



OUTSMARTING STI

Protect your health: know it. test it. own it.



REAL TALK:

Did you know that teens are at a greater risk of getting STIs than adults?

About half of all new cases of STI in the United States occur in young people ages 15 to 24 years (US DHHS 2026).

So, STI is not someone else's problem, it is all our collective business.

WHAT'S AN STI?

- ❖ An infection that a person gets through sex.
- ❖ It can be caused by a virus, bacteria, fungus, or parasite that hitches a ride during sexual intercourse.

HOW DO I GET IT?

- ❖ By having sex.
- ❖ It can be through oral, anal, or vaginal sex.
- ❖ Even skin-to-skin contact can do it; you do not have to "go all the way" for you to get to the infection.

THE SNEAKY PART

- ❖ Most STIs are like ninjas. Zero symptoms, zero warning.
- ❖ You or a partner could have one right now and you both have NO clue.
- ❖ So, testing is your only real answer.

KNOW YOUR R.I.S.K.

- ❖ **Risky sex:** hooking up with strangers.
- ❖ **Impaired judgment:** using drugs & alcohol.
- ❖ **Skipping protection:** no condoms, no testing
- ❖ **Keeping multiple partners:** more partners, more risk

PREPARE TO WIN!

PUT ON YOUR S.H.I.E.L.D.

- ❖ **Skip sex:** abstinence = zero risk, 100% guaranteed
- ❖ **Have the shot:** vaccines got your back (example HPV & Hepatitis B)
- ❖ **Individual partner:** sticking to one tested partner, one less thing to worry about
- ❖ **Every single time use condoms** no exceptions.
- ❖ **Limit partners,** best option.
- ❖ **Do get tested:** regularly, together, no shame



GET ANSWERS. DO GET TESTED.

Ask your doctor for STI test. Most STIs can be quickly diagnosed and easily treated, but if one partner has it, **BOTH** need treatment at the same time, no cutting corners, no skipping!

SOURCES:

- ❖ Centers for Disease Control and Prevention (2024). How to Prevent Sexually Transmitted Diseases. <http://cdc.gov/sti/prevention/>
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- ❖ Nemours (2022). Teens Health: Sexually Transmitted Diseases. <https://kidshealth.org/en/teens/std.html>
- ❖ US Department of Health and Human Services-Office of Disease Prevention and Health Promotion (2026) Talk with Your Teen About Preventing STIs. <https://odphp.health.gov/myhealthfinder/health-conditions/hiv-and-other-stds/talk-your-teen-about-preventing-stis>