

# Healthy Youth

Sexual Health Education (AB329)

Presented by  
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# Who cares? . . . Do you?

**Why?** Staying healthy requires knowledge and skills to form healthy relationships that are based on **mutual respect** and **affection**, free from violence, coercion and intimidation. (AB329)

# What is Sexual Health?

## Healthy

- Attitudes
- Behaviors
- Relationships

# Sexual Health Is . . .

- Consensual
- Non-Exploitive
- Honest
- Based on Shared Values
- Mutually Pleasurable
- Protective Against HIV, STIs and
- (Unintended) Pregnancy

# Healthcare Rights in California

- Insurance coverage on Parent's Policy Up to Age 26.
- Confidential Medical Release (CMR)
- Mental Health Counseling Services
- Drug and Alcohol Counseling and Rehabilitation Services
- Sensitive, Confidential Prevention and Treatment Medical Services

# **HIV and STIs**

## **( Sexually Transmitted Infections)**

- Having an STI increases your chances for HIV infection and transmission
- STIs are much more common than you think
- Half of the population will get one STI at some time in life
- Most STIs have no signs or symptoms

# STIs

- **Bacterial** STIs are “curable but repeatable”
- **Viral** STIs are “treatable but incurable”
- Sex partners must be treated ***even if they have no symptoms***

# What is HIV?

Human Immunodeficiency Virus

- Virus
- Infects humans
- Weakens the immune system
- Destroys healthy cells used to fight disease & infection
- Treatable not curable
- If untreated HIV replicates quickly

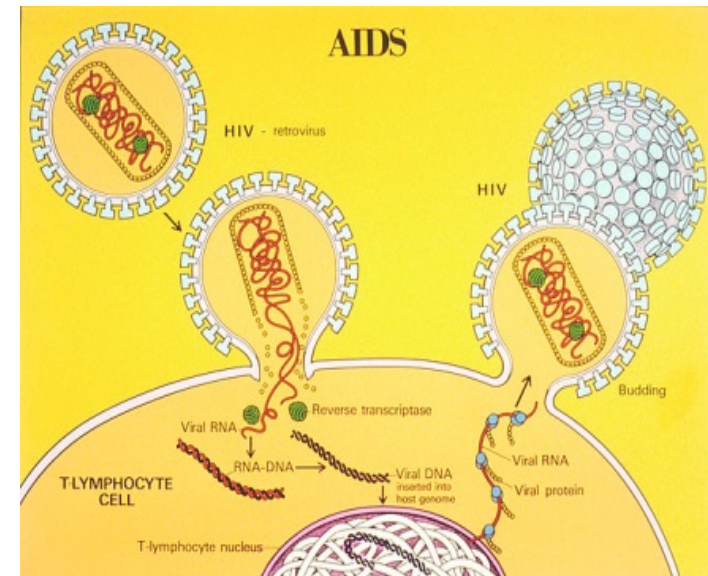




# What is AIDS?

Acquired Immune  
Deficiency Syndrome

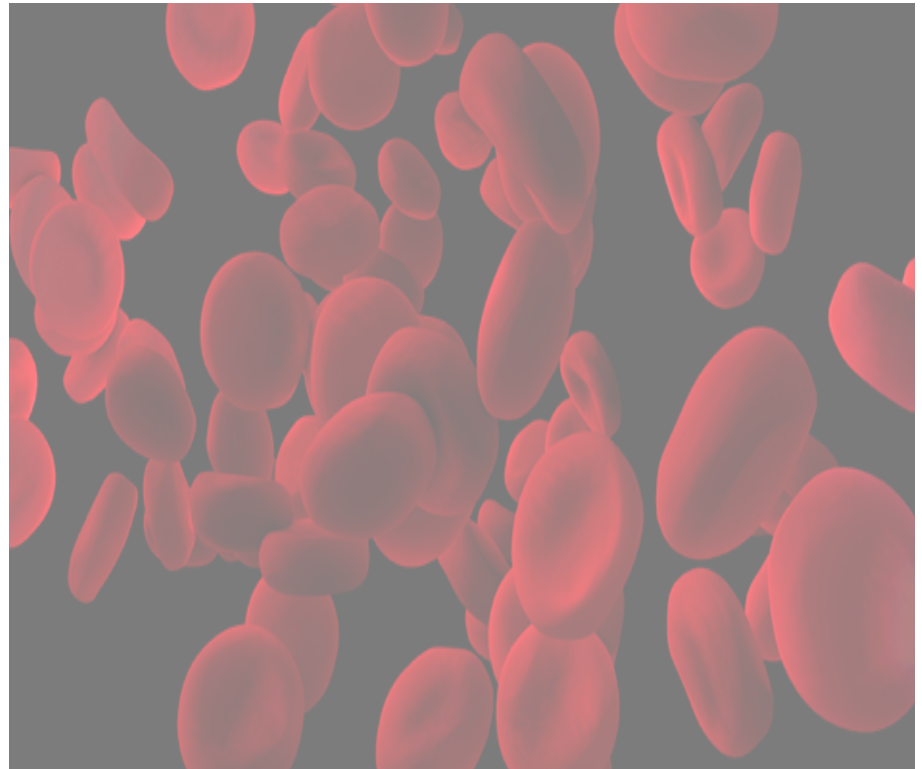
- Advanced stage of HIV infection
- Severely damages immune system
- Difficult to fight infections & certain cancers
- Requires medical intervention to prevent death



