

Genital Warts & Prevention **XITS**

Using Condoms & Safer Sex

Condoms prevent germs from spreading. The **FEMALE CONDOM** can be put in up to 8 hours before sex. It has two rings – one at the opening and a loose inner ring that fits over

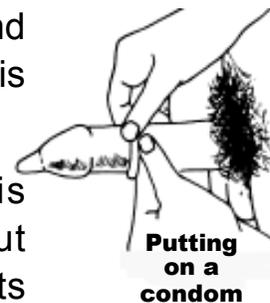


Putting in a female condom

the cervix. Squeeze the inner ring and push into the vagina [*pussy*] with your index finger. It can also be used anally [*up the ass*].

A **MALE CONDOM** is rolled on to the erect penis [*dick*]. Pinch the tip to leave a space for semen [*cum*]. Don't use oil-based lube (such as baby oil, vaseline, hand lotion). Oil breaks male condoms, but is safe for female condoms.

Using condoms during sex is sometimes called **SAFER SEX**, but condoms will NOT stop genital warts from spreading if they are on skin that is not covered. **Remember – Safer sex is NOT risk-free, but having safer sex can reduce your risk.**



Putting on a condom

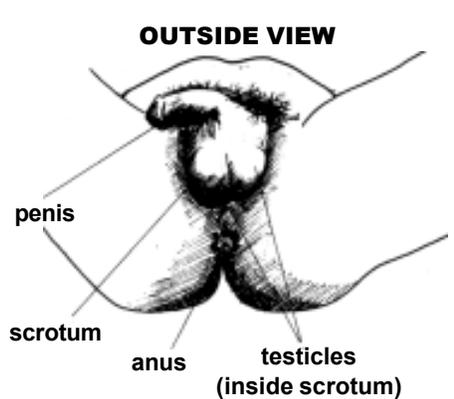
Let's Have a Look... **The Male Sex**

The **testicles** make sperm, which go up **vas deferens**. Sperm mixes with semen made by **seminal vesicles** and **prostate**, and exits the **urethra** during orgasm.

OUTSIDE VIEW

Other Facts:

Sperm mixes with semen from **seminal vesicles** and **prostate**, and exits the **urethra** during orgasm.



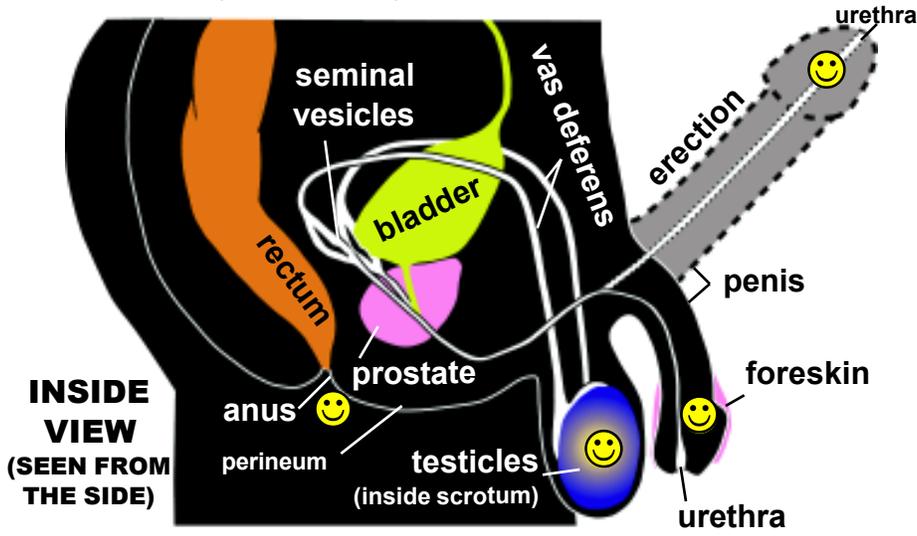
Other Facts:

Perineum is the skin between the scrotum and the anus.

Urethra is the tube that pee and semen [cum] comes out of.

