



GYT

THE MONTHLY INSTALLMENT

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs

APRIL 2010



GET YOUR GYT GROOVE ON...

UHS offers comprehensive STI testing and treatment. We also offer confidential billing. Need to make an appointment or have questions? Call 585-275-2662.



Short on cash? No health insurance?

The Monroe County STD Clinic offers **FREE**, confidential testing for STIs here in Rochester. The clinic is located about 2.5 miles from River Campus on West Main Street. NO insurance is necessary. They have walk-in hours Monday – Friday. For more information, call: 585-753-5481 or visit: www.monroecounty.gov/health-diseases.php.

ABOUT 1% OF SEXUALLY ACTIVE MEN IN THE US HAVE GENITAL WARTS.

ACCORDING TO A SURVEY CONDUCTED BY THE MAKERS OF TROJAN BRAND CONDOMS... NEW YORK CITY IS THE 2ND MOST SEXUALLY SATISFIED CITY IN AMERICA.

DID YOU KNOW?

- There are more than 25 diseases spread primarily by sexual activity. As a group these infections are called STDs (sexually transmitted diseases) or STIs (sexually transmitted infections).
- In the US, an estimated 19 million people become infected with one or more STIs each year.
- Less than 1/2 of adults age 18-44 have ever been tested for an STI.
- There is no way to tell if someone has an STI by looking at them.

WANT MORE INFO?

- www.gytnow.org
- www.seicus.org
- www.ashastd.org
- www.cdc.gov
- www.rochester.edu/uhs
- www.plannedparenthood.org



YOUNG WOMEN, AGES 15-19, HAVE THE HIGHEST RATES OF CHLAMYDIA.

THE BEST WAY TO PREVENT AN STI IS NOT TO HAVE SEX. PERIOD.

GOT CONDOMS?

UHS has got 'em.
And guess what? They're FREE!



THE BEST WAY TO KNOW IF YOU HAVE AN STI IS TO BE TESTED.

BY THE AGE OF 25, ONE IN TWO YOUNG PEOPLE WILL GET A SEXUALLY TRANSMITTED INFECTION. MOST WON'T KNOW IT.

GYT IS ABOUT TAKING CONTROL OF YOUR SEX LIFE BY GETTING TESTED AND TALKING OPENLY ABOUT IT. WE'RE READY TO TALK. ARE YOU?

THE CONDOM IS THE MOST COMMON CONTRACEPTIVE METHOD USED AT FIRST INTERCOURSE. IT WAS USED BY 66% OF SEXUALLY EXPERIENCED FEMALES AND 71% OF MALES.

The UHS Health Promotion Office has some exciting news...we will be featuring the GYT campaign on campus throughout the month of April! Meet us "on-the-street" for condom demos and contests, check out our weekly messages about safer sex, and look for opportunities to earn prizes! Have questions or want to book a safer sex themed program, contact: mkelley@uhs.rochester.edu.

 **GYT.** 
GET YOURSELF TESTED.

COMMON CURABLE STIs

- Chlamydia
- Gonorrhea
- Bacterial Vaginosis
- Trichomoniasis
- Syphilis
- Crabs
- Scabies

COMMON INCURABLE STIs

- Herpes (HSV)
- Human Papilloma Virus (HPV)
- HIV/AIDS
- Hepatitis A, B, C



Treatments may be available!

WHAT IS SAFER SEX?

Safer sex is anything done during sex play to reduce the risk of getting an infection. Even though a lot of people say "safe sex" instead of "safer sex," there is no kind of skin-to-skin sex play with a partner that is totally risk-free. However, being "safer" is something all of us can do.

"NO-RISK" SEX ACTIVITIES



- Masturbation
- Mutual Masturbation
- Cybersex
- Phone sex
- Sharing fantasies

"LOWER-RISK" SEX ACTIVITIES

- Kissing
- Fondling
- Body rubbing (dry humping)
- Playing with sex toys (alone or with a partner)
- Oral sex—made even safer with a dental dam or condom



"HIGHER-RISK" SEX ACTIVITIES



- Vaginal intercourse
- Anal intercourse
- Unprotected oral sex

OF THE 18.9 MILLION NEW CASES OF STIs EACH YEAR, 9.1 MILLION (48%) OCCUR AMONG 15-24-YEAR-OLDS.

Questions about the Monthly Installment? Contact: mkelley@uhs.rochester.edu