

Puberty





Adolescence

- Transition from childhood to a mature adult
- Usually occurs from **11–25** years of age¹
- **Maturity**
 - Physical
 - Intellectual
 - Cognitive

1. Weinberger DR. 2005. *The Adolescent Brain...*



What Is Sex?

- **Sexual activity is defined as bodily contact meant to give or derive sexual gratification**
- **Anal sex and oral sex are sex, and mutual masturbation is sexual activity; all 3 are not abstinent behavior, and are risky¹**

1. Horan PF, et al. 1998. *J HIV/AIDS Prev and Educ for Adolesc and Childrn.*



Oral and Anal Sex

- **> 50% of 15- to 19-year-olds have tried oral sex¹**
- **~ 70% of 18- to 19-year-olds have tried oral sex¹**
- **~ 11% of 15- to 19-year-olds have tried in anal intercourse¹**

1. Mosher WD, et al. National Center for Health Statistics



Physical Consequences of Sexual Activity

- **Nonmarital pregnancy**
- **Sexually transmitted infections**
 - **Sexually transmitted diseases**
 - **Infertility**
 - **Cancer**
 - **Death**



How Common are Sexually Transmitted Infections (STIs)?

- **Approximately 19 million new cases in 2000¹**
- **Number of annual STIs case reports has been increasing**
- **About half of STIs occur in 15- to 24-year-olds¹**
- **Human papillomavirus is the most commonly acquired STI, followed by trichomonal and chlamydial infections**
 - **These 3 account for 88% of all new cases in adolescents and young adults (15-24)¹**

1. Weinstock H, et al. 2004. *Perspect Sex Reprod Health*.



STIs in Youth,* 2000

STI	Incidence **	Prevalence ***
HPV	4,600,000	9,200,000
Trichomonas	1,900,000	unknown
Chlamydia	1,500,000	1,000,000
Genital herpes	640,000	4,200,000
Gonorrhea	431,000	unknown
HIV	15,000	unknown
Total	9,100,000	unknown

* 15- to 24-year-olds (approximately 40 million according to US Census, 2003)

** Number of *new* infections occurring in the population in 1 year.

*** Number of infections found in the population *including* those from previous years.

Source: Weinstock H, et al. 2004. *Perspect Sex Reprod Health*.¹



Types of STIs

Bacterial

Chlamydia

Gonorrhea

Syphilis

Viral

Genital herpes

Human
papillomavirus
(HPV)

Hepatitis
(B&C)

HIV/AIDS

Parasitic

Trichomoniasis



Oral Sex & STI Risk

Risk	Bacterial	Viral	Parasitic
Mod - High	Syphilis Gonorrhea Chlamydia	Hepatitis A Herpes HIV HPV	
Low		Hepatitis B&C	Trichomoniasis?



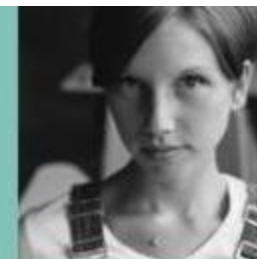
Mutual Masturbation & STI Risk

Risk	Bacterial	Viral	Parasitic
Low – Mod	Syphilis	Herpes HPV	
Very low		HIV?	Trichomoniasis?
No evidence	Gonorrhea Chlamydia	Hepatitis	



Emotional Consequences of Sexual Activity

- Pain and suffering from broken relationships
- Fear, confusion about romantic feelings
- Altered self-esteem
- Sense of betrayal and abandonment
- Guilt, depression, and emotional roller coaster
- Impaired ability to form healthy long-term relationships



Teen Pregnancy

- More than 800,000 teenagers become pregnant each year¹
- 34% of girls become pregnant at least once before age 20²
- 11% of pregnant 15–17-year-olds have already been pregnant at least once before²

