# SEXUAL INTERCOURSE

- **Sexual intercourse** is defined as any contact between individuals involving penetration (inserting something).
- Sex serves the purpose of reproduction, intimacy, and pleasure. It impacts various facets of life, including physical, intellectual, emotional, psychological, and social aspects.
- Potential benefits include a longer life, less stress and tension, better fitness, better self-esteem, better sleep, and better general health.
- A healthy sex life is determined by practicing safe sex, regularly getting tested for STIs, preventing unintended pregnancies, and seeking proper care for any health concerns.
- A pleasurable sex life is determined by good feelings about your body, enjoying sexual pleasure, knowing your sexual pleasures and boundaries, being comfortable with your sexual orientation and gender identity, and maintaining a healthy, respectful relationship with your sexual partner.
- **Sexual dysfunction** is when you have trouble having sex or enjoying sex, and this bothers you. Sexual dysfunctions are sometimes called **sexual disorders**. Talking with a nurse or doctor can help you understand your sexual dysfunction and get necessary help.
- Sex and its potential benefits are widely controversial.
- Various forms of sexual activity and sexual preferences
  - Sexual activity may include masturbating alone or with a partner, kissing, oral, vaginal, and anal sex and more.
  - Sexual fantasies are rather common, and can be random or personal.
  - A **fetish** is sexual excitement in response to an object or body part that is not typically sexual.
  - **Orgasms** have many potential health benefits, yet are not as simple and common as many would suggest.
  - **Sexting** (using a phone, computer, or camera to take or send sexy messages or images) can cause serious problems regardless whether you send or share them. **Child pornography** (taking naked or sexual pictures of a minor) is illegal to send, own, or take. In some places, this includes having or sending pictures of yourself if you are a minor.



# PREP V. PEP: PRE V. POST-EXPOSURE PROPHYLAXIS

- PrEP is an anti-HIV medication to reduce chances of becoming infected with **Human Immunodeficiency Virus, HIV** (a virus that interferes with the body's ability to fight infections) if exposed
  - Shown to reduce risk of HIV infection through sex for gay and bisexual men, transgender women, and heterosexual men and women
  - Once-daily oral pill combining two medicines
  - Side effects include nausea, headaches, weight loss, and small increases in serum creatinine (a waste product that comes from the normal wear and tear on a body's muscles)
- PEP is an HIV prevention strategy where HIV-negative individuals take HIV medications after exposure
  - A month-long course of drugs
  - Must start within 72 hours of exposure
  - Nausea and other non-life threatening side effects

# SEXUALLY TRANSMITTED INFECTIONS

- **Sexually transmitted infections**, STIs are also referred to as **sexually transmitted diseases**, STDs.
- It is an infection passed from one person to another through sexual contact. May spread with no signs or symptoms (**asymptomatic**).
- Anyone can get an STI, but half of all new infections are among people aged 15 to 24 years old.
- Once sexually active, talk to your doctor or nurse about STI testing and how often to get tested.
- Symptoms vary and may include unusual discharge from the vagina/penis/anus, pain while urinating, lump or skin growth around the genitals/anus, a rash, unusual vaginal bleeding, itchy genitals/anus, or blisters and sores around the genitals/anus.
- Not all STIs may be cured.
- If diagnosed with an STI, it is your responsibility to disclose that information to your previous sexual partners.

# SEXUAL HARASSMENT

- **Sexual harassment** may include offensive remarks about a person's sex, unwelcome sexual advances, physical intimidation and/or requests for sexual favors.
  - **Sexual coercion** or **Quid Pro Quo** (any attempt to make work conditions contingent upon sexual cooperation) may be the result of sexual harassment in a hostile work environment.
  - **Unwanted sexual attention** is unwelcome and unpleasant sexual advances to a recipient. It may include unwanted hugging/touching/kissing, and relentless pressure for dates or sexual behavior. Unwanted sexual attention can include sexual assault and even rape.
  - **Gender harassment** entails disparaging people based on gender without implying any sexual advancement. Degrading comments and crude sexual terms/images are examples of sexual harassment that is sex-based and do not involve sexuality.
- It is illegal and considered a civil rights issue.

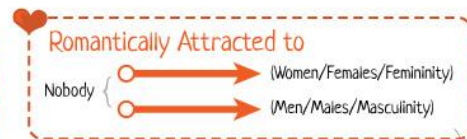
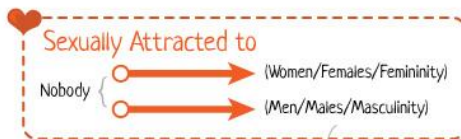
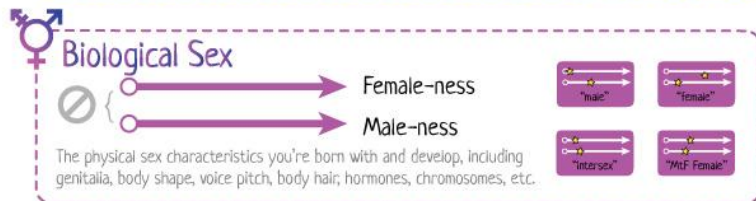
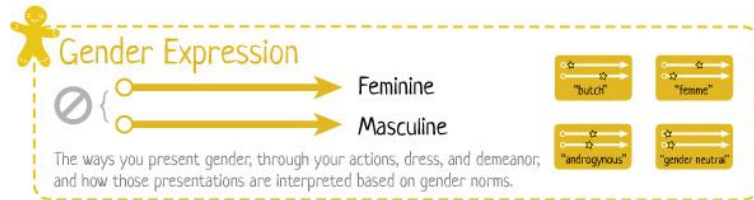
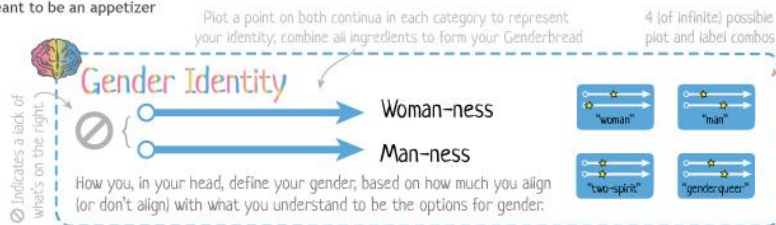
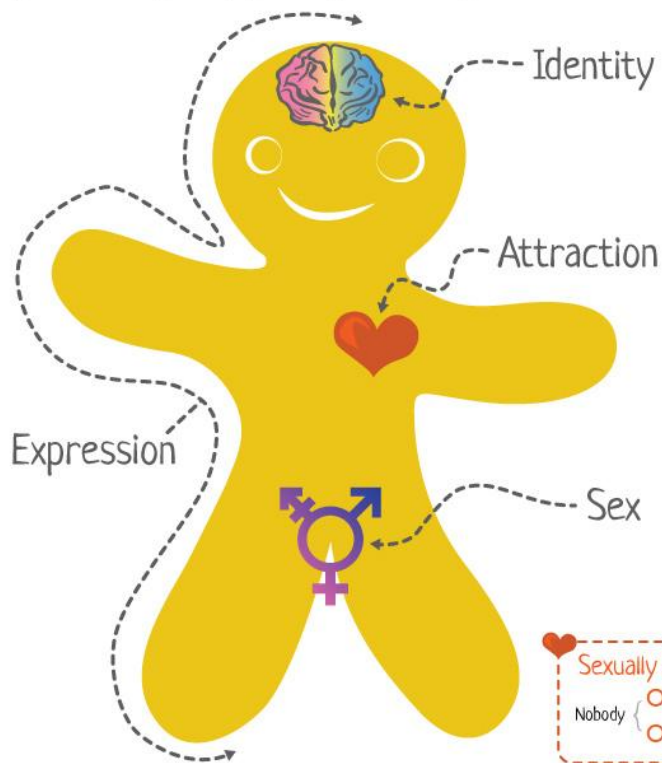
# SEXUAL ASSAULT, ABUSE & RAPE