# How is HIV spread?

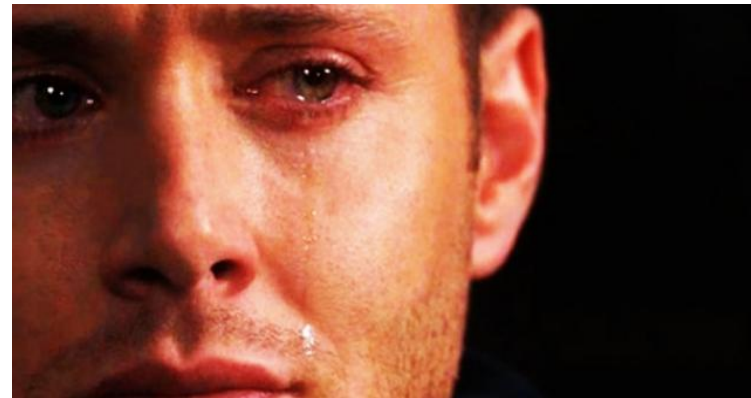
- An HIV+ person transmits the virus to an uninfected person through these bodily fluids:

- Blood
- Semen
- Pre-seminal fluid
- Vaginal fluid
- Breast milk



# How HIV is NOT spread?

- Sweat or tears
- Urine
- Saliva
- Casual contact
- Toilet Seats
- Air or water
- Insect bites, including mosquitos



# HIV Prevention

- **Not** having sex (abstinence)
- **No** injection drug use . . .  
the only **100%** sure methods of protection
- **Use** condoms **correctly and consistently**
- **Talk to your partner** and agree to protect yourselves

# HIV Prevention

- Know Your HIV Status!
- Know your partners status!
- Ask and verify!
- Avoid being “under the influence”
- Reach out to a trusted adult (AB329)
- Think smart if considering tattoos



# Who can be infected?

**Anyone . . .**

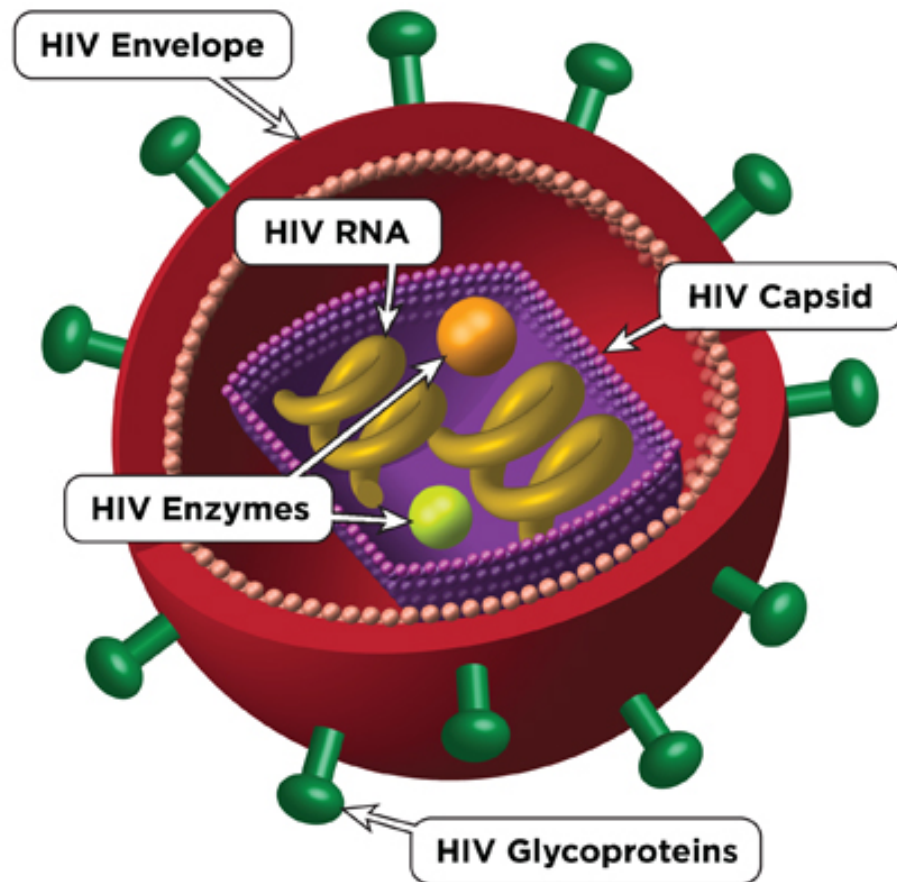
who engages in unprotected sex or shares injecting drug “works” (needles, syringes, etc.) ***can be*** infected with HIV, regardless of **age, sex, gender, race, or sexual orientation.**

