

Speak Up

Safeguarding People who use
Augmentative Communication from
Sexual Abuse/Victimization

Operated by: The Anne Johnston Health Station

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Sexually Transmitted Diseases (STD's)

Excerpts from End the Silence - Preventing the sexual assault of women with communication disorders: Developing a community response by Pip Farrar '96. Pages 113-117

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For More Information

Planned Parenthood

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(416) 927-7171

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(416) 961-3200

Introduction

Anyone deciding to have sexual activity needs to know about the possibility of getting sexually transmitted diseases (STDs).

STDs are illnesses passed from someone who already has the disease to another person during sexual activity.

You can get STDs by having infected blood, semen or vaginal fluids get into your body.

It is possible to pass on some STDs by mouth.

Excerpt from End the Silence by Pip Farrar
Page 113

Introduction

Anyone, regardless of age, ability or sexual orientation can get STD's if he or she practices high risk behavior.

A person can have more than one STD at a time.

You cannot tell who has an STD by just looking at the person.

End the Silence by Pip Farrar
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Reduce your risk of getting an STD

Always use a latex, lubricated condom with a tip, along with a spermicide foam or cream, every time you have penis-vagina sex, penis-anal sex or oral sex.

Do not share sex aids or toys.

Do not share needles or syringes.

End the Silence by Pip Farrar
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Introduction

STD's include the following diseases:

- Gonorrhea
- Syphilis
- Chlamydia
- Herpes
- Genital warts
- Hepatitis B
- Pubic lice
- HIV and AIDS

What to do if you think you have an STD

See your doctor.

Gonorrhea

Gonorrhea may cause many uncomfortable symptoms.

A woman may have a strong-smelling discharge from her vagina.

A man may feel pain when he urinates.

Most types of gonorrhea can be cured with medication.

A swab of the infected area is taken by the doctor.

Excerpt from End the Silence by Pip Farrar.
Page 113

Gonorrhea

How can you get gonorrhea?

You can get gonorrhea by having unprotected oral sex, vaginal sex or anal sex with a person who already has the infection.

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Syphilis

Syphilis often causes sores on a person's mouth or genitals or a rash on the skin.

A blood test can tell if a person has syphilis.

Syphilis can be cured with medication.

Excerpt from End the Silence by Pip Farrar.
Page 114

Syphilis

How can you get syphilis?

You can get syphilis if you have oral, vaginal or anal sex with a person who already has the infection.

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Chlamydia

Sometimes there are no signs so the person does not know they have it. For a woman, signs might include a strange discharge from the vagina, an itchy vagina, bleeding before a period, pain in the lower back or when urinating.

In men chlamydia is called NGU. For a man, signs might include needing to urinate a lot, a feeling of burning when urinating, a watery discharge from the penis and pain in the testicles.

Excerpt from End the Silence by Pip Farrar
Page 114 and Planned Parenthood.

Herpes

Herpes can cause sores on a person's mouth or genitals.

The sores are very painful and the person might feel ill for a few days.

The sores may disappear but come back later.

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Herpes

How can you get herpes?

You may get it by kissing someone who has a cold sore.

You may get it in your genital area if you have oral sex with someone who has cold sores.

You may get it in your eyes, mouth and genitals by touching the sores.

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Herpes

What to do if you think you have Herpes?

- Get a doctor to check the sores. Herpes cannot be cured.
- There is a medication which will reduce the length of the herpes outbreak and reduce the pain.
- During an outbreak it is advisable to keep the area clean, wear cotton underwear and wear loose fitting clothes.

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Genital Warts

These are small white growths which may be found in the vagina, cervix, on the vulva, around the anus or on a penis.

They can be hard to see.

A PAP test for women can help to detect them.

Warts can be removed using chemicals, a laser light or by freezing them.

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Genital Warts

How can you get genital warts?

You can get genital warts by having oral sex, vaginal sex or anal sex with a person who already has the virus.

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Hepatitis B

Hepatitis B can be passed from an infected person to another through body fluids, especially semen, vaginal fluid, saliva and blood.

A doctor can inject a person to protect them from Hepatitis B.

Signs that you might have Hepatitis B include feeling tired, having pain in your abdomen, your urine or stool is a strange color, your skin is yellow, you are not hungry and you feel like throwing up.

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Hepatitis B

There is no cure for Hepatitis B.

If you have Hepatitis B you might need to change the way you eat and also stop drinking alcohol.

Most people who have Hepatitis B do get better. When they are better, they do not pass on the virus to others.

Some people do not get better.

There is a vaccine that can protect you from getting Hepatitis B.

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Pubic Lice

Pubic lice and scabies are insects that cause a rash and itching. They can be passed from one person to another during sexual activity or from infected bed sheets or underwear.

Pubic lice attach themselves to pubic hair. Scabies insects burrow into the skin.

Pubic lice and scabies can be treated with lotions bought at the drug store. You do not need a doctor's prescription to buy these lotions.

End the Silence by Pip Farrar
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HIV

HIV means Human Immunodeficiency Virus. There is no cure for HIV. Women and men with disabilities can get HIV.

It is important to know how to protect yourself from HIV.

AIDS

AIDS stands for Acquired Immune Deficiency Syndrome.

It is the later stage of an illness believed to be caused by HIV.

HIV & AIDS

If you are deciding about having a sexual relationship with another person it is your responsibility to get accurate, life saving information about HIV and AIDS.

HIV & AIDS

You cannot tell who has HIV or AIDS by looking at them.

A person may have HIV without knowing it.

HIV can be passed from one person to another by doing certain things.

HIV & AIDS

How can you get HIV/AIDS?

Having infected blood, semen or vaginal fluids get into your body.

Having anal, vaginal sex without using a condom.

Sharing sex aids / toys

Sharing needles or syringes for injecting drugs

End the Silence by Pip Farrar
Page 116 & 117

For more information on Preventing HIV & AIDS

See:

Niagara Centre for Independent Living
HIV/AIDS
Prevention Manual
1992

Information audiotape from BC Coalition