1. Martin JA, et al. 2003. *Natl Vital Stat Rep*.
2. Albert B, et al. 2003. *14 and Younger...*



Nonmarital Teen Pregnancy & Life Goals

- Teen parents are more likely to¹
 - Drop out of school
 - Continue to have out-of-wedlock babies
 - Change jobs more frequently
 - Be on welfare
 - Have mental and physical health problems

1. Coley RL, Chase-Lansdale PL. 1998. *Am Psychol.*



Contraception & Teen Pregnancy

- **15%–50% of contracepting teens get pregnant**
- **20% of teens aged 12–18 yrs using the “pill” get pregnant within 6 months¹**
- **20% of teens <18 yrs using condoms get pregnant over a period of 1 year²**
- **15% of contracepting teens not cohabiting with a boyfriend get pregnant within a year³**
- **50% of contracepting teens cohabiting with a boyfriend get pregnant within a year³**

1. Dinerman LM, et al. 1995. *Arch Pediatr Adolesc Med*.
2. Grady WR. 1986. *Fam Perspect*.
3. Fu H, et al. 1999. *Fam Plann Perspect*.

Condom Effectiveness

Cumulative risk for STIs increases with number of exposures (sex acts) for a disease like gonorrhea.

- **Without condoms**
 - Infection risk is about **100%** after **10** exposures¹
- **With consistent and correct (perfect) condom use**
 - **14%** risk after **10** exposures and **53%** after **50** acts¹

1. Mann JR, et al. 2002. *Sex Transm Dis*.

Even with 100% Condom Use

STIs	Approx. risk reduction
<i>N. gonorrhoeae</i> ^{1,2,3} (<i>gonorrhea</i>)	50%
<i>C. trachomatis</i> ^{1,2} (<i>chlamydia</i>)	50%
<i>T. pallidum</i> ^{1,2} (<i>syphilis</i>)	30%-50%
<i>T. vaginalis</i> ^{1,3} (<i>trichomoniasis</i>)	No conclusive evidence
HPV ^{3,5}	No conclusive evidence
HIV ^{3,4}	85%

1. Ahmed S, et al. 2001. *AIDS*.

2. Baeten JM, et al. 2001. *Amer J Obstet Gynecol*.

3. NIH. 2001. *The Condom Report*.

4. Davis KR, Weller SC. 1999. *Fam Plann Perspect*.

5. Manhart LE, Koutsky LA. 2003. *Sex Transm Dis*.



Factors Associated With Sexual Activity

- Lack of parental guidance
- Peer pressure
- Curiosity
- Desire for intimacy
- History of sexual abuse
- Risky behavior
- Alcohol and drugs

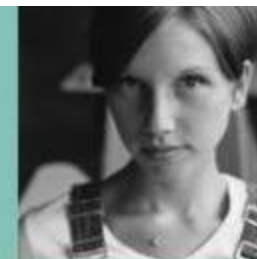


Hazards of Early Sexual Debut

Teens who start sexual activity at an early age have increased¹

- Number of sexual partners
- STIs
- Out-of-wedlock pregnancy and birth rates
- Single parenthood
- Maternal and child poverty
- Abortion rates
- Depression
- Suicide

