

BROSHURE

LOVE & SAFE SEX

PUBERTY

Puberty is a period of great changes and it lasts few years. During puberty the body changes so much that it looks like strange and unknown to you and your feelings are also changed both towards yourself and the persons who surround you.

Puberty in **GIRLS** appears at the age of 10 to 15 and changes are caused by the female sexual hormon called estrogen.

CHANGES that appear in that specific period are:

- breast is enlarged (do not worry if you notice that one of your nipples is bigger than other, that is an usual change and the majority of women has one nipple bigger).
- hair appear around sexual organ, under the arm, on legs and in some persons on the face too.
- increased sweating
- appearance of pimples
- and finally the most important change in puberty – the first menstruation.

MENSTRUATION

The first menstruation called menorrhoea appears at the age 10 to 15. Since that period each month your ovaries release one egg that goes through the oviduct towards the uterus. If the egg is not fertilized by male sperm it is destructed and goes out of your body together with menstrual blood. That appearance is called menstruation and lasts 3 to 7 days. In the beginning girls have irregular menstruation. It might be missing for several months so do not worry about that because it is normal.

The menstrual cycle is the period between the first day of a menstruation and the first day of the following menstruation and it may last 21 to 35 days.

Some girls feel good during menstruation while some feel unpleasant. They might have pains in the lower part of stomach and on the back.

Menstruation is not sickness but normal occurrence in woman's life therefore all these occurrences related to menstruation are normal.

Sanitary napkins and tampons are used in order to absorb menstrual blood.

Sanitary napkins are attached to panties.

Tampons are placed in vagina and are not suitable for young girls who have not had sexual intercourse.

In BOYS puberty occurs somewhat later, between the age 12 and 17, and the masculine sexual hormone, testosterone, is the main "culprit" for changes that occur in that period. The changes are:

- increased body growth, particularly height
- enlarged sexual organ, which means growth of penis and testicles.
- more and more hair on the body, especially in the area of sexual organ, armpit and face.
- change of voice, mutation
- increased sweating
- appearance of pimples
- appearance of "wet dreams" that occur when boys dream erotic dreams and therefore get excited and experience ejaculation (excretion of sperm). Do not worry - "wet dreams" are totally normal occurrence in boys of your age.

Beside these tempestuous physical changes, puberty is also a period of great emotional changes. The emotional maturity you pass through during puberty is a period of many sudden changes of mood, suspicions and doubts. Your feelings towards yourself, your friends and your environment change. It takes some time until you adapt to these changes, and it is normal that you feel confused and nervous when something happens for the first time. However, relax and try to enjoy new things that are brought by puberty and be proud of yourself and your body.

SEXUALITY AND LOVE

The majority of young people have sympathy for some special person they like and with whom they would like to spend as much time as possible.

Many young people are insecure in communication with the person they like and one of the reasons is that they think they do not look like the girls and boys whom magazines, TV and fashion industry try to present as an ideal. It is very important that you understand that each person is different and just because of that is special in her/his way. The most important thing is that you have an inside and it is something that makes you a satisfied person which is the basic prerequisite for happiness.

FALLING IN LOVE

Falling in love is a wonderful feeling and when you have fallen in love you feel like having "small butterflies" in your stomach, everything is beautiful to you, colored in various colors, happiness and pleasure are everywhere around you and life looks like magnificent to you. You want to be non-stop with your new love, to touch each other, to exchange tenderness and kisses.

LOVE

Love is not the same as falling in love. It comes after the starting phase of falling in love when initial delightedness and desire transform in a deeper feeling connected to

confidence, security, respect and in many people jealousy as well. Falling in love may not always result in love. Sometimes after the initial euphoria you just realize that the person is not for you and you do not want to tie deeper to him/her.

When you love somebody, you also want to touch that person. Firstly you kiss each other, embrace, fondle, hold your hands. It is important do become well acquainted with the person you go out with and to know her/his shortcomings and strong points.

It is natural that after some time of going out with that person you want something more.

