



## Parent and Guardian Guide

### For the Drugs and STDs Segments Only

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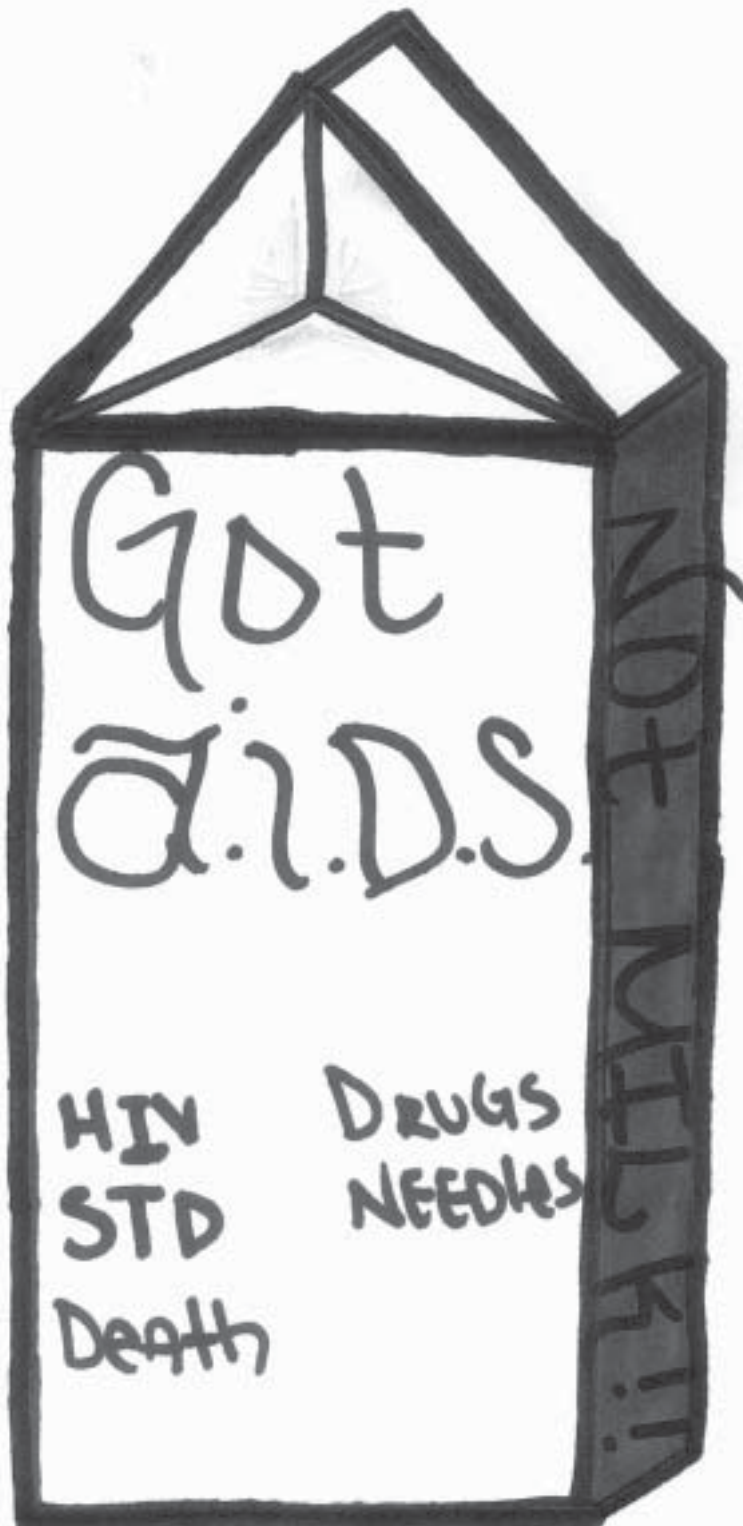
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Got  
a.i.d.s.

HIV  
STD  
Death

DRUGS  
NEEDLES

NOT WITH K!!

# **The Choice Game™**

## **Chapter 3**

### **Sexually Transmitted Diseases (STDs)**

**STDs and AIDS provides statistics and information that the only guaranteed protection is abstinence from sex and intravenous drug use.**

Did you know that every day 10,000 American teenagers get a sexually transmitted infection?<sup>1</sup>

## Parent Advisory

You need to be informed. You need to know what your teens know, and you need to know the consequences of the sexual epidemic our society is living – and dying - through.