1. Pergamit MR, et al. 2001. *The Long Term...*

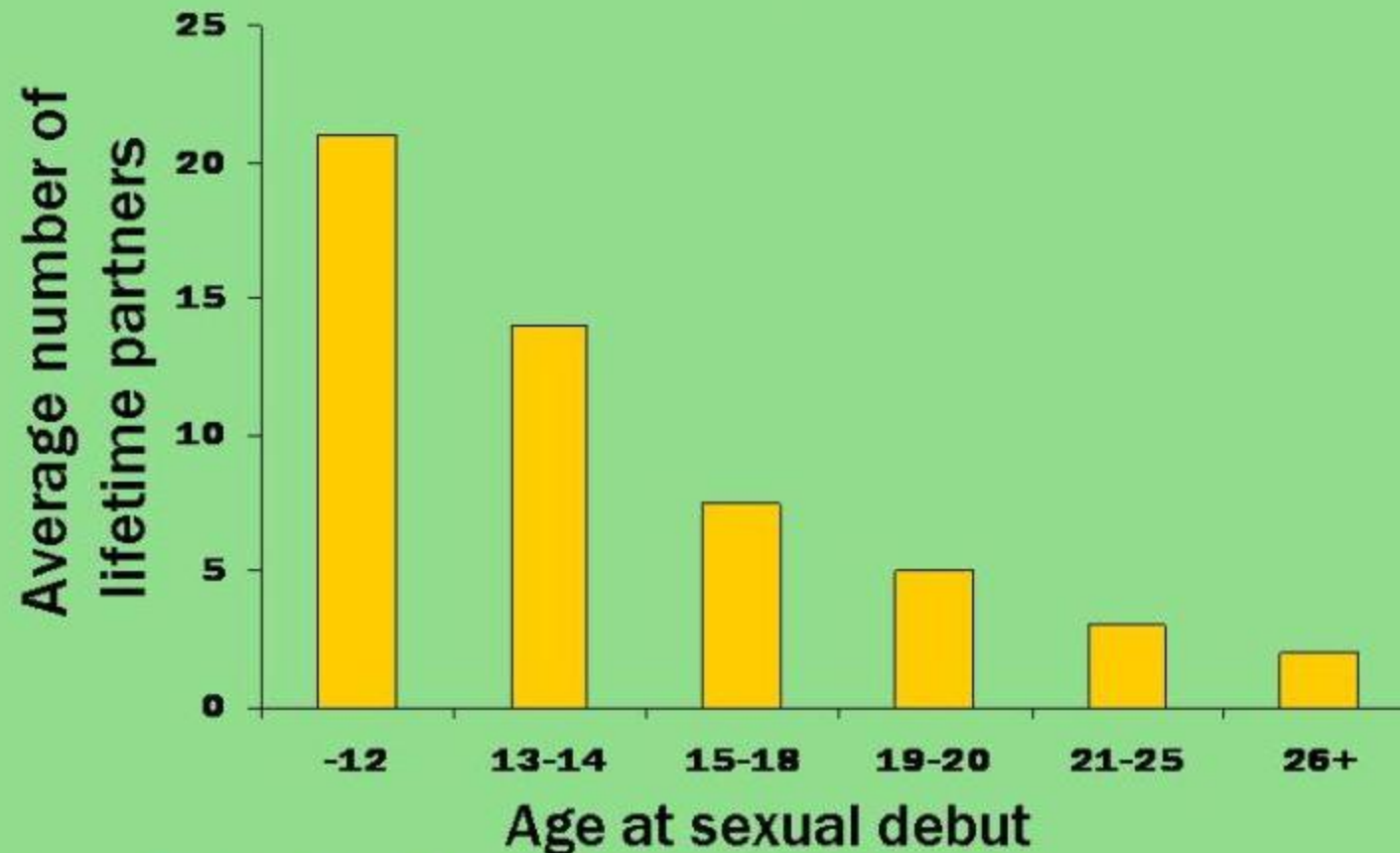


What is Abstinence?

- **Sexual abstinence is the calculated decision and deliberate action of a person to refrain from sexual activity**
- **The only truly effective and practical method to prevent sexually transmitted infections (STIs) and nonmarital pregnancies**