MAKING LOVE/HAVING SEX

It does not mean that if you have a longer relationship you must have sexual intercourse. If you love each other, the relationship may be as good as if you do not do that. Sexual relationship is a magnificent thing if two people love each other, but it is something you both must talk about and, what the most important is, you both must be sure that you want it. You do not have to be embarrassed to talk about that with your partner and your friends before you want to do that, because sharing your experience with persons who possess that experience may be of great help.

It is not rare that someone begins to make pressure on you regarding beginning with sexual relationship; either it is your partner, friends or the environment in general. Many young people begin with relationships although they are not ready yet, only to fit into a company or not to disappoint her/his partner. It often happens that expressions such as "If you love me, you will sleep with me", "If you do not want, I shall find someone else", "Everybody does that, why would not we" and etc. are used.

In any case do not allow that something worse than above mentioned be the reason to start with a sexual relationship. It is a very important decision and do not make it if you do not feel ready. Sexual relationship with the wrong person or before the right time may make you feel bad and this relationship may stay as a very bad memory.

So, if you have any doubts, wait for the right time.

MASTURBATION

By touching your own body, rubbing and fondling your own sexual organs you can experience sexual excitement. That sort of experiencing joy is called MASTURBATION or SELF-SATISFYING. Masturbation is very frequent and normal occurrence in young people in puberty. Of course, that does not mean everybody does that.

You must know that masturbation is not harmful but a really usual thing in your age.

YOU WANT TO HAVE SEX

You love your partner and want to make love. If you are sure that your partner is ready, it remains to you to agree on contraception that will make you feel protected both from sexually transmitted diseases and unintended pregnancy. You need to be sure about your feelings, to create a relationship of mutual confidence and respect with your partner, because it is wonderful to be together and feel that special feeling of falling in love, connection, friendship and sexual attraction.

TO SAY "NO"

Sometimes you think it is hard to say: "Stop, I will not go further" when you think the situation has gone too far and when you are afraid that your partner would be insulted and disappointed. You have the right to know **THAT YOU CAN ALWAYS SAY "NO"** even though you are completely naked. It is your right and do not feel unpleasant to use it. For that reason, before that, the best thing is to talk frankly about fears and expectations so that it is easier to you.

WHAT IS SEXUAL INTERCOURSE?

Sexual relationship (coitus) or more beautiful – making love - happens when the boy's erected penis enters the girl's vagina. It starts with foreplay when the boy and girl kiss, fondle, touch each other, i.e. when they get sexually excited. Girls always ask themselves whether it will hurt them for the first time. Of course, it may hurt, and some girls may bleed due to rupture of hymen (membrane that covers entrance to vagina). When the girl is relaxed and excited, the intercourse will be easier and less painful.

Initial sexual excitement leads to its culmination point that is called orgasm. Orgasm is a wonderful feeling, a moment when excitement reaches its top and after that it comes to relax.

CONTRACEPTION

When you feel the time is right, you will think about establishing your own family, no matter how old you are. A baby will bring you indescribable joy in your life, but not only that; there will be many sleepless nights, kid's cry and dirty diapers. In this moment the situation is different, you do not feel ready for a child, you are still young and have so many things to do before that. In that case you definitely have to think about how to avoid unintended pregnancy.

Making love is a really wonderful experience and the last thing you need is to grab your head and ask yourself: "What if...???"

Choosing your protective method, you show respect your partner as well, because enjoying while making love and prevention of pregnancy and sexually transmitted infections are things you both have a right to, so choose together.

Contraception is the prevention of unintended pregnancy

There are different means of contraception:

1. condom (masculine)
2. condom (feminine)
3. contraceptive pills
4. spiral
5. diaphragm

6. spermicides

Beside these, there are a few more methods that should be avoided because they are very insecure. Those are: method of fertile and infertile days and method of interrupted coitus (coitus interruptus).

CONDOM

Condom is the most effective protection because it protects not only from unintended pregnancy, but also from sexually transmitted infections including HIV/AIDS.

If correctly used, it is 98% safe. To be sure in confidence and quality of condom, always check out expiry date on package before use. Condoms with mark CE have passed control of quality.

Keep condom away from sources of heat (do not keep it in pocket for days) and light.

How to use it?

