



STIs and Contraception

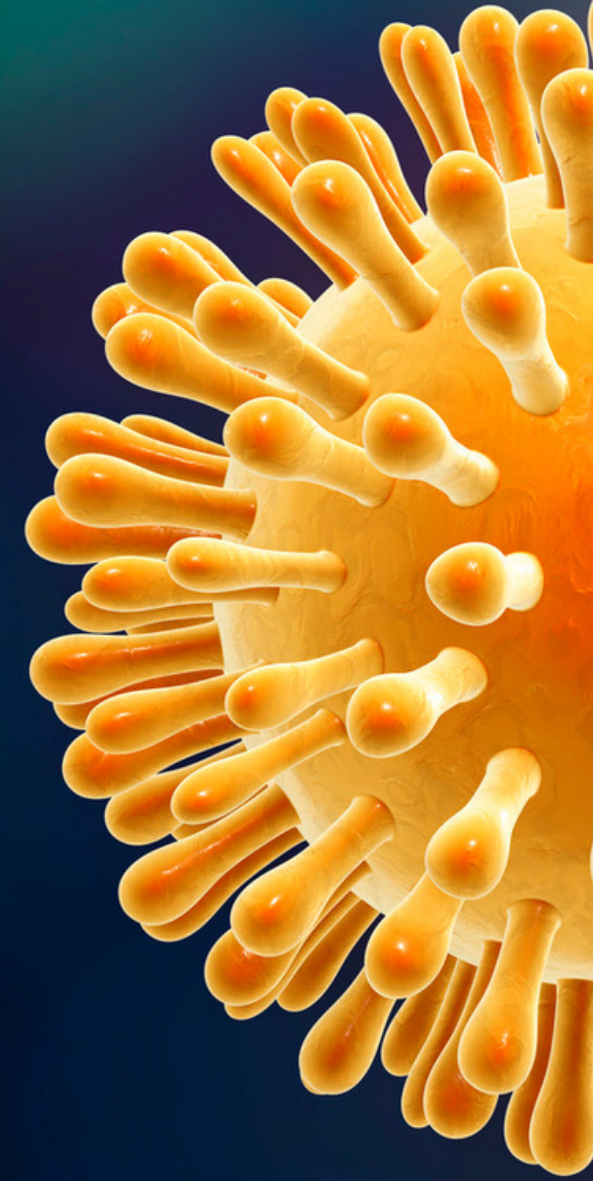
WHAT TO KNOW MODULE



WHAT IS AN STI?

STIs = SEXUALLY TRANSMISSIBLE INFECTIONS

- Can be transmitted through unprotected oral, anal or vaginal sex, as well as skin to skin contact or sex toys.
- Some STIs have obvious symptoms whereas others may be 'asymptomatic' (meaning they have no symptoms).
- Barrier contraceptives (like condoms) are the only form of contraception that help prevent STIs.





TYPES OF STIs

BACTERIAL

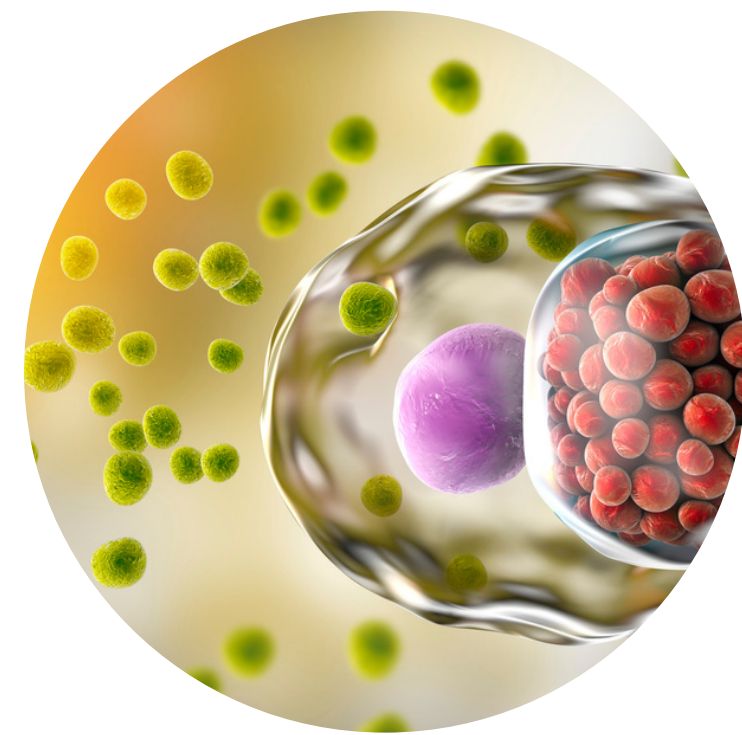
Chlamydia, gonorrhoea, syphilis etc

PARASITIC

Public lice and trichomoniasis ("trike")