# HIV Symptoms

- Flu-like symptoms:
  - high fever
  - sore throat
  - swollen lymph glands
  - fatigue
- May not show symptoms
- Symptoms may appear 10 days - 3 months after unprotected or "risky" sexual behavior



# HIV VIRUS



## Key to Terms

**HIV capsid:** HIV's bullet-shaped core that contains HIV RNA

**HIV envelope:** Outer surface of HIV

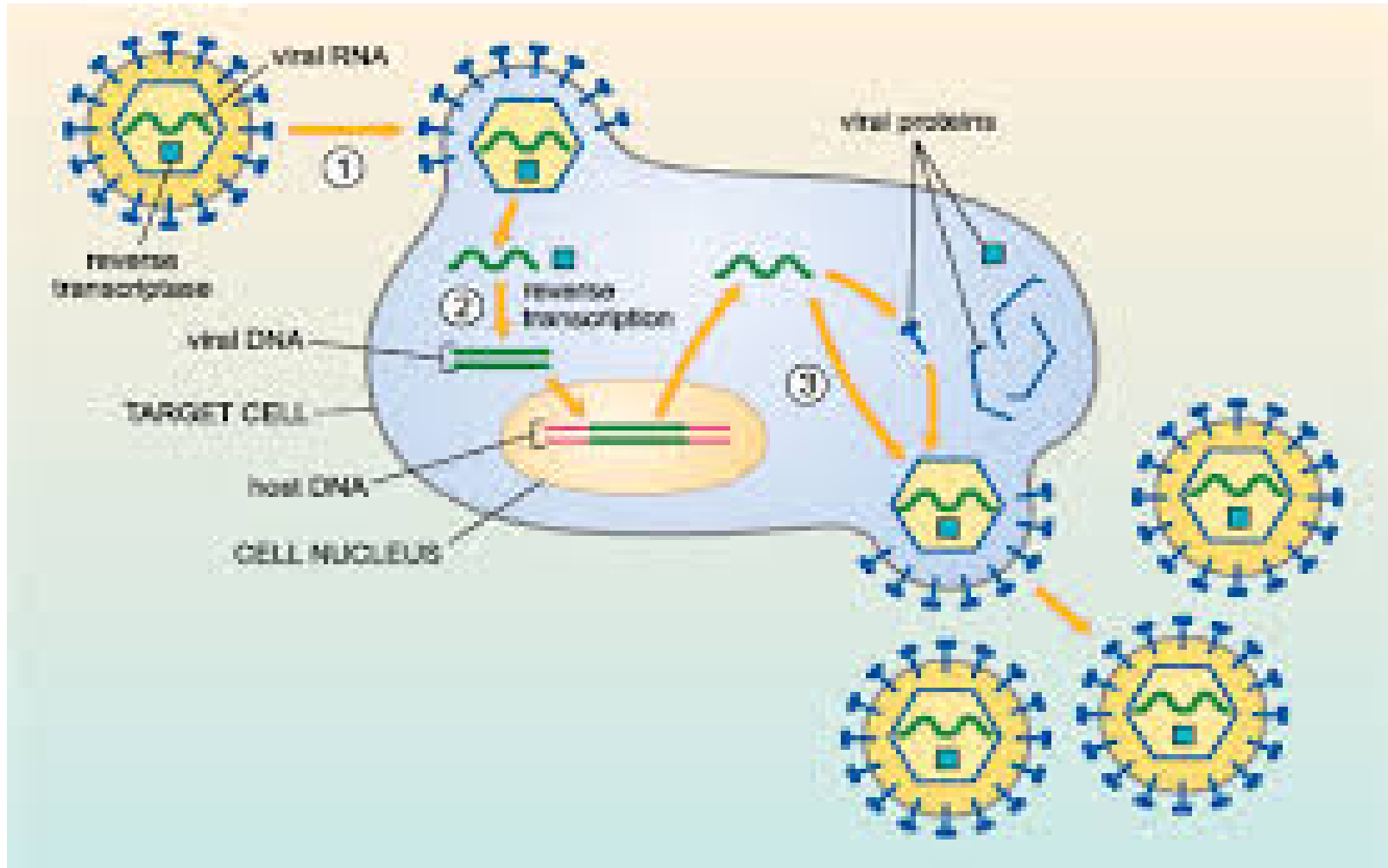
**HIV enzymes:** Proteins that carry out steps in the HIV life cycle