PICTURES

MALE CONDOM

Before opening press the condom in one of the corners of package. Be careful when you open the package – nails, teeth and rings may damage condom.

Put the condom on erected penis before it gets in the woman's vagina and simultaneously press top of the condom to press out air from sperm storage at the condom's top. By that way you will make free space for sperm and the risk that the condom falls off during intercourse is lower.

Holding the end put on the condom along the penis right to its root.

When the man ejaculates and before the penis becomes loose, take the condom off taking care not to pour out sperm.

After use tie the condom and throw it into the garbage bin.

FEMALE CONDOM

Beside the male condom, the female condom is the only mean of contraception that protects both from unintended pregnancy and sexually transmitted diseases.

If correctly used, it is 95% safe. Instruction for use is on back of the package.

The lack of these condoms is that they are not as available as male condoms.

They are not in sale in our country. The female condom consists of solid, soft and transparent wrapping. On each end of this wrapping there is a flexible ring. One end

is closed and the ring on that end helps placing the ring in the upper part of the vagina. The ring on the other end is bigger and thinner and it stays outside the vagina when condom is placed. During relationship care should be taken that the penis penetrates inside the condom, not in the space between vagina and condom. The female condom is placed in the vagina right before sexual intercourse and it means that enables a woman to take care about protection.

CONTRACEPTIVE PILLS

Contraceptive pills are composed of a combination of two female hormones – estrogen and progesterone - and when regularly taken they prevent unintended pregnancy.

Pills are prescribed by a gynecologist and when a girl decides to start taking pills, she must firstly go to examination at a gynecologist's who will prescribe the most suitable pill for her.

The effectiveness of pills is 99,9% and it makes them the most reliable method of contraception. Pills are taken every day 21 days consecutively. After that a 7 days pause is made when it comes the menstruation and after that the pill taking cycle restarts. It is of the utmost importance that the pill is regularly taken, always at the same time.

The advantage of pills is that they regulate the menstrual cycle, reduce menstrual bleeding, pimples, protect from certain forms of cancer.

The lack is that they do not protect from sexually transmitted infections including HIV/AIDS.

Although rarely, its use may lead to side effects as: breast sensitiveness, increase of body weight, headache, torment and bleeding. These occurrences usually disappear after first few months of taking and if they do not disappear, ask a gynecologist for advice.

EMERGENCY CONTRACEPTION OR SO CALLED "PILL MORNING AFTER"

Contraception "morning after" is an extraordinary method of contraception and should be used only in exceptional situations, for example when condom breaks or if for any reason you did not use any protection. The girl should take this contraception as soon as possible or 72 hours at the latest after unprotected sexual intercourse. This sort of contraception may be obtained at a doctor's. It does not protect from sexually transmitted infections included HIV/AIDS.

SPIRAL

Spiral is a device made of plastic mass, 3 to 4 cm long with small threads on its end. It is placed in the uterus by a gynecologist. Spiral is reliable method of contraception and is much used in the world. However, it is not suitable for very young girls and is not recommended to girls who have not given birth. Another lack is that it does not protect from sexually transmitted infections included HIV/AIDS.

DIAPHRAGM

Diaphragm is a thin rubber cap of semi-round shape that is put on thin, fine and elastic spring. There are various sizes of diaphragm. It is necessary to go to a gynecologist for examination so that he determines the most appropriate size of diaphragm. Diaphragm is placed in the vagina half an hour before sexual intercourse and may not be removed at least 8 hours after intercourse and it prevents passing of spermatozoids in uterus. To obtain better protection, before placing diaphragm in vagina, grease it with thin layer of spermicidal remedy. If correctly used, it presents effective mean of protection against unintended pregnancy but it does not protect from sexually transmitted infections included HIV/AIDS.

SPERMICIDES

There are various kinds of spermicides and they are effective only if they are used in combination with some other methods of contraception. They are placed deeply in the vagina before sexual intercourse and are effective 3 hours after administration. Spermicides may be bought without a doctor's prescription in pharmacies.

METHOD OF FERTILE AND INFERTILE DAYS

Woman must pay attention to her monthly cycle, controlling body temperature and dates in calendar. Once she knows her cycle, she will know her fertile days and in that period she will avoid sexual intercourse or use some other method of contraception.

