



Preventing Unplanned Pregnancies & Sexually Transmitted Infections (STIs)



The easiest, most foolproof method - Abstinence.

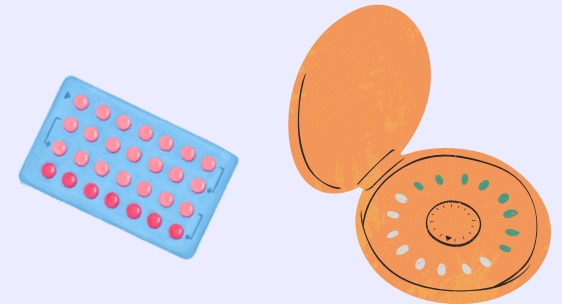
This is the only method that is 100% effective. Many young people practice abstinence. They know that they can express how you feel about someone without having sex with them.

What about the withdrawal method?

You might think that withdrawing (i.e. sex. without ejaculation) is safe, but it does not prevent against pregnancy or STIs.

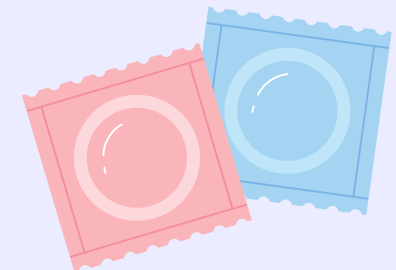
Hormonal Contraceptives

They can be used with condoms for better pregnancy prevention. Hormonal contraceptives do not protect against STIs.



Condoms

They protect against both pregnancies and STIs. Condoms should always be used, and replaced when broken or when it slips off. However, condoms can fail when they break or slip off.



HPV Vaccination

Human Papillomavirus (HPV) vaccines have been found to be effective in preventing cervical cancer and genital warts. This vaccination is recommended for all adolescent females under the National Childhood Immunisation Schedule,



You are at risk of contracting STIs each time you have unprotected sex.



Sexually Transmitted Infections

- STIs are infections that transmit through sexual activity.
- They can be prevented through abstinence or correct use of condoms every time during sex.
- STIs may or may not have symptoms. Even without symptoms, they can have **serious long term consequences**.
- If you get diagnosed or treated for a STI, your partner(s) should also be treated to prevent reinfection.

A healthy looking person may have a STI without even knowing it.



Scan the QR code to check out how these STI germs can cause serious diseases.



Speak to a trusted adult or healthcare provider if you need to test for STIs, or pregnancy.

Tests can easily be done to look for STIs. It is important to seek help and get tested early.

Resources

<https://www.healthhub.sg/live-healthy/554/gettingsupportstis>

https://www.healthhub.sg/live-healthy/27/sexual_health_guide