- **Sexual assault** is any type of sexual contact or behavior that occurs without the explicit consent of the recipient.
  - **Rape** is a form of sexual assault defined as forced vaginal/anal **penetration** with any body part or object and/or oral penetration by a sex organ, no matter how slight, without the consent of the victim.
- **Sexual abuse** is mainly used to describe sexual behavior toward minors (who are not capable of giving informed consent. It includes many different things, from touching a victim in a sexual manner, forcing a victim to touch the predator in a sexual way, to making a victim look at sexual body parts, or watch sexual activity.
  - **Groping** is defined as unlawful touching. It may be categorized as sexual assault or abuse.
  - **Grooming** is when a **predator** (someone who obtains sexual contact without consent) uses their position within the community/industry to gain trust and ensure control that the abuse will remain a secret.
- **Sexual violence** can encompass no-contact acts, coerced sex acts, and non-consensual electronic sharing of explicit content.
- \*All criminal acts\*

# The Genderbread Person v3.3

by it's pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

L  
G  
B  
T  
Q  
I  
A  
+

# L IS FOR LESBIAN

A **lesbian** is a female-identified person who is attracted romantically, physically, or emotionally to another female-identified person.

A **dyke** is a “reclaimed” slur to identify a lesbian with more masculine physical characteristics/mannerisms.



# G IS FOR GAY

A **gay** person is someone who is attracted primarily to members of the same sex. Although it can be used for any sex, “lesbian” is sometimes the preferred term for women who are attracted to women.

Gay is commonly referenced as a male-identified person who is attracted romantically, physically, or emotionally to another male-identified person.

The term “faggot” is commonly used as offensive slang toward members of the gay community.





## B IS FOR BISEXUAL

A **bisexual** person is someone who is attracted romantically, physically, or emotionally to both men and women.

Stereotypically, people who identify as bisexual are viewed as being in a transitional stage or covering for promiscuity. The persistent questioning or negation of bisexual identity is called **bisexual erasure**.





# T IS FOR TRANSGENDER

A **transgender** person is someone who expresses or identifies as a gender other than that expected based on anatomical sex. They may undergo medical treatments to change their biological sex, often times to align it with their gender identity, or they may live their lives as another sex.

Historically and medically, the term **transsexual** has been used to communicate that one's experience of gender involves medical changes. Many transgender people don't identify as transsexual and would rather not be identified as such.



# Q IS FOR QUEER

**Queer** or **Genderqueer** is an umbrella term which embraces a variety of sexual preferences, orientations, and habits of those who do not adhere to the heterosexual and cisgender majority.

Queer includes, but is not exclusive to lesbians, gay men, bisexuals, trans people, and intersex persons. The term is traditionally derogatory and hurtful, however, many people who do not adhere to sexual and/or gender norms use it to self-identify in a positive way.



# I IS FOR INTERSEX

**Intersex** describes someone born with biological sex characteristics that aren't traditionally associated with male or female bodies. Intersexuality does not refer to sexual orientation or gender identity.

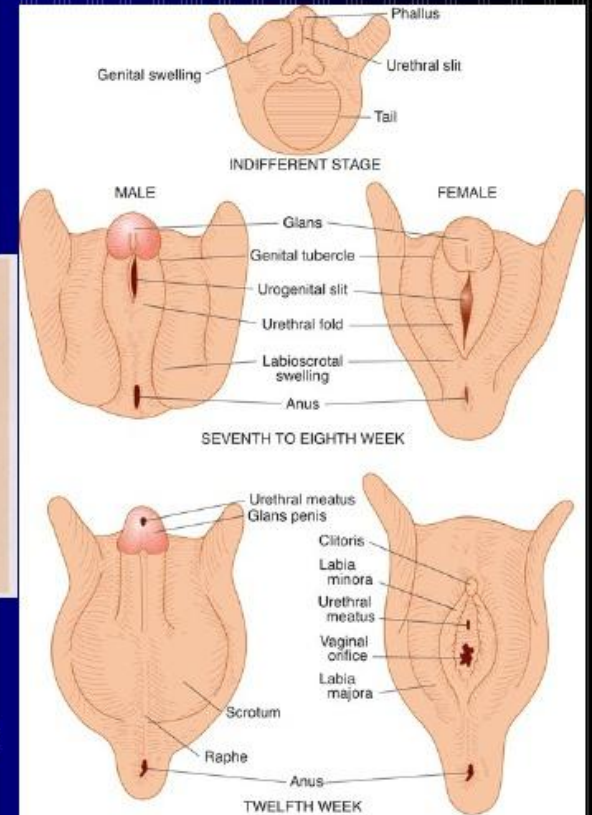
Intersex people may be born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals. The female sex consists of XX chromosomes and the male sex consists of XY chromosomes. Possible chromosome patterns of intersex people may be XXY, XO, XYY, XX/XY, and more.

## Sexual Differentiation of External Genitalia

TABLE 9.2 Homologous Structures

Female	Male
Clitoral glans	Penile glans
Clitoral shaft	Penile shaft
Clitoral hood	Penile foreskin
Labia majora	Scrotum
Labia minora	Bottom of penile shaft
Ovaries	Testes
Bartholin's gland	Cowper's gland
Skene's gland	Prostate gland

Figure 25-5 Differentiation of male and female external genitalia from indifferent primordial structures in the embryo.



Source: Barrett KE, Barman SM, Barstow S, Brooks HJ. *Baron's Review of Medical Physiology*, 23rd Edition. <http://www.accessmedina.com>  
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# A IS FOR ASEXUAL

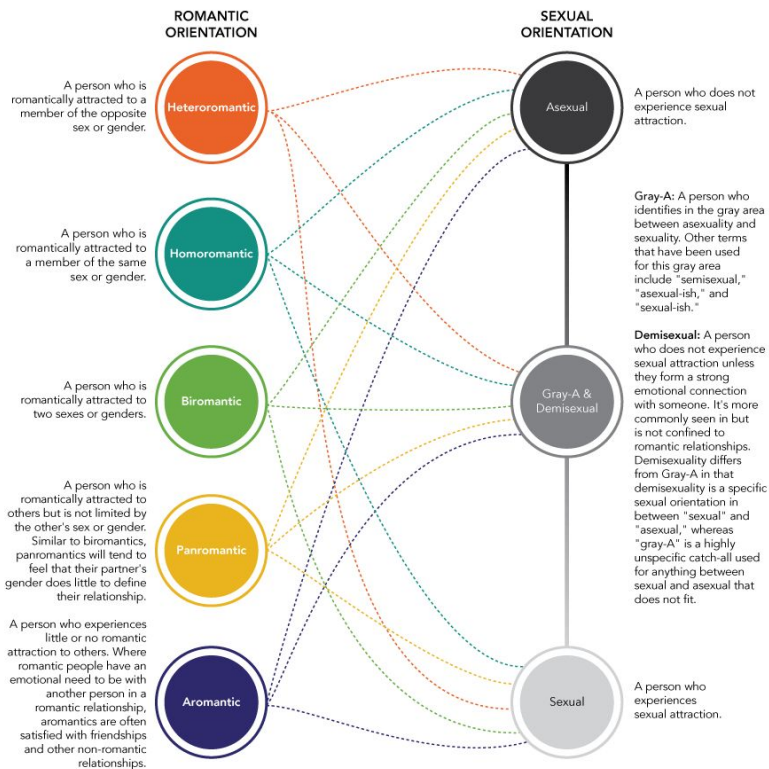
**Asexual** describes someone who experiences little to no **sexual attraction**.