Advantages of this method are that by this way girl becomes acquainted with her body and menstrual cycles and this method is used as a family planning method.

Its lacks are that it is not reliable especially in young girls who still have irregular cycle. Besides, this method does not offer protection from sexually transmitted infections included HIV/AIDS.

SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections are transmitted through sexual relationship (vaginal, anal and oral).

How to get protected?

Method ABC

- The only 100% safe protection is **Abstinence**, i.e. restraint from sexual relationships.
- Before you decide to begin with sexual relationships, become acquainted with your partner and **Be loyal to her/him**. It is wonderful feeling to have confidence in someone and to know she/he will not let you down.
- Use **condom** during each sexual relationship.

What are consequences if diseases are not healed?

- Infertility
- During pregnancy and delivery infection may be transmitted from mother to child.
- Increased risk of cancer on cervix of uterus in women.

GONORRHEA

This is one of the most known and oldest venereal diseases.

Cause: bacteria gonococcus

Transmission: Unprotected sexual relationship and it may also be transmitted via lavatory board, wet towels.

Symptoms: In men in more than 90% of cases it occurs rapidly with acute inflammation of urinary duct, strong feeling of aching while urinating, muddy urine and purulent excretions (so called "morning drop").

In women symptoms are milder, so mild that sometimes she does not notice she is infected. Sometimes slight pain and aching while urinating appears together with yellow excretions followed by pain in lower part of stomach.

How to cure?

If it is cured on time, this disease is not hard, but if you do not go on examination on time and neglect it, it may lead to serious complications. Both partners have to be cured with antibiotics in capsules, tablets or injections.

SYPHILIS

Although syphilis used to be more frequent occurrence than today, it can be very dangerous if treatment is not taken in early stage.

Cause: bacteria pale spirochete

Transmission:

Syphilis is very contagious and in 95% of cases is transmitted by sexual relationship. It may be transmitted also by blood and contact with open wound infected with syphilis.

Symptoms:

They are developed in 3 phases:

First phase

First symptoms of disease occur only 3 weeks after unprotected sexual relationship as painless small wound usually on or in vicinity of genital organs and sometimes on lips.

Second phase

It appears 2-3 months after initial infection, lasts 2-3 years, even longer. It is manifested as red stained rash on whole body and mucous membranes which disappears after some time and later reappears.

Third phase

It means long lasting inflammatory changes on vital organs particularly central nervous system that lead to irreparable damages of brain, heart and other vital organs.

How to cure?

Syphilis is cured by penicillium injections. It is the most important to start with therapy as early as possible.

HIV/AIDS

AIDS (Acquired Immuno Deficiency Syndrome). This name tells us that this disease is acquired and is not hereditary and that organism is deprived of its usual defensive strength which prevents it to defend itself from some diseases that it will easily defend if not infected by HIV virus. So, HIV is virus that causes AIDS and means human immunodeficiency virus.

Transmission:

- By blood (by usage of no sterile equipment for intravenous injection of drugs in drug users, and transfusion of infected blood)
- By sperm or vaginal liquid (unprotected sexual relationship)
- From infected mother to child during pregnancy, birth and breast feeding

HIV cannot be transmitted by:

hand shaking, air, kissing, touching things (for example: phone box, money, handles in public transport, etc.), use of public toilettes, swimming pools, use of meal dishes, towels, bed linen, glasses, coughing, sneezing, snuffling, insect bite.

Symptoms:

Even 10 to 15 years may pass from the moment of infection by HIV virus before symptoms of AIDS get developed. AIDS is manifested by group of symptoms as follows:

- fever and symptoms similar to flue
- loss of body weight
- unusually strong fatigue
- frequent diarrhea
- persistent dry cough
- frequent infections

Unfortunately, vaccine against HIV virus does not exist still, nor does medicament for AIDS what classifies this disease among one of the hardest diseases of present time.

SEXUAL HERPES

Cause: Herpes is caused by virus called HSV (Herpes Simplex Virus) that appears in two types: type 1 (more often causes herpes around mouth) and type 2 that causes damages of sexual organs and is the one of interest to us.

