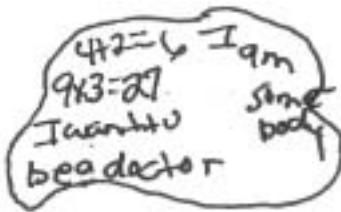


The Choice Game™ Journal for Youth



Me is all you need to know!



Be Careful of the
"Gifts" you receive

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My Journal

This journal is for you - and you alone. And nobody is going to read it but you. It is an opportunity: your chance to be completely honest with yourself about who you are, what's important to you and the kind of person you want to be.

It's about your life - the only one you've got. The choices you make now about what you do with yourself and your body are important. These decisions will determine the kind of life you will have. Your journal can help you to consider what you really want and then help you to make the best choices for you. All you need is an open mind and a willingness to look into your own heart.

So make your next choice a good one. Use your journal. It's for your eyes only. The more time you spend now on your thoughts and ideas the easier it will be for you to make good choices in the future.

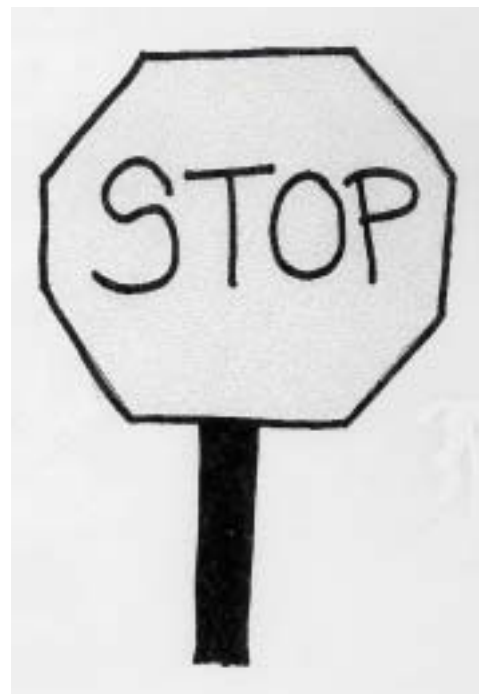
After all, the rest of your life is worth the effort.

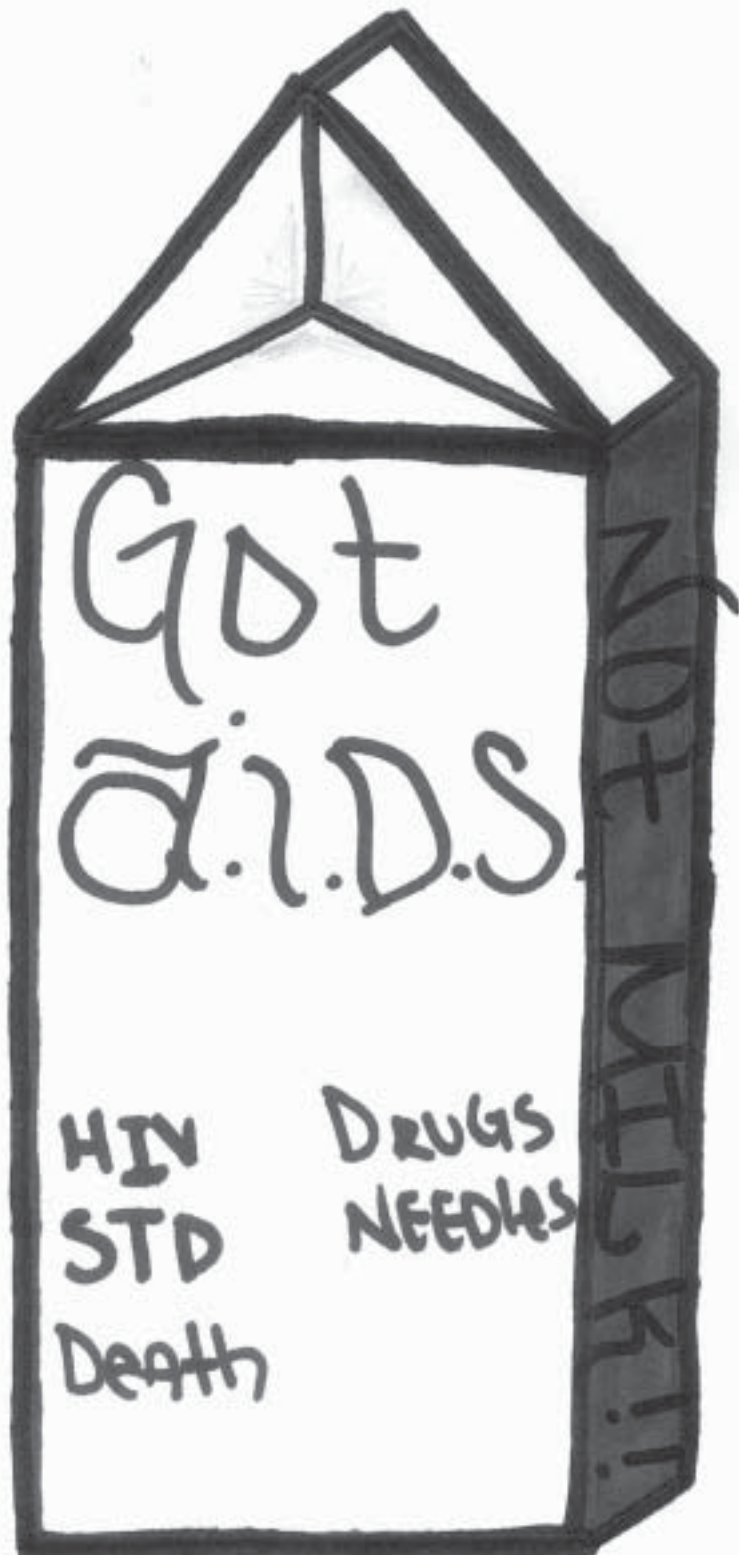
My Signature _____

Today's Date _____

PRIVATE PROPERTY

KEEP OUT





Got
A.I.D.S.

