



YOUR GUIDE TO

STIs & CONTRACEPTION

**LEARN HOW TO PROTECT YOURSELF AND/OR PARTNERS FROM STIS
AND/OR UNINTENDED PREGNANCY WHILE STAYING HEALTHY AND
HAVING FUN**

**Fun Facts About STI
Prevention**

- A condom or non-microwaveable plastic wrap can be turned into an oral dam. Learn how at: [cdc.gov/condomeffectiveness/dental-dam-use.html](https://www.cdc.gov/condomeffectiveness/dental-dam-use.html)
- Using condoms on sex toys can prevent the spread of STIs between partners.
- Water-based and silicone-based lubricants can reduce risk by helping prevent barrier method breakage. Lubes also prevent microtears in internal tissue; microtears lead to a higher risk for STI transmission.

**Getting Screened
for STIs**

- Many STIs don't have symptoms, so it's important to get screened on a regular basis and after sex with new partners.
- Communicate about what types of sex you've had so you can get the right screenings.
- Habif offers STI screening appointments. Call 314-935-6677.

MORE INFO ON PAGE TWO

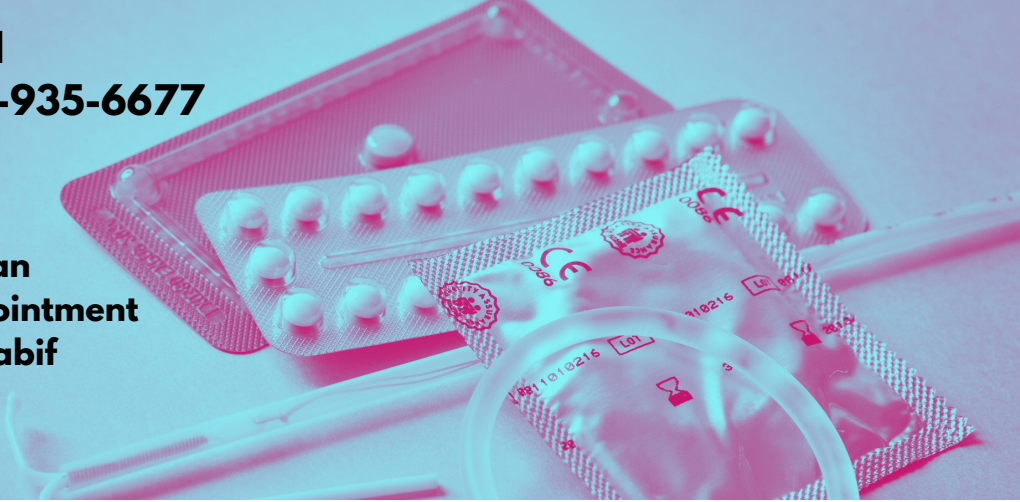
Habif offers appointments for birth control and STI screening. Call 314-935-6677.



**Habif Health and
Wellness Center**

**Call
314-935-6677**

**For an
appointment
at Habif**



Contraception

Contraception or "birth control" serves many purposes, one of which is pregnancy prevention.

It can also regulate acne, menstruation and associated symptoms, and mood.

How does it work?

Non-hormonal IUDs prevent pregnancy through the disruption of the uterine environment.

Hormonal methods use hormones to regulate menstruation and ovulation.

Condoms physically prevent sperm from entering the uterus. They also help prevent the transmission of STIs.

Getting Started

Explore your options and reflect on what might work best for you.

Communicate with your provider about your preferences, needs, and health history.

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Contraception Options

Long Acting Reversible Contraception methods (LARCs) include IUDs and implants. These are the most effective options.

People use methods like the shot, the ring, the patch, and the pill on a more regular basis.

Barrier methods like internal and external condoms are single-use methods for each time people have sex.

There are many types of contraception. It's important to work with a provider to choose the one that's best for you.



STIs

STI stands for Sexually Transmitted Infection. STIs can be transmitted through oral, anal, or vaginal sex.

Most STIs like chlamydia, gonorrhea, and syphilis are curable.

HIV, HPV, herpes, and hepatitis are not curable, but are treatable.

How can you prevent STIs?

Use barrier methods like external condoms, internal condoms, and oral dams.

Check the expiration date on barrier methods. Use a new barrier method for every sex act.

Vaccines and medications like PrEP can reduce your risk for HPV and HIV.

Resources

Want to explore these topics more? Check out:

- [Loveisrespect.org](https://loveisrespect.org)
- [Plannedparenthood.org](https://plannedparenthood.org)
- [GYTnow.org](https://gytnow.org)

For more information about birth control:

- [Bedsider.org](https://bedsider.org)
- [Plannedparenthood.org](https://plannedparenthood.org)
- The Right Time - Missouri Family Health Council

For STI screening and contraception:

- Habif Health and Wellness Center at habif.wustl.edu
- The SPOT at the WashU School of Medicine thespot.wustl.edu

For free safer sex supplies on campus via Bare Mail:

- Email wellness@wustl.edu