A **Libidoist asexual** describes an asexual person who experiences sexual feelings that are satisfied through self-stimulation or masturbation. A **Non-libidoist asexual** doesn't experience any sexual feelings or have any active sex drive.

Asexual people are not to be confused with aromantic people, who experience little or no romantic attraction. One may not identify as the other.

## The Asexual Spectrum

Many asexuals identify with two orientations: a romantic and a sexual one. According to the Asexual Visibility and Education Network (AVEN), an asexual's romantic orientation determines "which gender(s), if any, they are inclined to form romantic relationships with." There are also individuals in the asexual community who identify in the gray area between asexuality and sexuality.\*



\*Note that this infographic is a limited and not definitive model of the asexual spectrum. Not all asexuals will identify or agree with the definitions in this graphic.

Source: AVENwiki ([asexuality.org/wiki/](https://asexuality.org/wiki/))

THE HUFFINGTON POST

## + IS FOR...

- + is the denotation of everything on the gender and sexuality spectrum that letters and words can't yet describe. The plus is widely taken as a symbol to represent self-identifying members of the community who are not included in the LGBTQIA acronym.
- **Agender** describes someone who does not identify with any gender.
- **Allies** are people who take a stand against oppression or discrimination that are not a member of the oppressed group.
- **Androgynous** is appearing to have both, neither, or in between traditionally male and female physical characteristics.
- **Androsexual** describes someone who is sexually attracted to individuals who identify as men, males, or masculine.
- **Aromantic** describes someone who experiences little or no romantic attraction, regardless of sex or gender.
- **Autoromantic** describes someone who is romantically attracted to themselves. Autoromantic people often report experiencing the relationship they have with themselves as romantic.
- **Autosexual** describes someone who is sexually attracted to themselves. The desire to engage in sexual behavior such as masturbation does not determine autosexuality.
- **Bicurious** describes someone who is curious about or open to exploring sexual relations with people of a different gender than which they are usually attracted.
- **Biromantic** describes someone who experiences romantic attraction, but not sexual attraction, to individuals of more than one gender.
- **Cisgender** describes someone whose gender identity matches the sex they are assigned at birth.
- **Closeted** or **"in the closet"** describes someone who doesn't publically or openly share their sexual identity, sexual attraction, sexual behavior, gender expression, or gender identity. The opposite term for closeted is **"out."** Some individuals may be out in certain communities but closeted in others, due to fear of discrimination, mistreatment, rejection, or violence.
- **Coming Out** is a phrase that refers to the process of being open about one's sexuality and gender.
- **Cupiosexual** describes asexual people who don't experience sexual attraction but still have the desire to engage in sexual behavior or a sexual relationship.
- **Demiromantic** describes someone who only experiences romantic attraction under specific circumstances, such as after building an emotional relationship with a person.
- **Demisexual** describes someone who generally does not experience sexual attraction unless they have formed a strong emotional, but not necessarily romantic connection with someone.
- **Gender Neutral** describes someone who prefers not to be described by a specific gender, but prefers "they" as a singular pronoun or "Mx." as a substitute for "Mr." or "Ms."
- **Gender Nonconforming** or **G.N.C.** describes someone who expresses gender outside traditional norms associated with masculinity or femininity. Not all gender-nonconforming people are transgender, and some transgender people express gender in conventionally masculine or feminine ways.

## + IS FOR...

- **Gender Fluid** is a term used by people whose identity shifts or fluctuates. Sometimes these individuals may identify or express themselves as more masculine on some days, and more feminine on others.
- **Grayromantic** describes people whose romantic attraction exists in the gray area between romantic and aromantic.
- **Graysexual** describes someone who occasionally experiences sexual attraction but usually does not. It's the gap between asexuality and sexual identity.
- **Gynesexual** describes someone who is sexually or romantically attracted to women, females, or femininity.
- **Heteroromantic** describes someone who is romantically attracted to people of the opposite sex or gender.
- **Heterosexual** or **straight** describes someone with sexual or romantic attraction to or between the opposite sex or gender.
- **Homoromantic** describes someone who is romantically attracted to people of the same sex.
- **Homosexual** describes someone with sexual or romantic attraction to or between a member of the same sex or gender.
- **M.A.A.B./F.A.A.B./U.A.A.B.** describes male-assigned at birth / female-assigned at birth / unassigned at birth.
- **Metrosexual** describes a heterosexual male with liberal political views, an interest in fashion, and a refined sense of taste.
- **Monosexual** describes someone who is romantically or sexually attracted to members of one sex or gender only.
- **Non-binary** or **N.B.** describes a person who identifies as neither male nor female and sees themselves outside the gender binary.
- **Omnisexual** is similar to pansexual and can be used to describe individuals whose sexuality isn't limited to people of a particular gender, sex, or sexual orientation.
- **Panromantic** describes someone who may experience romantic or emotional, but not sexual attraction to any person regardless of that individual's gender, sex, or sexuality.
- **Pansexual** describes someone who is attracted to people of all gender identities or someone who is attracted to a person's qualities regardless of their gender identity.
- **Polysexual** describes someone who is sexually or romantically attracted to multiple genders or identities.
- **Pomosexual** describes someone who does not wish his or her sexuality to be put into a conventional category.
- **Questioning** is the process of being curious about or exploring some aspect of sexuality or gender.
- **Sapiosexual** describes individuals who experience attraction based on intelligence, rather than sex or gender.
- **Skoliosexual** describes someone who is sexually attracted to people with non-cisgender gender identities, such as people who are non-binary, genderqueer, or trans.
- **Spectrsexual** describes someone who is sexually or romantically attracted to multiple or varied sexes, genders, and gender identities, but not necessarily all or any.
- **Trans\*** or **Trans+** are umbrella terms for non-cisgender identities.

# SEXUALLY TRANSMITTED DISEASES

Fact Sheet



Stay informed, be safe, act smart, and raise awareness about Sexually Transmitted Diseases (STDs).

## Herpes

Breaking out is hard to do

- ✦ More than 500 million people are living with genital herpes infection
- ✦ Caused by *Herpes simplex virus 2*
- ✦ There is no cure. However, medicines can prevent or shorten outbreaks



## Crab Louse

Don't let these crabs louse up your life

- ✦ Pubic lice infestation is found worldwide and can affect anyone
- ✦ *Phthirus pubis* is a parasitic insect of humans
- ✦ Treated with lice-killing lotions



## Gonorrhea

a.k.a. The Clap, from the old French for brothel, "clapier"

- ✦ Very common infection among young people (15-24 years)
- ✦ Caused by a *Neisseria gonorrhoeae* bacterium infection
- ✦ Can be cured with the right treatment, but some drug-resistant strains are developing



## HPV

Kissing this frog can give you warts. The HPV vaccine is a true prince!