Foreskin is sometimes removed by circumcision.

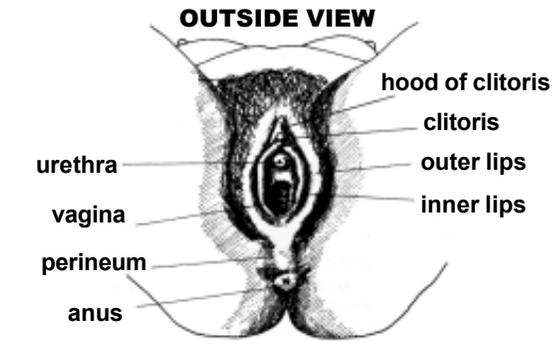
Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.



Let's Have a Look... ♀ The Female Sex

Once a month, the **ovary** releases an egg, which goes down the **fallopian tube** to the **uterus**. If the egg is not fertilized by a sperm,

the lining of the uterus is released (menstrual blood). The blood flows from the **cervix** and then through the **vagina**.

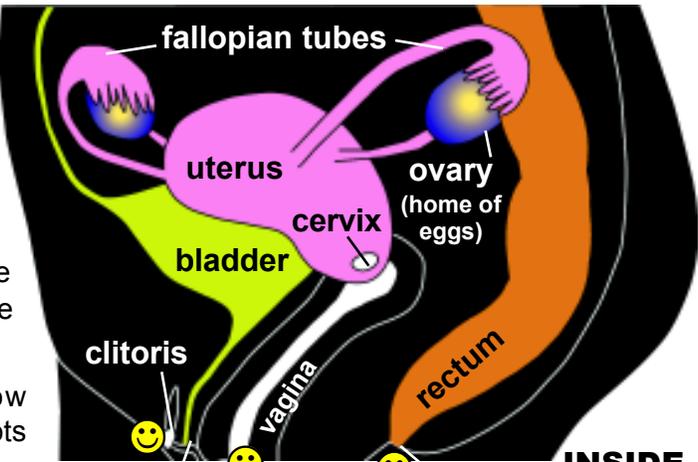


Other Facts:

Perineum is the skin between the vulva and the anus.

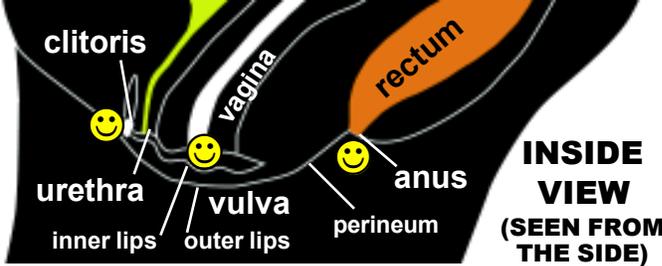
Urethra is the tube that pee comes out of.

Smiles show some of the spots where rubbing or licking might cause intense sexual pleasure.



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Living with Genital Warts

Being infected with HPV may be difficult because some people feel that genital warts are ugly. This can be a barrier to a healthy self-image.

Because HPV is a life-long infection, people with genital warts can experience strong emotions and stress. People with HPV may also be afraid of spreading the virus to a sex partner, or fear rejection if they tell their sex partner they have HPV. **Remember – the symptoms of HPV (warts) can be controlled.**

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Sex & Prevention

Remember – a germ is just a germ. Germs spread wherever and whenever they can. Sex can spread germs, but it **does not cause** genital warts. Germs cause genital warts.

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This pamphlet series was produced as part of the **Youth & STD Prevention** project, which started at Village Clinic in November 1997 and is currently housed at Sexuality Education Resource Centre (SERC). The writing and design of this pamphlet series has involved over 300 youth and 60 service providers. Funding for this pamphlet series was provided by Health Canada, the Winnipeg Foundation and the Winnipeg Regional Health Authority. Thanks also to Kali Shiva AIDS Services.

Call SERC at 982-7800 for more information.

Questions Anyone?

These phone lines are there to help.