Transmission:

By unprotected sexual relationship but also from mother to children during pregnancy and birth and by touching infected area.

Symptoms:

Aching and unpleasant feeling of tension of sexual organs' skin followed by creation of small blisters. When blisters break clear liquid comes out, after those very painful boils appear, then they dry out and form dark crusts. Later on crusts fall off not leaving any scars. Increased body temperature and general fatigue may occur.

How to cure?

When a person gets infected by Herpes Simplex Virus, it stays in body forever. It means sexual herpes cannot be healed, but frequency of symptoms incidence may be decreased.

CANDIDIASIS

Cause: Candida albicans, fungus from family of yeasts, which is normal resident of organism and vagina.

This infection is very often and unpleasant for woman.

Transmission:

In two thirds of cases origin is internal and problem is disturbed balance of vaginal flora. In one third of cases infection comes from outside, either by sexual contact or contact with infected item.

Symptoms:

Constant inner itching of vulva and entrance to vagina, abundant leucorrhoea and aching in vagina during urinating. Vulva is very much red and swollen. There may be small rash, but it is mostly cover with white layer that resembles curdled milk. In man this disease is rare and milder. It occurs in the form of scrotum's skin itching or skin on top of penis that may be covered with small red pimples.

How to cure?

Doctor gives vaginal tablets or tablets taken orally. Partner is healed if necessary.

Additional risk factors

- Insufficient hygiene or conversely, excessive rinsing of vagina

- Frequent sexual relationships
- Excessive use of sour soaps
- Diabetes

CHLAMYDIASIS

Cause: bacteria *Chlamydia trachomatis*

Transmission:

By unprotected sexual relationship and from mother to child during parturition.

Symptoms:

In many cases there are no symptoms what is dangerous, because if not healed this disease may lead to infertility of woman. In smaller number in women unusual extract, pain while urinating and/or bleeding between menstruations or after sexual relationship may occur. In men bright colored extract and pain/aching while urinating occur.

How to cure?

Antibiotic for both partners that have to be cured simultaneously in order not to spread infection. It is especially important to take treatment on time and thus avoid serious consequences, particularly infertility.

TRICHOMONIASIS

Cause: parasite of microscopic size – *Trichomonas vaginalis*.

This infection is very spread among women and, although very unpleasant, fortunately it is not dangerous.

Transmission:

By unprotected sexual relationship, by wet items such as towels, bathing suits, lavatory, etc.

Symptoms:

Pain in genital area and excessive, foamy green-yellow extract with unpleasant odor followed by itching and aching in vagina. Sexual relationships may become painful.

How to cure?

Both partners are cured at the same time. During that time sexual relationships should be avoided. Doctor prescribes vaginalets to girls.

CONDILOMS (GENITAL WARTS)

Cause: Human Papiloma Virus

Transmission:

By unprotected sexual relationship and contact with infected area.

Symptoms:

Small, painless warts grow in the area of sexual organs and anus. When they are numerous they look like cauliflower. This is followed with temperate itching and in case of bigger number of warts, bleeding and pain may occur.

How to cure?

Treatment procedure is not simple. Condiloms may be removed by surgical operation and medicaments, but cannot be healed. Virus stays in body and symptoms reoccur very often.

HEPATITIS

Cause: Hepatitis viruses (except Virus A).

Transmission:

By unprotected sexual relationship, exchange of needles on the occasion of drug use, during pregnancy from mother to child.

Symptoms:

Fatigue, torment, vomiting, loss of body weight, headache, yellow colored skin and icterus.

How to cure?

Only symptoms may be cured, because there is no medicament against these Hepatitis. There is vaccine against Hepatitis B and is recommended to persons with higher risk (for example: medical staff, addicts, etc.). If not treated, it may lead to serious damages of liver, cancer and even death.

VAGINAL LICE

Cause: Vaginal louse, parasite. Vaginal louse is gray insect, 2 mm long. It is attached to hair and fed with human blood. They breed fastly, move slowly and live 3-4 weeks.

Transmission:

Mostly by sexual way but also by physical contact, use of contaminated towels, clothes, etc.