HIV DRUGS
STD NEEDLES
Death

NOT WITH HIV

The Choice Game™

Chapter 3

Sexually Transmitted Diseases (STDs)

“You don’t just sleep with one person, you sleep with everybody they slept with too.”

Did you know that every day 10,000 American teenagers choose to get a sexually transmitted infection? ⁽²⁾

If your reaction is, “Nobody would choose that!” 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⁽³⁾, 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?⁽⁴⁾ Do you think STDs can cause other kinds of problems, like emotional stress, embarrassment and guilt? Please explain by writing a short story using STD’s in the plot.



“Everybody thinks it won’t happen to me. But it happens to 3 million kids a year.”⁽⁵⁾

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?



6 STDs

"If you want to play with a loaded gun, that's your decision. I don't want any bacteria or virus crawling around my body."

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. How many common diseases thrive in the teen population today? (Circle your answer)

4 infections?

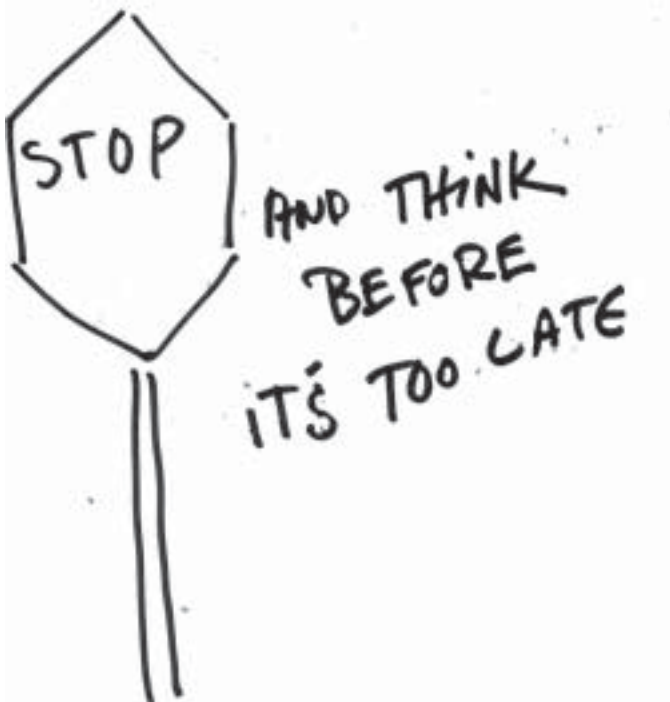
8 infections?

16 infections?

25 infections?

The fact is there are over 25 common STDs⁽⁶⁾ and people under 25 are their favorite victims. That's because young bodies are still developing and are more susceptible.⁽⁷⁾

Why do you think females are more vulnerable to catching an STD?⁽⁸⁾ Does that mean males don't have to worry?



“But sexually transmitted diseases can be cured, right?” “Get a viral STD now and you carry it for life!” ⁽⁹⁾

Do you think STD’s can be cured? (Circle your answer)

Yes, an STD can be cured

No, an STD cannot be cured

Well the answer depends on two things. Whether or not the infection has been diagnosed and what kind of disease it is.

The reality is that 70% of sexually active teens never have been tested for an STD.⁽¹⁰⁾ And for the guys out there who know they have a sexually transmitted infection, in one survey 72% continued to have sex anyway without telling their partners.⁽¹¹⁾ These infections fall into two groups, viral (which can not be cured) and non-viral (which can be cured).

Why do you think that the United States has the highest STD rate in the world compared to any of the other industrialized countries?

“Some of that disease stuff is nasty.”

There are literally millions and millions of people who fall victim to the following diseases. Can you identify which are curable? (Circle your answers)

Chlamydia Gonorrhea Herpes II Human Papillomavirus (HPV)
HIV/AIDS Syphilis Trichomonaisis

All of the infections beginning with an H are viruses and cannot be cured.⁽¹²⁾ Remember the figure of 70,000,000 Americans with an incurable viral infection. Well there are many millions more with a non-viral infection.

What is the difference between a virus and bacteria? (Please explain.)

Do you want your body to be their home? (Circle your answer)

- A) Yes B) No C) I don't know

Use your imagination. Write a letter to your body. Tell it how you feel about diseases and your goals for your body.

“What’s the STD virus that causes cancer?”

What about Pelvic Inflammatory Disease (PID), Genital Warts and Cervical Cancer?

PID is a serious infection of the reproductive organs that affects females due to untreated chlamydia or gonorrhea. It can permanently damage the reproductive system, causing tubal pregnancies or even infertility.⁽¹³⁾

Genital warts and cervical cancer result from HPV. **Genital warts** are very itchy, contagious and ugly and appear in the genital area. **Cervical cancer** claimed the lives of 4,400⁽¹⁴⁾ women in 2001 and certain types of **HPV** are responsible for many cases of cervical cancer.⁽¹⁵⁾

Ten years from now it might be too late to think about these things. How do you think people feel when they learn they have cancer, HIV or can’t have the children they want?

Draw a picture, write a poem, or say something about your feelings.

