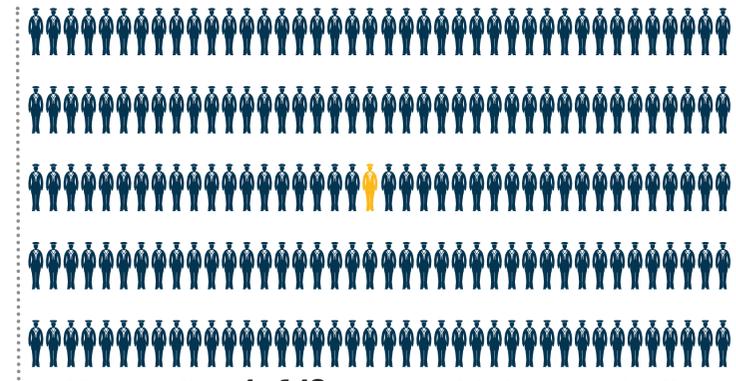


# Let's Talk About Sex...

By: The Navy and Marine Corps Public Health Center

- ### Fact Track List
1. People in a new relationship should use condoms and talk about getting tested together for STIs.
  2. Teens say parents most influence their decisions about sex. Talk with your children about relationships, sex, contraception, babies and HIV<sup>6</sup>
  3. The emergency contraceptive pill is free from every military pharmacy – no appointment and no prescription needed.<sup>3</sup>
  4. Condoms – used correctly and every time – greatly reduce the risk of getting or giving many sexually transmitted infections.
  5. Men who have sex with men should ask for an HIV test at least once every year.
  6. If you are treated for gonorrhea, chlamydia or trichomoniasis, it's important to get retested 3 months after treatment.

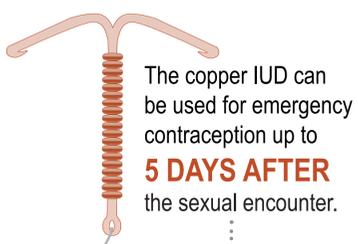
IUDs and the hormonal subdermal implant are as reliable as sterilization (but are quickly reversible) - **ONLY 1 in 200** users of these devices will get pregnant.



Meanwhile... **1 of 10** users of birth control pills **WILL GET PREGNANT.**

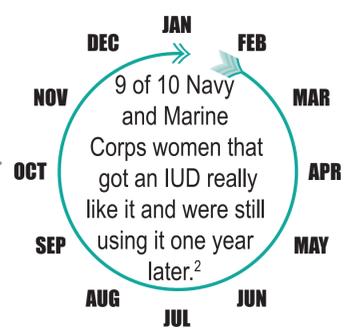


Women up to age 24 should ask for a chlamydia test every year. X



**1 of 3** Navy enlisted women are using one of the most reliable forms of reversible birth control: the IUD or the hormonal subdermal implant.<sup>1</sup>

The non-prescription emergency contraceptive pill (such as Plan B) **MUST BE USED WITHIN 72 HOURS OF THE SEXUAL ENCOUNTER**



There is a prescription-only emergency contraceptive pill (Ella) that is effective for up to **5 DAYS** after the sexual encounter.

x Your Doctor **Rx**

HPV vaccine is for males and females aged 9 to 26.

**YOU NEED 1...2...3 DOSES OF THE VACCINE**

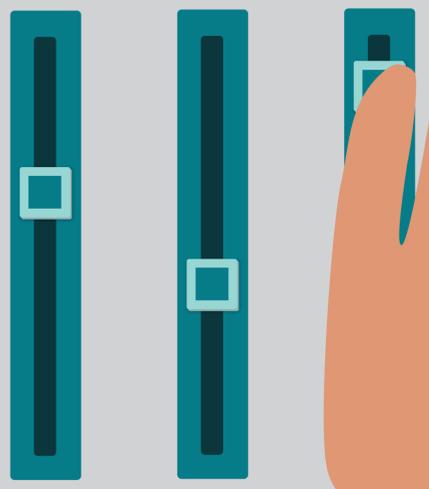
There is a once-a-day pill (Truvada) that can **CUT YOUR HIV RISK** by...



**HELLO** my name is **Truvada** a.k.a. **HIV Prep**

**99%** of HIV in the Navy and Marine Corps happens to men<sup>4</sup> & **6 of 10** are men who have sex with men<sup>5</sup>

HPV vaccination protects you from the types of Human Papillomavirus that cause 90% of genital warts, and 90% of cervical cancers. The vaccine also reduces risk for other cancers of the head, neck, throat, anus, penis and vagina.



**References**  
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 4. Assessment of Risk Behaviors and Sex-Seeking Practices among Male Active Duty Sailors and Marines Recently Infected with HIV, 2010-2015. April 2016. NMCPHC-EDC-TR-177-2016.  
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 6. National Campaign to Prevent Teen and Unplanned Pregnancy. Survey Says – Parent Power. https://thenationalcampaign.org/sites/default/files/resource-primary-download/survey\_says-parent\_power-october-letter.pdf