Symptoms:

Intensive itching around genital area. Appearance of blood traces on underwear is possible.

How to cure?

By use of prescribed lotion or shampoo. It is necessary to disinfect clothes and bed linen.

Now you know the most important facts about sexually transmitted infections and we hope you would be able to recognize immediately when something is wrong and, off course, react at once.

It is very important that you, as soon as you notice some of above-mentioned symptoms, visit doctor (girls to gynecologist and boys to urologist). You do not need to feel unpleasant, because the earlier you take the treatment, the possibilities of having no consequences to you and your environment is greater.

TRUE STORY

Mirna has always had a melancholic look, tearful eyes as if she would break into tears any moment. She has been always like that, since she was left as a baby in front of the door of the Home for abandoned children.

All fifteen years of her life her eyes were shining both when she was sad and happy. She had reasons to be happy because of her friends that amused her life and especially because of Damir.

Damir, two years older, has grown into a real young man, interested in "man's" things, particularly girls. As Mirna started becoming a girl, with roundness on front and backside, Damir started to watch her in a different way – not as a sweet child, but as a woman. His friends from the Home started to tease him that he takes baby carriage with himself without putting anything in it. It bothered him more than Mirna's rejection that their friendship and mutual sympathies pass in heat of bed. That would be first time for Mirna. But she was afraid. She thought she was too young, she did not exactly know what to do, she heard tales about sexually transmitted diseases... She knew nothing in particular about them, but just thinking of them frightened her so much because unknown things are always the most frightening.

She knew Damir had slept with several girls, he was bragging in face of her with his accomplishments, making her feel jealousy and guilt. Chaos of hormones mixed with his friends' kidding created an explosive cocktail in Damir's head.

One night, like many others before, Damir went to her room. They were talking there on her bed for a long time till late at night very often, gently kissing and touching each other innocently and exploring their bodies. Sometimes Damir was begging her for hours to go to the end, to devote her completely to him. It was space torturing for her; she refused him feeling she was not ready. Her "No" hurt Damir. But, this night he was more persistent than ever. Her rejecting was sounding like drum in his head, but he heard nothing any more. He was muttering for himself "Just a little more"...

At the end he was lying on her both naked. She did not feel comfortable and did not want it to be that way for the first time. She wanted something else, mutual kissing, easy sentimental music, exotic odors in room and most of all she wanted to feel she was ready. She did not want it to happen this way, especially with her beloved Damir. She firmly squeezed her legs, resisting his fingers. She held her palms on his shoulders trying to prevent him to completely lie on her, while he was kissing her

hair, face, neck and breasts, continuously repeating "Just a little more, Mirna, please, just a little more...".

In one moment, when he tried to spread her legs by force, she pounded her nails in his back's flesh so that he whined of pain. Screaming painfully, he told her with an angry, reproachful, low and criticizing voice: "Why are you such a badly behaved child?!"

Mirna blew out, every rude word, if said especially by Damir, hurt her more than anything else in the world. She blew up, warm blood gushed in her cheeks. Damir had never told her anything like that, he was insulting her. Lost between heaven and earth, looking at his by anger contorted face, she said: " I am not a badly behaved child! I am not!"

She spread her legs and the moment after that she felt heat between thighs...

Fifteen minutes later, after silent kiss on forehead, Damir went out of the room. Door creaked sadly. As Mirna stayed alone, she was attacked with that loneliness reinforced with pangs of conscience. She did not want sex, that she knew for sure. She had told him nicely, not once, not twice, but innumerable times! Why did she let him provoke her so that she agrees to sex? Because she loves him? Because she does not want to loose him? Because it is modern, because other girls from the Home had already done that?

Now it is too late for thinking, she tried to console and calm herself down. However, another thought that made her trembling, run through her head and did not disappear before morning: "What if she gets pregnant? Oh, God, what if she gets pregnant?"

On the other side of the Home, Damir was turning in bed. While leaving Mirna, buzzing in his head caused by adrenalin and excitement was smoldering easily, he searched for a cigarette in his pocket and groped a condom. He swore with anger: "I did not use it again!" Three pervious cases run through his head. The condom always stayed in his pocket...