VIRAL

HIV, HPV (genital warts), hepatitis A/B/C and herpes





TESTING

WHEN TO GET TESTED

- If you and a new partner are beginning a sexual relationship
- If you have unprotected sex
- If you think that you might have an STI or are experiencing symptoms
- As part of your regular health check
- If the condom broke
- If you are pregnant





TESTING continued



Types of test:	For a person with a vagina	For a person with a penis
STI Self-test	Vaginal swab	Urine sample
Clinical examination	<ul style="list-style-type: none">• Examination and swab of the infected areas, sores, ulcers or discharge• Swab of mouth and throat (if a person had unprotected oral sex)• Swab of the anus (if a person had unprotected anal sex)	
Blood test	Clinician will send an order for a person to go to a laboratory to have a blood test done.	



PREVALENCE IN AOTEAROA

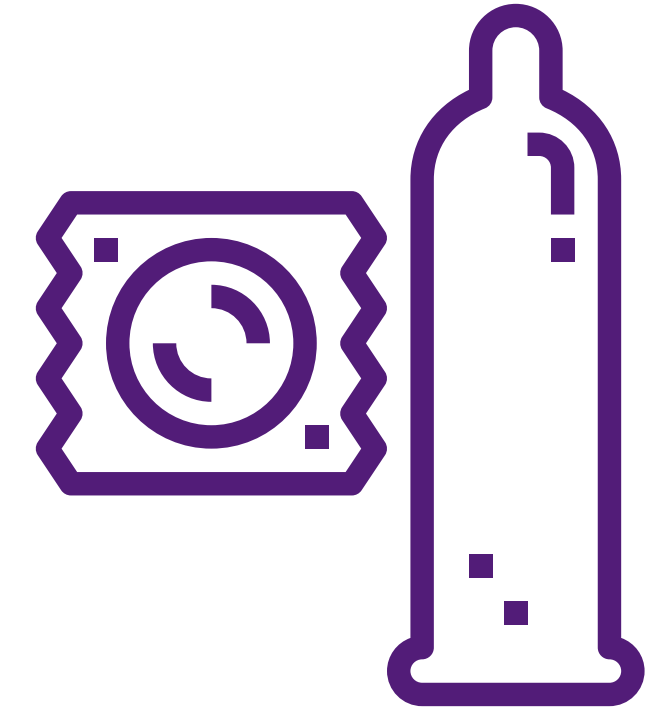
STI SURVEILLANCE IN AOTEAROA SHOWS US THAT:

- Men who have sex with men (MSM) are the demographic most at risk of contracting an STI.
- Māori and Pacific people have higher rates of STIs than Pākehā.
- MSM, Māori and Pacific people, have higher rates due to inequity in access to health services and information.
- Recently, cases of syphilis and gonorrhoea have declined slightly; chlamydia has stayed the same.
- The most common STIs for young people aged 15-24 are gonorrhoea and chlamydia.
- STI rates in NZ remain high compared to other countries.





CONTRACEPTION AND STI PREVENTION



PREVENTION IS KEY

Although many types of STIs are treatable and can be cured altogether, the most effective solution is prevention.

The spread of STIs can be prevented by having regular STI tests and by using condoms.



CONTRACEPTION

WHAT IS IT GOOD FOR?

There are a wide variety of contraceptives available in NZ.

They vary in cost, frequency of application and mechanism of action.

The most effective contraception is the one that works for you!





ADOLESCENT SEXUAL BEHAVIOUR IN NZ (2019)



A QUICK QUIZ

1. Most young people have engaged in sexual intercourse before the age of 16.

True False

2. What percentage of sexually active youth said that they always use condoms to prevent STIs?

a. 17% b. 41% c. 65% d. 88%

3. What percentage of sexually active youth reported always using contraception to prevent pregnancy?

a. 8% b. 15% c. 52% d. 77%



Contraception Methods

Type:	For a person with a uterus	For a person with a penis
Barrier	Internal condom Diaphragm* (*not recommended)	External condom
Hormonal	Contraceptive pill Depo Provera injection Implant (LARC) Hormonal IUS (LARC)	None
Other	Copper IUD (LARC) Tubal ligation	Vasectomy





EMERGENCY CONTRACEPTION

There are two types of emergency contraception available in New Zealand:

- Emergency Contraceptive Pill (ECP)
- Copper IUD

Emergency contraception can be used after unprotected sex to protect against pregnancy.





RANGATAHI AND CONTRACEPTION

ACCORDING TO THE YOUTH 19 SURVEY

The great news: fewer rangatahi have had sex compared to previous years!

The not-so-great news: for those who are sexually active, consistent contraception and condom use is decreasing.

Access to sexual health services, and quality, reliable health information remains a challenge for rangatahi.