- ✦ Most sexually active women and men will be infected at some point in their lives
- ✦ *Human papillomavirus* is a virus that includes more than 100 different strains or types
- ✦ A vaccine is now available which protects against several HPV types



a.k.a. Pox. Don't let the pox into your home, or anyone else's

- ✦ 5.6 million new cases reported each year
- ✦ Caused by the bacteria *Treponema pallidum*
- ✦ Cured with the right antibiotics

## Syphilis



Playing doctor is a game you don't want to lose

## Chlamydia

- ✦ 130 million new infections occur annually in the world
- ✦ Caused by the bacteria *Chlamydia trachomatis*
- ✦ Chlamydia can be cured with the right treatment



This virus is 400,000 times smaller than a golf ball, but a nasty killer

## HIV

- ✦ 43 million people are estimated to be living with HIV
- ✦ *Human immunodeficiency virus* kills cells which help the body fight infections
- ✦ No effective cure exists for HIV, but it can be controlled with proper medical care



A relationship with Trich can be parasitic and hard to handle

## Trichomoniasis

- ✦ Is the most prevalent non-viral STD, 140 million new infections each year
- ✦ Caused by a tiny parasite called *Trichomonas vaginalis*
- ✦ It can be treated with antibiotics

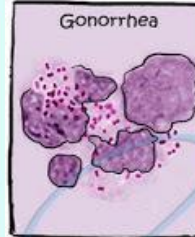


Anyone who is sexually active can get an STD. It's time to take action! Talk, protect, test and treat!

Join our GIANT microbes... a million strong actual sized

GIANTmicrobes.com

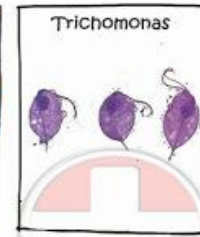
# SEXUALLY TRANSMITTED DISEASE



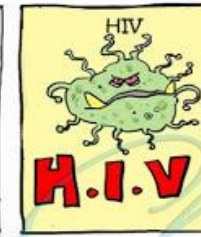
Gonorrhea



Chlamydia

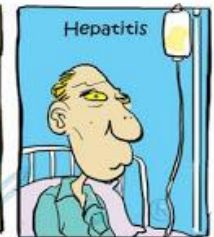


Trichomonas



HIV

H.I.V



Hepatitis



Herpes



Syphilis



Pain with urination



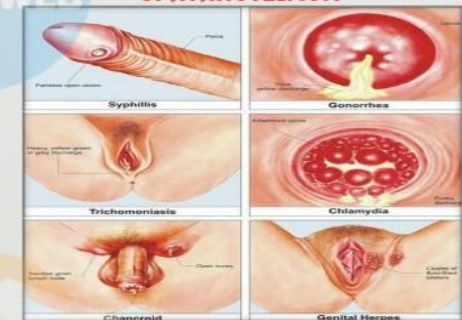
Pain with sex



Discharge from genital

MEDUWEB.COM

OPHTHNOTES.COM





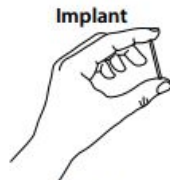
# Effectiveness of Contraceptive Methods

More Effective  
  
 Less than 1 pregnancy per 100 women in a year

6-12 pregnancies per 100 women in a year

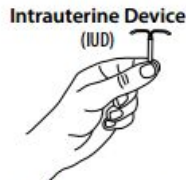
18 or more pregnancies per 100 women in a year

Less Effective



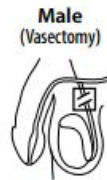
Implant

0.05 %\*



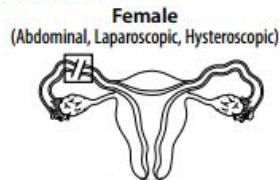
Intrauterine Device (IUD)

LNG - 0.2 % Copper T - 0.8 %



Male (Vasectomy)

0.15 %



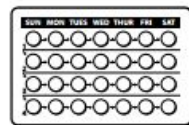
Female (Abdominal, Laparoscopic, Hysteroscopic)

0.5 %



Injectable

6 %



Pill

9 %



Patch

9 %



Ring

9 %



Diaphragm

12 %



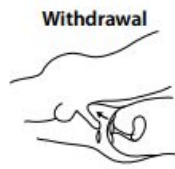
Male Condom

18 %



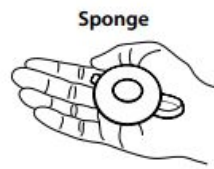
Female Condom

21 %



Withdrawal

22 %



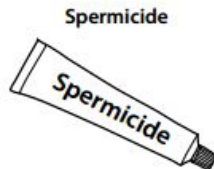
Sponge

24 % parous women  
12 % nulliparous women



Fertility-Awareness Based Methods

24 %



Spermicide

28 %

*How to make your method most effective*

After procedure, little or nothing to do or remember.

**Vasectomy and hysteroscopic sterilization:**  
Use another method for first 3 months.

**Injectable:** Get repeat injections on time.

**Pills:** Take a pill each day.

**Patch, Ring:** Keep in place, change on time.

**Diaphragm:** Use correctly every time you have sex.

**Condoms, sponge, withdrawal, spermicides:**  
Use correctly every time you have sex.

**Fertility awareness-based methods:** Abstain or use condoms on fertile days. Newest methods (Standard Days Method and TwoDay Method) may be the easiest to use and consequently more effective.

\* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.



## How to use a **female condom**

1



Check the expiry date  
& take the condom out  
of the packet carefully.

2



Squeeze the sides of the inner ring  
at the closed end of the condom  
between your fingers.

3



Find a comfy position – standing with  
one foot on a chair, squatting or lying  
– so that you can insert the condom  
into your vagina with your finger like  
you would a tampon.

4



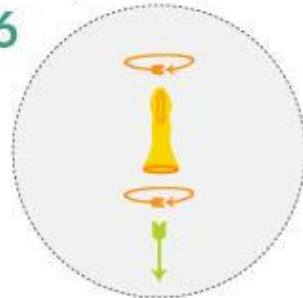
Put the condom in as far back as  
possible. The outer ring will hang  
about an inch outside your body.

5



When you are ready to have sex use  
your hand to guide your partner's  
penis into the condom.

