HEY, MAYA!

HEE, OLIVIA-GIRL... WHAT'S UP?

NOT MUCH.... JUST HANGIN' WITH TONY.

THAT'S COOL. SO, HOW IS IT GOIN' WITH HIM?

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Maya and Olivia's Straight Out
SISTER TO SISTER
SEX TALK
Well, OK I guess. We've been hanging out for almost a month now and I am really into him. But now he wants to have sex.

No way! Do you want to have sex?

I don't know... I like Tony, but having sex kind of scares me.

Well, it better scare you girl! Before he started seeing you, Tony was seeing that girl Alicia. And I heard she got clap or some other STD and had to go to the clinic. Man, that girl gets around!

Mean, if you have unprotected sex with someone, it's like having sex with EVERYONE that person has had sex with! Aren't you worried about getting HIV, the virus that causes AIDS, STDs, or getting pregnant?

Yeah, those things scare me a lot. But Tony is on the football team and sooo cool... I don't want him to dump me.

You're cool too Olivia! You get good grades, are into sports and wanna do something with your life. Don't make a stupid mistake just to keep some man around.

It's like my mom says: "If you have sex, you have responsibilities!"

DID TONY GET TESTED? What if he got an STD from some girl he dated before you? If he doesn't get tested and treated, he can give you a disease without even knowing it. And if you do decide to have sex, you know you MUST use a condom every time, right?
GIRL, I KNOW THAT! ...I WAS IN THE SAME 8TH GRADE HEALTH CLASS AS YOU, MAYA, I KNOW THAT MOST PEOPLE WHO HAVE STDs LOOK CLEAN, BUT TONY IS 16 AND I'M SURE HE KNOWS ALL THAT.

I DON'T WANT HIM TO THINK I'M A LITTLE KID!

EXCUSE ME, MISS OLIVIA, BUT CHANCES ARE TONY HAS ALREADY HAD SEX. SO, IF IT WAS ME, I WOULD MAKE MY MAN GO GET TESTED BEFORE I EVEN THOUGHT ABOUT HAVING SEX WITH HIM. AND REMEMBER, CONDOMS CAN BREAK TOO, YOU KNOW.

YEAH, MY SISTER SWEARS SHE USED A CONDOM MOST OF THE TIME SHE HAD SEX, BUT NOT ALWAYS. SHE SAID THAT SOMETIMES THEY WOULD BREAK TOO. SHE ENDED UP GETTING PREGNANT ONE OF THOSE TIMES SHE FORGOT TO USE THE CONDOM I GUESS. I MEAN, MY SISTER HAS A HEALTHY BABY AND HER WHOLE LIFE HAS CHANGED. CHANGING DIAPERS, UP ALL NIGHT...

I CAN'T IMAGINE HAVING A BABY AND END UP BEING HIV POSITIVE TOO. THAT WOULD BE SO TOUGH.

WELL, PRACTICALLY EVERYONE ELSE IS HAVING SEX, MAYA!

HOW DO THEY GET AWAY WITH IT?

LOOK, YOU'RE NOT HAVING SEX AND I'M NOT HAVING SEX AND I THINK A LOT OF OTHERS TALK THE TALK, BUT DON'T WALK THE WALK.

BESIDES, HAVE YOU EVEN CONSIDERED ALL THE GOOD STUFF YOU GET TO DO NOW?

I LOVE GETTING TO KISS AND CUDDLE AND TOUCH MY BOY. THERE IS A LOT OF GOOD STUFF TO DO WITHOUT ACTUALLY 'DOING IT'.
Listen, girl, the safest thing is to NOT have sex. But if you are seriously thinking about doing it, have you and Tony talked about it? Have you talked about using condoms?

I know you're right, Maya. But how come there isn't something I can use on my own, so we don't have to talk about condoms?

Unless you abstain and NOT have sex, nothing can protect you from STDs and getting pregnant 100% of the time. So best to wait 'til you are willing to take the risk. Birth control methods, like the pill and diaphragm, can prevent pregnancy, but they won't protect you from STDs. If you do decide to have sex, condoms are the best way to protect you from diseases and getting pregnant.

Maya! Are you kidding? No, we have not talked about all that stuff! I guess we should, huh? But condoms are embarrassing.

Girl, condoms are your friend! What else can protect you from getting pregnant and from getting sick from AIDS or other diseases? Of course, not having sex at all is the safest thing, but if you're gonna do it, you gotta decide 'no glove, no love', and you gotta talk about it!

I guess that would make me feel better. But do you think Tony would go along with it?

Look, you really like Tony and he seems to treat you pretty well. Why don't you ask him to go down to the clinic with you to get tested for STDs together? Then you can both know where you stand.
LISTEN GIRL, IF YOU DON'T WANT TO HAVE SEX yet, THEN DON'T! THERE IS TOO MUCH TO RISK. IF YOU THINK YOU MIGHT SOMEDAY WANT TO HAVE SEX WITH TONY, TELL HIM THAT IF HE WANTS YOU TO EVEN CONSIDER HAVING SEX HE NEEDS TO GO GET TESTED. YOU COULD EVEN GO WITH HIM.

HONESTLY, YOU KNOW THAT SISTERS GET STDS EASIER THAN BROTHERS BECAUSE OF THE WAY OUR BODIES ARE MADE. YOU'VE GOT A LOT TO LOSE AND YOU'RE WORTH MORE THAN THAT.

YEAH, I REALLY THINK WE CAN BOTH MAKE IT TO COLLEGE IF WE KEEP ON STUDYING THE WAY WE'VE BEEN GOING.

IT'S NOT WORTH IT TO GIVE UP ALL THAT WORK FOR A DISEASE OR A BABY.

OLIVIA, YOU ARE WORTH A LOT WHETHER YOU GO TO COLLEGE OR NOT!

IF YOU WANT TO HAVE SEX SOMEDAY, THEN DO IT ON YOUR TERMS AND TALK ABOUT HOW YOU WILL PROTECT YOURSELVES.
Common symptoms of STDs include:

— Burning or pain when you pee

— Abnormal discharge or drip from vagina or penis

— Sores or bumps around or inside the vagina, penis, or butt

   — Itching, swelling or redness around vagina or penis

— Pain in area below belly button (girls) or groin area for guys.
Things to know about STDs

• Most people who have an STD, including AIDS, have NO symptoms. Getting tested is the only way to know for sure.

• Anyone who has any kind of sex— anal (booty sex), vaginal (getting it on), or oral (eating out or blow jobs)— can get an STD.

• Condoms are up to 98% effective in preventing pregnancy and most STDs. Condoms may not protect you from genital warts or herpes.

• Douching can hurt tender skin and make it easier for you to get an STD.

• Bisexuals and lesbians also need to watch out for STDs.

• 1 out of 3 American students is still a virgin by their senior year of high school.

• Some of the most common STDs include: Gonorrhea, Herpes, Syphilis, Chlamydia, Genital warts, HIV (the virus that causes AIDS).

• There are about 19 million STD infections reported in the US each year and about half of these occur among youth ages 15-24 years old.

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Contact your local health department or clinic or call one of these toll-free numbers:

California HIV/AIDS Hotline
www.aidshotline.org
1 (800) 367-2437
TTY: 1 (888) 225-2437

CDC National HIV Hotline
1 (800) 227-8922

Planned Parenthood
1 (800) 230-PLAN

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www.hivinfo.org

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