

- Emergency contraception are pills that can prevent pregnancy up to five days after intercourse. Timing is important, for they are more effective when taken early. They will not prevent STIs.
- Barrier methods (condoms) help protect against STIs and pregnancy. Condoms should be used for all types of sexual activity.
- Condoms can prevent pregnancy and STIs. They must be used correctly every time and can sometimes break or slip off during sex.
- Withdrawal (having sexual intercourse without ejaculation) does not protect you against pregnancy. It is not effective.



■ A message for parents/guardians and trusted adults

- As teens get older and go through puberty, it is normal that they have questions about relationships, sexuality and sexual activity.
- Adolescents get many messages about sex from peers, mass media, and social media.
- **Parents are the most important source of information** about sex and healthy relationships for adolescents.
- Adolescents need parents to provide factual information to help correct false ideas that they may get from friends/social media.
- Studies have shown that teens who report talking with their parents about sex are more likely to delay having sex and to use condoms when they do finally have sex.



■ Adolescent vaccination

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

- Start with easier topics and move to decision making around sexual activity. Teach responsibility, consent and consequences of decisions. Keep communication open.
- Emphasise that no one has the right to pressure your daughter or son to have sex or engage in sexual activity. Encourage them to speak up against dating violence.
- If you do not feel comfortable discussing these issues with your child, refer your child to other trusted adults that they can confide in.
- The Adolescent Sexual Health clinic consist of physicians and nurses. They provide information to adolescents and parents about matters pertaining to adolescent sexual health.

Useful telephone number

Central Appointments

6294-4050



KK Women's and
Children's Hospital
SingHealth

100 Bukit Timah Road
Singapore 229899
Tel: 6-CALL KKH (6-2255 554)
Fax: 6293-7933
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KK Women's and
Children's Hospital
SingHealth

Adolescent Sexual Health



Reg No 198904227G PADWash1022

PATIENTS. AT THE HEART OF ALL WE DO.®

■ Adolescent Sexual Health

The teenage years can be both exciting and confusing. Your body is changing and you are experiencing new emotions. It is normal for teenagers to have questions regarding romantic feelings and sexual attraction. It is important to know the facts about these topics so that you can make good decisions for your health and well-being. It is always a good idea to talk to a parent/guardian, other trusted adults, or your healthcare provider if you have questions.

Important messages about sex:

- Remember **body safety**! Your body belongs to you; no one should touch you without your permission.
- No one should ever force you or pressure you to have sex. If you are ever forced to have sex, it is important to not blame yourself and tell a trusted adult as soon as possible.
- Many teens, who are not having sex, lead happy and healthy lives.
- It is important to know the facts about pregnancy and infections before having sex.
- If you have already had sex before but are unsure if you should do it again, wait before having sex again.
- No one should pressure you about decisions on when to become sexually active. Preventing pregnancy and Sexually Transmitted Infections (STIs) are important decisions. It may be a good idea to talk to a trusted adult, including your parent or healthcare provider.
- Do not make any choices about sex when under the influence of alcohol or other substances.

■ Relationships

Knowing what a healthy relationship looks like is important. A healthy relationship should involve:

- Safety
- Honesty (no secrets, no lies, willingness to admit mistakes)
- Respectful communication
- Accepting yourself for who you are
- Mutual respect (treat each other equally, agree to disagree)

Relationships should not involve:

- Lack of respect
- Controlling behavior
- Being blamed for your partner’s problems
- Feeling jealous frequently
- Verbal abuse
- Physical abuse – in any form including pushing, shoving, and hitting
- Pressuring or forcing you to have sex



Threats and any form of physical, sexual, or verbal abuse are never right and you should talk to a trusted adult immediately.

■ Sex and relationships

- Being attracted to a person and trying to figure out how to deal with these feelings is normal in adolescence.
- You can express how you feel about someone without having sex with them.
- Kissing and hugging can be accompanied by intense feelings and lead to sex.
- Having sex is a big decision. Think about whether you are ready for sex and how to keep yourself safe.

■ Here are some reasons why waiting to have sex may make sense:

- Sex can lead to **pregnancy**. Being a pregnant or teen parent is a huge responsibility and involves caring for a baby.
- **Serious infections** can be spread during sex. Abstinence (no sex) is the 100% sure way of protecting against infections and pregnancy.
- Sex can lead to **emotional distress**. Many teens feel upset if you have sex and your relationship ends or if your partner tells others that you had sex with him/her.
- There may be **legal consequences** if you are less than 16 years of age.



■ Sexually Transmitted Infections (STIs)

- Sexually transmitted infections (STIs) are infections that you can get through sexual activity.
- Some STIs include HIV/AIDs, gonorrhea, chlamydia, and genital herpes.
- You can prevent getting an STI through abstinence (not having sex) or through the correct use of condoms (barrier method) every time you have sex.
- All STIs may or may not have symptoms. Even without symptoms, they can have long-term health impacts.
- Symptoms of STIs may include sores in the mouth/private areas, painful urination, and vaginal discharge.
- Tests can easily be done to look for STIs.
- It is important to get treatment early. Tell a healthcare provider or a trusted adult if you think you need to test for STI.

■ Preventing pregnancy and STIs

It is important to protect yourself if you decide to be sexually active.

- Contraception is important because it can protect you against pregnancy and some forms of contraception can protect against STIs.
- Hormonal contraception can be used with condoms for better pregnancy prevention. Hormonal contraceptions do not protect against STIs.