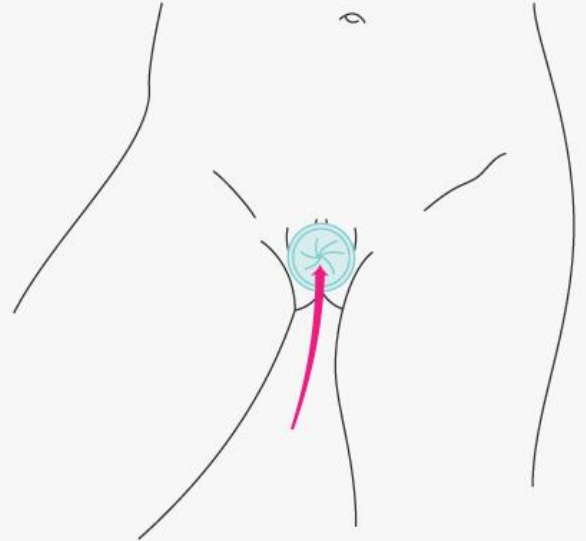
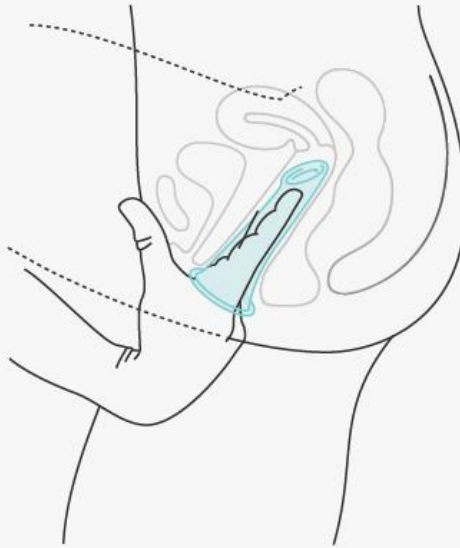
6



Twist the outer ring  
and pull it out to remove it.

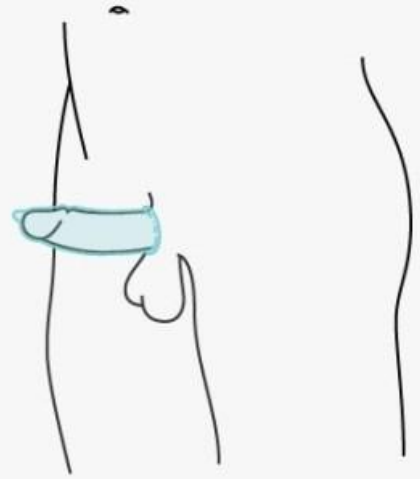
## inside condom

(used on vagina and anus)

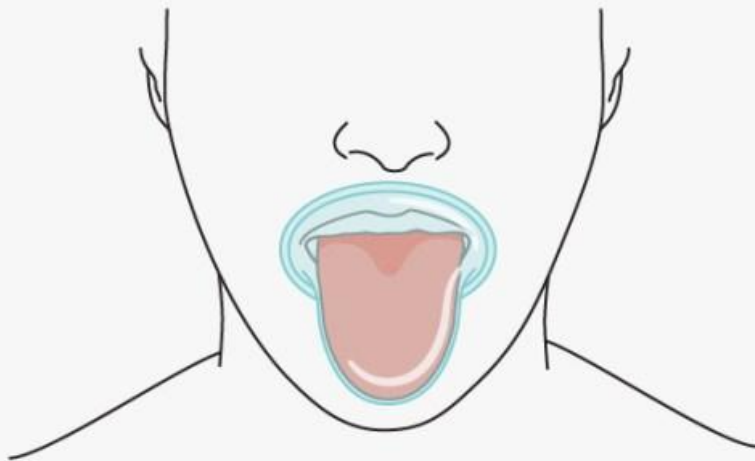


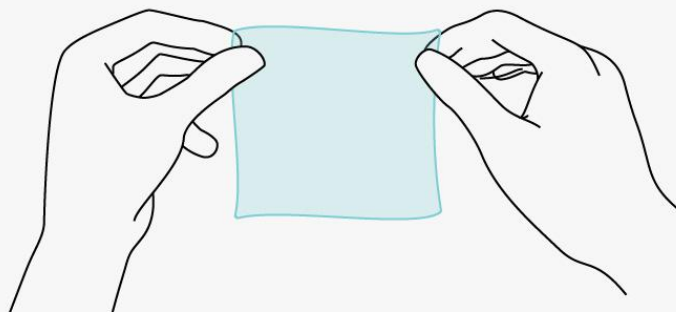
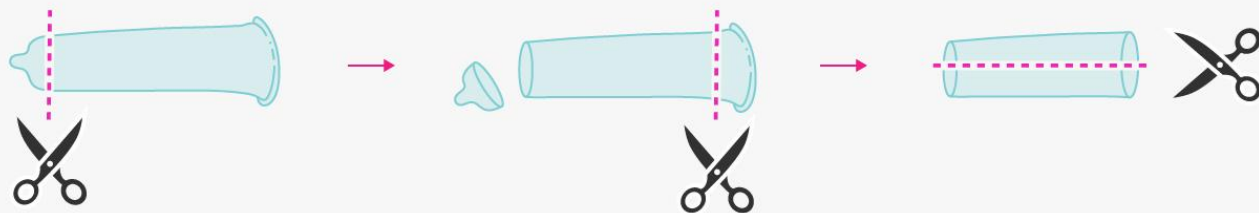
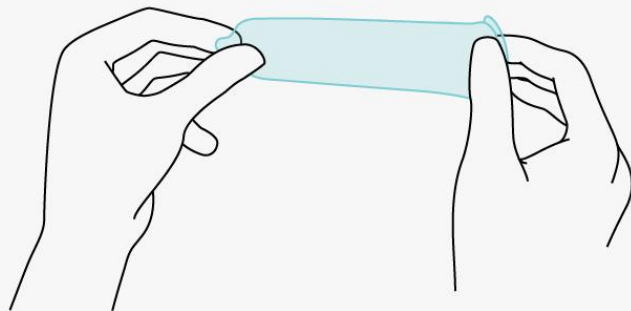
## outside condom

(used on penis)

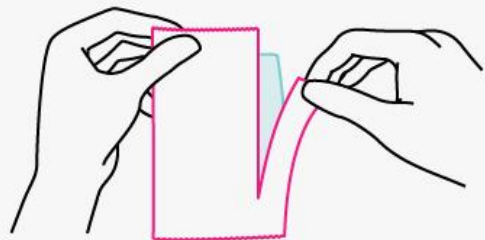


**tongue condom**





DIY Dental Dam



**Dental Dam**

# CONDOM APPLICATION FOR A VAGINA



1. Carefully open and remove female condom from the package to prevent tearing
2. Find a comfortable position
3. While holding outside of the condom at the closed end, squeeze sides of inner ring together with your thumb and forefinger and insert into vagina
4. Using your finger, push inner ring as far up as it will go until it rests against the cervix.
5. Be sure the condom is not twisted. The thin, outer ring should remain outside the vagina
6. SEX
7. Stop intercourse if you feel the penis slip between condom and walls of the vagina or if the outer ring is pushed into the vagina
8. To remove, gently twist outer ring and pull female condom out of the vagina
9. Throw it in the garbage

# CONDOM APPLICATION FOR A PENIS



1. Open condom carefully
2. The rim of the condom should be on the outside so it looks like a hat. Unroll it a little to make sure it is right-side out (no flipping or reusing).
3. Pinch the tip of the condom and place it on the head of penis with a little space left to collect semen. If uncircumcised, pull foreskin back before placing the condom.
4. Unroll the condom down the shaft of the penis all the way to the base. (May use lubricant).
5. SEX
6. After ejaculation, hold onto the rim of the condom and pull your penis out of your partner's body. Best before penis becomes soft.
7. Carefully remove condom and dispose of it in the garbage.