**HIV glycoproteins:** Protein "spikes" embedded in the HIV envelope

**HIV RNA:** HIV's genetic material



# HIV VIRUS REPLICATION



# Global Statistics



- **75 million** infected with HIV disease
- **35 million** people are living with HIV/AIDS
- More than **36 million** have died of AIDS worldwide since the first cases were reported in 1981
- **2.3 million** still become newly HIV-infected each year

# U.S. & Local Statistics



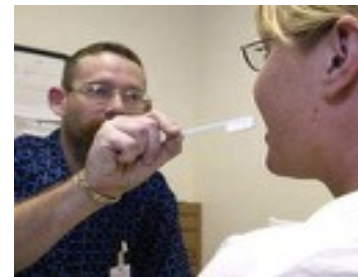
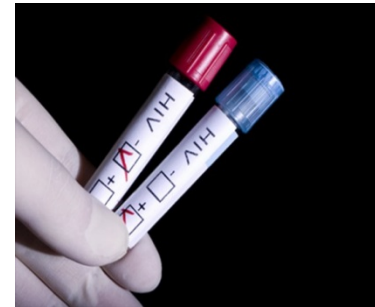
- **50,000** new HIV cases each year, nationally
- **6,698** individuals living with HIV in **Orange County**, as of December 31, 2014
- **261** new infections each year in **Orange County**
- **1,340** estimated individuals unaware of their HIV status

# HIV Infections in O.C. Youth

- **25%** of new HIV infections among youth, ages 13 - 24 years
- Young males get HIV from male to male sex
- **H**eterosexual contact
- **I**njection drug use

# An HIV Test

- Can be **anonymous**
- Is **free** at many sites
- Results within 20 minutes
- Two kinds of tests: blood and oral swab
- Getting tested is the **only way** to know if you are infected



# Know your status – get tested

- 1 in 5 infected people are undiagnosed
- 60% of youth living with HIV do not know that they are infected
- Know your status - get tested
- Stop the Spread - ***End the Epidemic (ETE)***

## OC Testing sites:

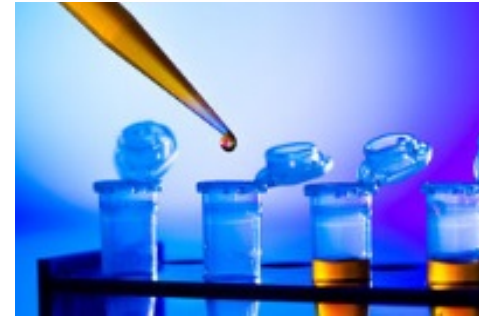
Laguna Beach Community Clinic

17<sup>th</sup> Street Clinic –Health Care Agency - Santa Ana

AIDS Service Foundation – Irvine

The LGBT Center – Santa Ana

# Curable?



**NO CURE** for HIV infection **at this time.**

However, there are many medications, called anti-retrovirals, available for people living with HIV to help them prolong or improve their quality of life.

# Treatment



HIV treatment and care is a life-long commitment.

HIV treatment has social, emotional and physical ramifications.



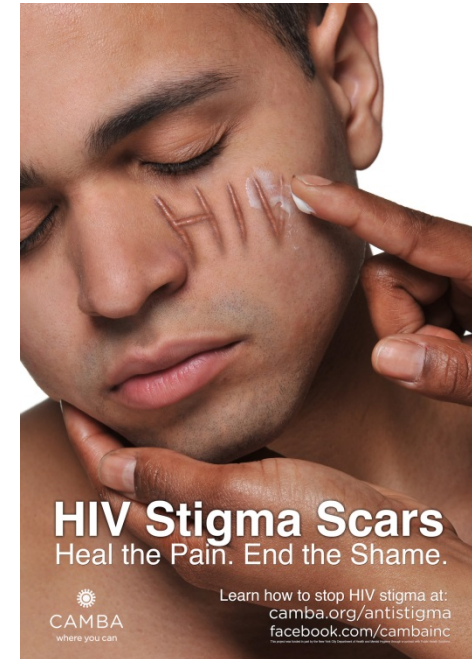
# Social Issues/Mental Health

- Fear
- Discrimination
- Isolation
- Disclosure
- Stigma



# Stigma Leads to...

- Social isolation
- Fear of disclosure
- Fear of getting tested
- Medical non-adherence
- Increased HIV symptoms & transmission



# Be An Advocate



# Resources

<http://www.aids.gov>

<http://www.thebody.com>

<http://www/cdc.gov/vitalsigns/>

<http://ochealthinfo.com>

<http://publichealth.org/resources/hiv-aids>

**Thank You!**



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