You don't have to be an "expert", spouting out one fact or another. Much of the information you need is at your fingertips, right in this Journal.

Knowing that 1 in 5 girls will get pregnant before they are 18 (that's 2,500 per day), or that 1 in 4 sexually active teens will be infected with a sexually transmitted disease<sup>2</sup> (that's 4 million more per year) or that 15 to 24-year-olds are the fastest growing age group to contract the AIDS virus<sup>3</sup> may be sobering facts, but what is important is that you and your children can learn from this kind of information.

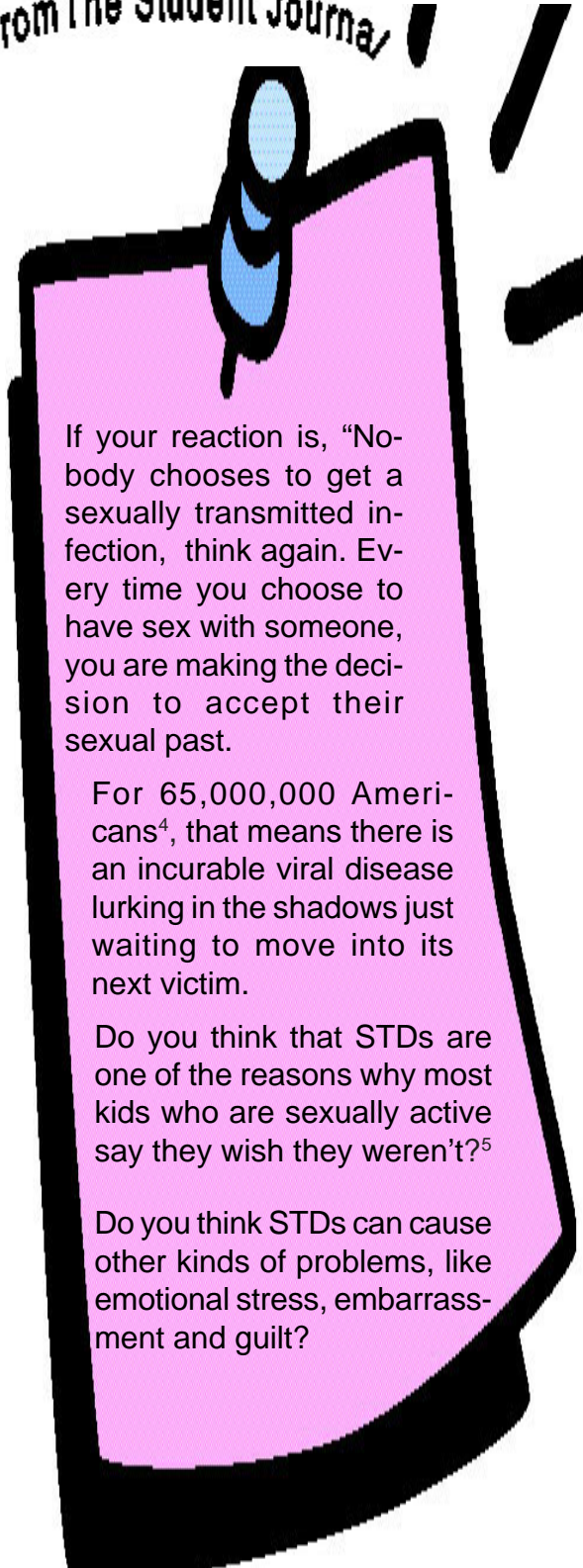
<sup>1</sup> *Tracking the Hidden Epidemic - Trends in STDs in the US 2000*, Centers For Disease Control and Prevention (CDC).

<sup>2</sup> Centers for Disease Control and Prevention, "Youth Risk Behavior Surveillance – United States," 2001.

<sup>3&4</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, "Data Sources and Methods," *Adolescent and School Health*, July 25, 2001; and UNAIDS and the World Health Organization, "AIDS epidemic update," December 2001.

<sup>5</sup> National Campaign to Prevent Teen Pregnancy. (2000). *Not Just Another Thing to Do: Teens Talk About Sex, Regret, and the Influence of Their Parents*. Washington, DC: Author).

From The Student Journal



If your reaction is, "Nobody chooses to get a sexually transmitted infection, think again. Every time you choose to have sex with someone, you are making the decision to accept their sexual past.

For 65,000,000 Americans<sup>4</sup>, that means there is an incurable viral disease lurking in the shadows just waiting to move into its next victim.