# PAD APPLICATION

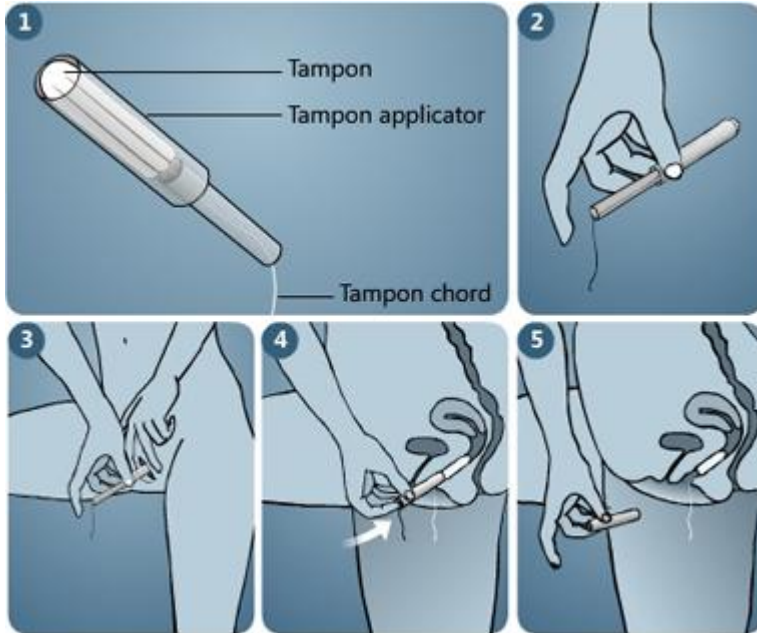


Cleaning reusable sanitary pads



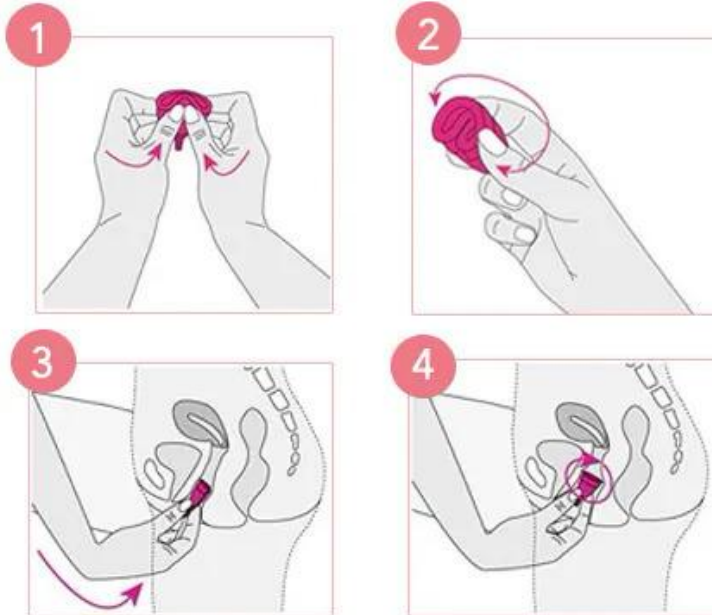
1. Stick the pad on your underwear using the sticky strip on the back. Some reusable pads are held in place with a snap or the elastic in your underwear.
2. Change your pad every few hours or when it is soaked with blood.
3. Wrap used disposable pads in the wrapper and/or toilet paper and throw them in the trash - don't flush them.

# TAMPON APPLICATION



1. Wash your hands and get into a comfortable position - squat, one leg up, or knees apart sitting on the toilet.
2. Push the tampon into your vagina using the applicator or your finger, depending on what kind of tampon you have.
3. Throw the wrapper and applicator in the trash - don't flush them
4. Change your tampon every 4-8 hours.
5. Remove tampons by gently pulling on the string hanging out of your vagina.
6. Wrap used tampons in toilet paper and throw it in the trash - don't flush them.

# MENSTRUAL CUP APPLICATION



1. Wash your hands and get into a comfortable position – squat, one leg up, or knees apart sitting on the toilet.
2. Squeeze or fold the cup so it's narrow. Slide into your vagina with your fingers. Use the directions that came with your cup to figure out the best way to squeeze it and how to place the cup.
3. Some cups need to be put high into your vagina near your cervix. Others sit in the lower part of your vagina. If your cup is uncomfortable or in the wrong spot, take it out and try again.
4. Menstrual cups are worn for 8-12 hours at a time or until it's full.
5. Some menstrual cups have a little stem that you pull on to remove it. Others are removed by hooking a finger around the rim, squeezing it, and pulling it out.
6. For disposable cups, throw them away after one use. Wrap these cups in their wrapper or toilet paper and throw them away – don't flush them. For reusable cups, empty it into the toilet, sink, or shower drain, and wash it out before reusing it. If you aren't in a place where you can wash your cup, empty it and put it back in. You can wash it later when you are in a private bathroom or at home. Always follow the cleaning and storage directions that came with your cup.

# VAGINAL DOUCHING

- **Vaginal douching** is the act of washing or cleaning out the vagina with water or other mixtures of fluids.
- Douching is different from washing or cleaning the vagina during a bath or shower.
- Doctors do NOT recommend douching. The vagina cleans itself naturally by making mucous which washes away blood, semen, and vaginal discharge.
- Douching is linked to vaginal infections and sexually transmitted infections.
- Douching can change the necessary balance of vaginal flora (bacteria that live in the vagina) and natural acidity in a healthy vagina.

# VAGINAL DOUCHING

## Bulb, gravity and shower douches

PLEASE NOTE: DOUCHES NOT TO SCALE

### Bulb syringe' douche

Nozzle goes up your arse

Nozzle and bulb detaches here

Water goes in here



### Gravity douche

Water goes in here

Nozzle goes up your arse

Hose/ pipe between the bag of water and nozzle



### Shower douche

Hose/ pipe between the water supply and nozzle

Nozzle goes up your arse

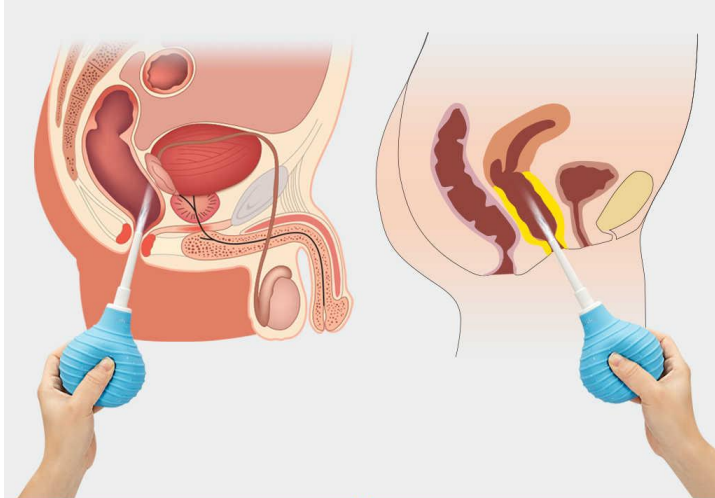


1. With one hand, form a V with your first two fingers to hold back the outside skin and spread out the folds of your vagina.
2. Use warm water to gently splash the area several times. Wash with a mild soap if you'd like. Don't scrub the folds harshly and avoid getting soap in your vagina.
3. Gently rinse the area with water until all the soap is removed.
4. Using a clean towel, pat the area dry.

