

Teen Information

(Sexual Health and STDs)

Common Terms

Abstinence: Choosing not to have any kind of sex. Someone who practices sexual abstinence does not run any risk of contracting an STD or having an unwanted pregnancy.

Sexual intercourse: activity that involves the sharing of body fluids, or the penetration of an orifice including vaginal, oral, and anal sex.

Virgin: A person who has never had sex. Some people think it means someone who has not had oral, anal or vaginal sex. Other people feel that a virgin is someone who has had oral sex but nothing else.

Condom (male): A cover for a male's penis. Condoms are used to prevent pregnancy and to prevent most STDs.

Birth control: A method used to prevent pregnancy. Another phrase for contraception. Not all contraception stops people from getting HIV and other STDs. Only latex condoms stop pregnancy and HIV. Abstinence is the only 100 percent method for preventing both STDs and pregnancy.

Safer sex: Ways to have sexual contact that allow little to no chance of getting a sexually transmitted infection. These include properly using condoms and other barriers, mutual or self-masturbation, and abstinence from sexual contact.



Sources:

www.iwannaknow.org

www.kidshealth.org