Do you think that STDs are one of the reasons why most kids who are sexually active say they wish they weren't?<sup>5</sup>

Do you think STDs can cause other kinds of problems, like emotional stress, embarrassment and guilt?

From The Student Journal

*"Everybody thinks it won't happen to me. But it happens to 3 million kids a year."<sup>1</sup> (Choice Game Actor.)*

**Depending on your choices, it could happen to you.** That's why it is important to seek out the information and facts that can help you to make the best-informed choices. In this way you can weigh out the pros and cons before it's too late to keep your name off the victims infection list.

Does anybody want to get an STD? How do you think a sexual disease would affect your life right now?

## Parent Advisory -Continued

One thing the evidence makes abundantly clear: From a medical point of view the "Safe-Sex" message has been a disastrous failure. Instead of "protecting" our children, it has helped foster the STD and pregnancy epidemic, not to mention other emotional, physical and spiritual harm.

This should not be a big surprise to anyone who understands two simple points. First, mixed messages don't work. Second, all birth control has a failure rate, which means it does and eventually will fail.

Not only will pregnancies occur, but also condoms don't prevent most STD transmissions.

Only abstinence is 100% effective against these problems, and the emotional and spiritual problems of the heart.

<sup>1</sup> Tracking the Hidden Epidemic - Trends in STDs in the US 2000, Centers For Disease Control and Prevention (CDC), pg 2.

What do you think would be the results if the following mixed messages were given to your teen?

- “You’d better be home by midnight, but just in case I’ll leave the door unlocked for you.”
- You know I forbid you to drink alcohol. If you do, you’d better not get too drunk to find your way home!”
- Listen, you’re not old enough to drive a car. If you take my car for a spin, you’d better wear a seat belt.”

You probably agree that each of these messages will not be effective in preventing the unwanted behavior.

Which of you would tell your daughter not to smoke, but use filtered cigarettes?

Or tell your son not to shoot up drugs, but to use a clean needle when he does?

So why would anyone think, “I want you to be abstinent, but if you are going to have sex, use protection”, is going to work?



From The Student Journal

What do I know about the sexually transmitted disease epidemic?

In the 1970's there were two common sexually transmitted diseases (STDs) or sexually transmitted infections (STIs), syphilis and gonorrhea.

The fact is there are over 25 common STDs<sup>1</sup> and people under 25 are their favorite victims. That's because young bodies are still developing and are more susceptible.<sup>2</sup>

Why do you think females are more vulnerable to catching an STD?<sup>3</sup> Does that mean males don't have to worry?

<sup>1, 2 & 3</sup> - *Tracking the Hidden Epidemic - Trends in STDs in the US 2000*, Centers For Disease Control and Prevention (CDC).

From The Student Journal

The reality is that 70% of sexually active teens never have been tested for an STD.<sup>4</sup>

And the guys out there who know they have a sexually transmitted infection, one survey found 72% continued to have sex anyway without telling their partners.<sup>5</sup>

These infections fall into two groups, viral (which can not be cured) and non-viral (which can be cured).

## Parent Advisory -Continued

What exactly does "Safer Sex" protect a person from anyway? Here are a few facts about "Safer Sex":

As published in a Kaiser Family Foundation "Fact Sheet" -14% of women who use condoms typically get pregnant every year.<sup>1</sup> But the facts about preventing STDs are even more dismal.

According to the National Institute of Health, condoms only reduce the risks of infection with only 2 out of 25 STDs. ("The pill" offers no, 0%, protection from STDs.)<sup>2</sup>

HIV/AIDS transmission is 15% with consistent condom use and the gonorrhea risk is reduced for men, but not at all for women.<sup>3</sup>

<sup>1</sup> JAMA -Family Planning Perspectives Vol. 31, pp. 56-63, Mar./Apr. 1999 and Kaiser Family Foundation "Fact Sheet" May 2001 Fall 2000.

<sup>3</sup> & <sup>2</sup> The National Institute of Allergy and Infectious Diseases, National Institutes of Health, Department of Health and Human Services, "Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention," July 20, 2001.

<sup>4</sup> The Kaiser Family Foundation/MTV/Teen People, *What Teens Know and Don't (But Should) About Sexually Transmitted Diseases: A National Survey of 15-17 year olds.* Conducted 4/24-4/14/98 Released 3/8/99, pg 8.

<sup>5</sup> The Kaiser Family Foundation/Glamour 1998 Survey of Men and Women on Sexually Transmitted Diseases ) Interviews conducted 3/12-4/2/98.