# ANAL DOUCHING

- **Anal douching** is the act of flushing out the rectum with water to provide a deeper cleaning.
- Using homemade and noncommercial substances/solutions may damage rectal tissue and raises susceptibility to infection.
- Shower enemas: holding a shower hose attachment at the opening.
- There are many tools that can be used.
  - Enema bulbs: a reusable rubber bulb with a nozzle on the end to be inserted into the rectum. It can be filled with water or other solutions, such as saline. A flexible tip is more comfortable.
  - Fleet Enemas: a pre-lubricated nozzle tip best used with normal saline. Easy use and safe choice.
  - Enema bags: a solution-filled bag that is squeezed to release the contents into the rectum. May come with a hook to hang the bag and is typically sold as part of an enema kit with tube and nozzle attachments. Excess liquid may be unsafe when too much water comes out at once.
- Douching not recommended more than once a day or three times a week in order to reduce risk of damaging the anus and intestinal lining.
- Other risks include throwing off the balance of electrolytes, disrupting the body's natural elimination rhythm, **hemorrhoids** (swollen veins around the anus or in the lower rectum) or **anal fissures** (a small tear in the lining of the anus).

# ANAL DOUCHING



## Purpose of Eliminating Fecal Waste

Help to relieve constipation effectively

## Private Area Care

For intimate hygiene use before and after intercourse

1. Begin with a clean nozzle and douche to avoid the spread of bacteria
2. Use water a little less than lukewarm to avoid burning the mucosal lining
3. If using an enema solution, follow the mixing instructions on the package
4. Lubricate the tip of the douche to make insertion easier
5. Stand in the shower or over the toilet with one leg up
6. Get anus ready for insertion using a clean, lubed finger to relax it
7. Hold nozzle against anus, take a deep breath, and insert slowly and gently while breathing out
8. Slowly squirt the liquid if using a bulb, bottle or bag. If using a shower enema, start with a low setting to keep from releasing too much water at once
9. Hold the liquid inside for a few seconds before letting it out
10. Repeat until the water running out is clean or the bottle/bulb is empty
11. Shower - some people wait an hour or two before anal sex to ensure all the liquid is out



# HOW TO CLEAN YOUR ASS BEFORE ANAL SEX

1 / 7

WRITTEN AND ILLUSTRATED BY BLOODMAN

THERE ARE TWO TYPES OF CLEANING

**FAST**

10 TO 30 MINUTES, FOR A QUICKIE, TO GET POUNDED IN THE NEXT COUPLE OF HOURS.

**FULL**

30 MINUTES TO 2 HOURS, LONG SESSIONS, MONSTER DICKS, BAD DRAGON DILDOES, FISTING.

**CHOOSE YOUR WEAPON**

**BEST CHOICE**

1 time saving

2 ease of use

3 economical

1 time saving

2 ease of use

3 economical

1 time saving

2 ease of use

3 economical

1 time saving

2 ease of use

3 economical

**SHOWER HOSE:** BUY ON AMAZON, CONTROL FLOW, MULTIPLE NOZZLES

**ENEMA BULB:** PACK IT FOR TRIPS, EASY TO REFILL, CLEAN, AND HIDE.

**FLEET ENEMA:** DUMP IRRITATING LIQUID FIRST! FILL WITH WARM WATER

**ENEMA BAG:** OLD SCHOOL, CLASSY HIPSTER, SLOW AND METHODOICAL.

## PRO TIP!

HEMORRHOIDS THE HEMORRHOID WAY! TRAPPED IN A HOTEL ROOM WITH NO TOILET? LOCATE A VENDING MACHINE, WATER BOTTLES WORK GREAT! DO NOT SCREW IT IN, BE GENTLE, JUST LEAN IT AGAINST YOUR ASS AND SQUEEZE. RE-FRE-SHING!

FIRST, ENJOY A GOOD DUMP, DON'T FORCE IT, TAKE YOUR TIME, FINISH THAT NOVEL. DON'T OVER-WIPE, YOU DON'T WANT AN IRRITATED HOLE.

THIS GUIDE FOCUSES ON THE SHOWER HOSE, SINCE IT'S THE BEST TOOL, BUT THE SAME CONCEPTS WORK FOR OTHER TOOLS.

TURN VALVE ONLY HALF-WAY, OR THE PRESSURE WILL SAND BLAST YOUR ANUS TO PIECES

WARM WATER, NOT TOO HOT...

DRAIN COVER OFF!

YOU'LL FLUSH YOUR SHIT DOWN THE DRAIN, NOT THE TOILET. DON'T BE A PUSSY.

IT'S ALL PIPES! WHAT'S THE DIFFERENCE?

LOW PRESSURE, MAKE THE STREAM ABOUT 5" TALL, THAT'S ENOUGH.

LEAN TIP ON YOUR HOLE, LET THE WATER PRESSURE DO ALL THE WORK.

NO NEED TO PUSH IT IN! WITHOUT GOOD LUBE, IT CAN IRRITATE YOUR ASS.

2 / 7

# FILL 'ER UP!

3 / 7

**FAST**

COUNT TO 5 TO FILL YOUR RECTUM WITH WATER. DO NOT OVERFILL, IF YOU GO PAST THE SIGMOID, YOU ARE SCREWED.

IF YOU GET WATER PAST THE RECTUM, INTO THE SIGMOID AND ASCENDING COLON, YOU WILL STR UNIGHTLY THINGS IN THE DEEP CAVERNS, AND WILL HAVE TO DO A FULL CLEANING INSTEAD, LEAST THERE BE SURPRISES LATER WHILE YOU ARE BEING COCKSLAMMED.

1x

IF YOU ARE USING AN ENEMA BULB, WATER BOTTLE, OR FLEET ENEMA, DO ONE SINGLE CHARGE AT A TIME.

**FULL**

COUNT TO 30, YOU NEED TO FILL ALL THE WAY UP THE ASCENDING COLON, AND THE TRANSVERSE COLON.

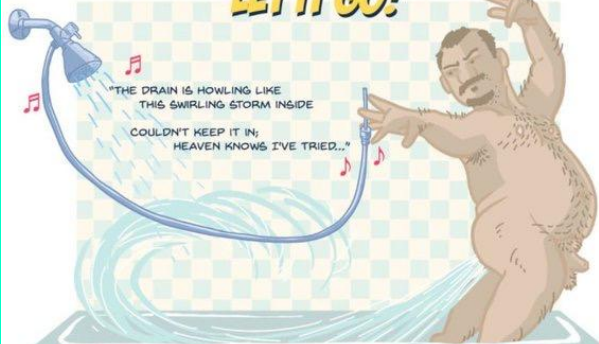
YOU MIGHT FEEL CRAMPING AND NOT BE ABLE TO COUNT TO 30. JUST STOP, RELAX, GIVE IT A FEW SECONDS AND CONTINUE COUNTING FROM WHERE YOU LEFT OFF. IT'S IMPORTANT TO GO ALL THE WAY, OTHERWISE THIS WILL TAKE MUCH LONGER.

DO AROUND 6 TO 10 FULL CHARGES FOR BULB OR FLEET ENEMAS. HOLD IT IN UNTIL THE END, TAKE YOUR TIME.

AND NEXT COMES THE MESSY PART...



## LET IT GO!



"THE DRAIN IS HOWLING LIKE  
THIS SWIRLING STORM INSIDE  
COULDN'T KEEP IT IN;  
HEAVEN KNOWS I'VE TRIED..."

IT'S TIME TO SQUIRT YOUR SHIT OUT. AIM FOR THE DRAIN AND  
DON'T WORRY ABOUT THE MESS. IT MIGHT TAKE SEVERAL PUSHES.