Delay of Intercourse Reduces Number of Partners



Source: The Heritage Foundation. 2003.¹

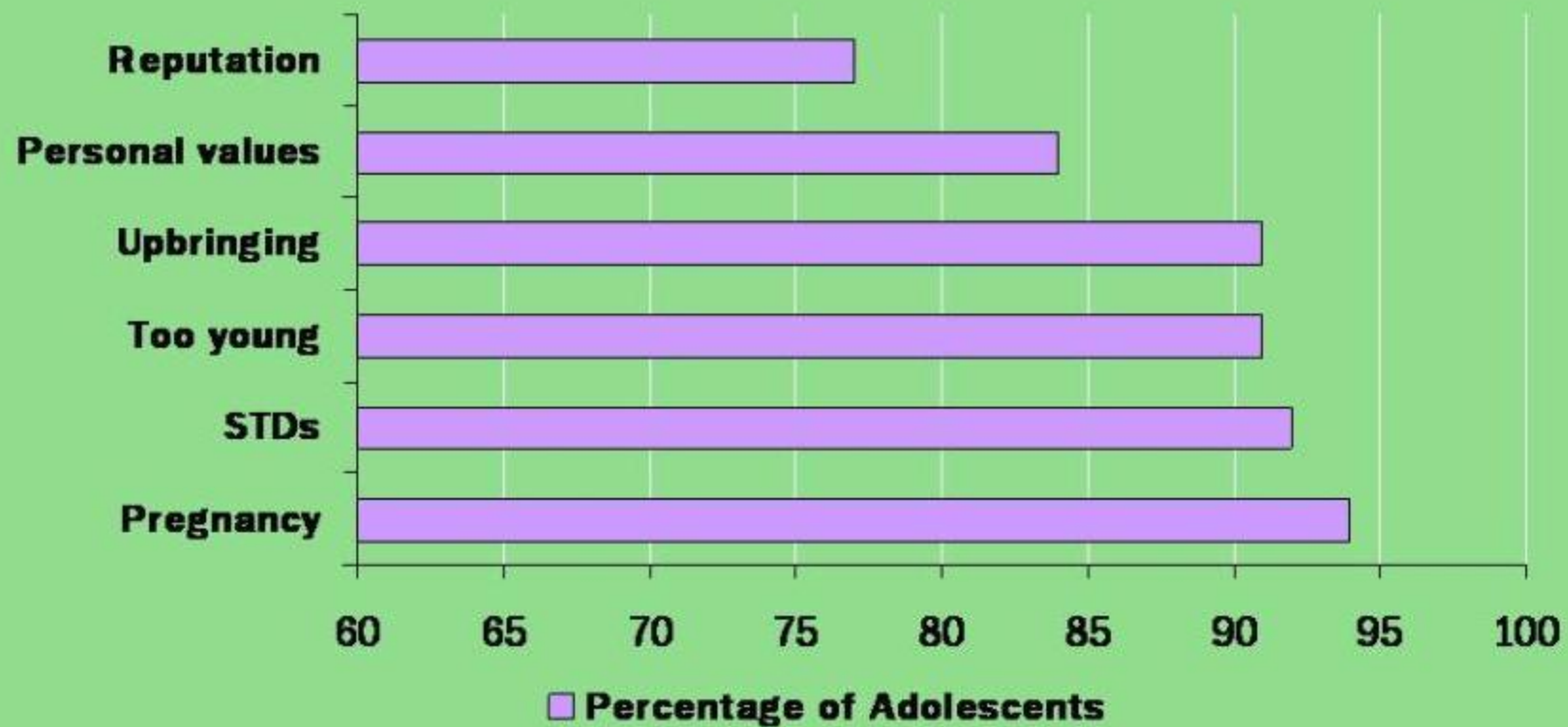


Why Adolescents Say "Yes" to Sex

- Lack of parental guidance & monitoring
- Peer pressure
- Curiosity
- Desire for intimacy
- History of sexual abuse
- Risky behavior
- Alcohol and drugs



Why Adolescents Say "No" to Sex



Source: Kaiser Family Foundation, 2004.



Advantages of Abstinence

- **Unmarried individuals are free to focus on personal development (education, work, leisure, travel, etc.)**
- **There is no cost and is available to everyone**
- **Encourages individuals to build healthy relationships not confused by sexual involvement**