USE THE WATER PRESSURE TO FORCE IT ALL DOWN THE DRAIN.

IF TOO SOLID, INCREASE WATER  
PRESSURE, BLAST IT TO PIECES!



OR SQUISH IT DOWN LIKE A BUG  
WITH YOUR BIG TOE! EWWW!



THIS IS A MESSY PROCESS, BUT IT'S ALL COMING FROM YOU.  
BETTER TO MAKE A MESS IN THE SHOWER THAN IN BED.

## RINSE AND REPEAT

### FAST

REPEAT MINIMUM OF 5 TIMES. IT COULD  
TAKE DOZENS OF TIMES, THAT'S ALRIGHT.



IF THE WATER HAS SOME COLOR OR  
SMELL, DO IT AGAIN, AND AGAIN.



IF THE WATER IS NOT CLEAR, NO MATTER  
HOW MANY TIMES YOU TRY, YOU PROBABLY  
WENT PAST THE SIGMOID, AND NOW HAVE  
TWO CHOICES:

- 1) PROCEED TO A FULL CLEANING.  
THIS CAN TAKE AN EXTRA HOUR.
- 2) STOP. TELL YOUR BUTT BUDDY IT  
WILL BE ORAL SEX ONLY FOR TODAY.  
HONESTY IS BETTER THAN POOPDICK.



IF ALL THE WATER COMES OUT SPARKLING,  
YOU ARE DONE! SOAP UP, RINSE AND DRY.

## CONGRATS!

### FULL

IF YOU ARE DOING A FULL PREP, YOU  
HAVE SOME WORK TO DO...



MOST OF THE WATER WILL BE TRAPPED  
IN THE DESCENDING COLON. YOU WILL  
FEEL CRAMPING AND SOME WATER WILL  
COME OUT, BUT NOT ALL.



THERE'S A LOT MORE THAT NEEDS TO  
BE EVACUATED.

IT USUALLY TAKES 5 OR SO FULL,  
COMPLETE FLUSHES UNTIL THE WATER  
COMES OUT CLEAN AND YOU ARE  
EMPTY, BUT IT DEPENDS ON THE DAY  
AND THE PERSON.

YOU NEED TO INDUCE CRAMPS TO PUSH  
THE WATER BACK OUT. THERE ARE EASY  
TRICKS TO MAKE SURE YOU GET IT ALL...

## CONTINUE >

THERE ARE SEVERAL YOGA POSES THAT HELP WITH RELEASING WATER:

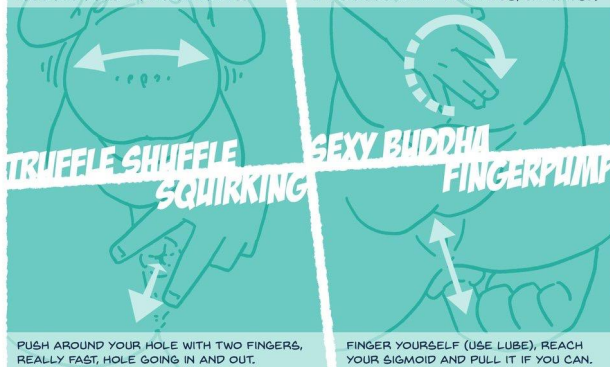


SWITCH POSES, MOVE AROUND, SHAKE THAT BELLY UNTIL WATER COMES OUT. TRY ADDING MORE WATER AS YOU CHANGE POSES, AND REMEMBER THE ANATOMY OF YOUR PIPING.

THESE DANCE MOVES CAN HELP TOO, TRY THEM OUT, SEE WHAT WORKS:

SHAKE THAT BELLY, CHUNK! SHAKE IT HARD AND MAKE THAT COLON MOVE.

PRESS ON YOUR BELLY IN A CIRCULAR MOTION, IN THE DIRECTION OF YOUR PIPES, CLOCKWISE!



KEEP REFILLING YOURSELF WITH WATER, USING ACTION TO INCITE YOUR BOWELS TO MOVE. ONCE THINGS COME OUT FROM THE DEEP END, IT WILL BE MESSY AS FUCK, THAT'S EXPECTED. CLEAN YOUR MESS AND REPEAT UNTIL THE WATER THAT COMES OUT IS CLEAR.

## HOW DO YOU KNOW WHEN YOU ARE CLEAN?

IF YOU LEAVE THE SHOWER AND GET DEAFENING INTESTINAL GROWLS, YOU ARE NOT DONE. USE THIS CHECKLIST TO FIGURE OUT IF YOU ARE TRULY CLEAN AND EMPTY:

**WATER SMELLS:** IF IT STINKS, THAT MEANS THERE'S MORE TRAPPED INSIDE. PERHAPS A LOT MORE. YOU ARE NOT DONE YET.

**MUCOSA:** YOU MIGHT SEE CLEAN WATER WITH TRACES OF INTESTINAL LINING (LOOKS LIKE SNOT, SLIMY AND ICKY, IT'S NOT SHIT, DOESN'T SMELL). IT COULD INDICATE YOU'VE REACHED THE END.

**LAST FART:** AIR FLOATS, SOMETIMES THE LAST THING TO COME OUT IS A FART, BUT NOT ALWAYS, IT COULD JUST BE A REGULAR FART. DON'T TRUST IT IF IT SMELLS.

**EMPTINESS:** THERE'S A PARTICULAR FEELING OF EMPTINESS AND A WEIRD CRAMPING WHEN YOU ARE TOTALLY CLEAN. LEARN TO IDENTIFY IT, THIS SKILL WILL IMPROVE WITH PRACTICE.

**CLEAN WATER:** IF A TON OF WATER COMES OUT AFTER A WHILE OF BEING STUCK, AND IT'S TOTALLY CLEAR, IT COULD SIGNAL THAT YOU ARE DONE.

## PRO TIPS! WITH HERMIONE THE HEMORRHOID

### DIGITAL SCALE

WEIGH YOURSELF BEFORE GETTING IN THE SHOWER. IF YOU WEIGH MORE WHEN YOU COME OUT, YOU'LL KNOW THERE'S WATER STILL INSIDE.

### COLD WATER

IF YOU USE COLDER WATER AT THE END, YOU'LL GET MAD CRAMPS. SOME PEOPLE HATE THIS! IT MIGHT FEEL REALLY UNCOMFORTABLE, BUT IT CAN HURRY THINGS ALONG.

### EAT FIBER

YOUR DIET WILL DETERMINE HOW EASY IT IS TO CLEAN. FIBER CLEANS YOUR GUT, METAMUCIL IS A GOOD SUPPLEMENT TO TRY.

### EVERY BODY IS DIFFERENT

REMEMBER TO ADAPT THIS GUIDE TO WHAT YOUR BODY TELLS YOU. YOU MIGHT NEED MORE TIME OR WATER, OR LESS, YOU WILL LEARN WITH TIME AND PRACTICE.

THAT'S IT! PLAY SAFE AND HAVE FUN! AND FOR HEAVEN'S SAKE, SOAP UP AND RINSE REALLY WELL AFTER YOU ARE DONE!

CREATED BY BLINDJAW  
FEEL FREE TO SHARE!



CREATIVE COMMONS ATTRIBUTION  
NONCOMMERCIAL SHAREALIKE LICENSE

THE END  
CONGRATS! GO GET SOME BUTTSEX!