AIDS/STD InfoLine – 945-AIDS (2437)

(Outside Winnipeg 1-800-782-2437)

The Facts of Life Line – 947-9222

(Outside Winnipeg 1-800-432-1957)

Public Health STD Info Line – 940-2200

Klinik Crisis Line (24 hours) – 786-8686

Sex & Prevention

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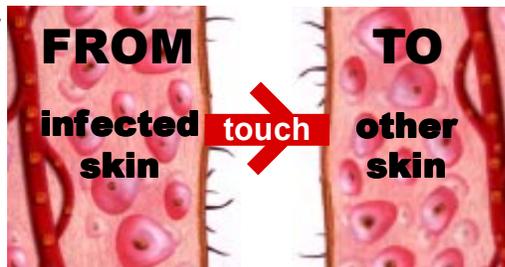
What are Genital Warts?

Genital warts are a skin infection caused by the Human Papilloma Virus (HPV), which is similar to the virus that causes all warts. This infection cannot be cured, but it can be treated and managed.

How are they spread?

Genital warts spread by **direct contact** (touching) of infected skin or mucous membrane (the 'skin' inside mouth, vagina [*pussy*] or rectum [*inside the ass*]). They are mostly spread during sexual contact with an infected partner, and can spread even if you can't see any warts.

- Vulva, vagina or cervix [*inside or outside pussy*].
- Penis or testicles [*dick or balls*].
- Mouth or lips.
- Anus or rectum [*inside/outside ass*].
- Other skin



ANYWHERE on a sex partner or other places on the infected person

Can they be prevented?

Yes, they can. Prevention means **reducing your risk** of getting genital warts. The only way to avoid coming into contact with genital warts is by NOT having direct contact with infected skin.



Using condoms will reduce your risk of coming into contact with genital warts, but **parts of the body not covered may not be protected** (scrotum [*balls*], lips of vulva [*pussy*]). The female condom covers a larger area and may protect more of the genitals.

What are the symptoms?

Symptoms of genital warts are growths on the skin that range from almost invisible lumps beneath the skin's surface to large lumps that sort of look like cauliflower. It is possible to be infected with HPV and not have any visible warts. They **might** appear in the following places:

lumps that sort of look like cauliflower. It is possible to be infected with HPV and not have any visible warts. They **might** appear in the following places:

- o on the vulva or inside the vagina [*pussy*],
- o on the penis [*dick*] or on the scrotum [*balls*],
- o on the perineum (the skin between vagina [*pussy*] and anus or between scrotum [*balls*] and anus).
- o near the anus or in the rectum [*outside/inside the ass*],
- o on butt cheeks, thighs or any other skin.

Can they be treated?

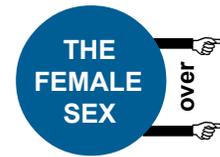
Yes, they can.

Genital warts are commonly removed in the same way as other warts, by chemical freezing or burning, or by laser therapy. Treatment often needs to be repeated as new warts appear. Drugs can also be prescribed to reduce the size and number of warts.



If you think you might have genital warts, don't wait to get treated. The sooner they are treated, the easier they are to control.

Some types of HPV, the virus that causes genital warts, have been linked to cancer of the cervix or rectum [*inside the ass*]. It is important that women with HPV have regular Pap smears to test for changes in the cells of the cervix. Those who have had genital warts on the anus or in the rectum should also be regularly examined.



How can I tell if I have them?

Genital

warts are always diagnosed by the way they look. There is no blood test for HPV. The virus can cause changes in the cells of the cervix, and can be detected in cervical tissue. There is no other way to tell if you are infected unless warts are visible.

Let's Have a Look...

Getting Tested

When you go to a doctor or nurse to get tested for sexually transmitted infections (STIs), give as many details as you can so you can get the best care possible. This is what will **probably** happen:

- o Your genitals may be examined for sores, growths, swelling or discharge [*stuff coming out*]. A swab may be taken from any sores. (A swab is like a thin Q-tip.)
- o Men may have a swab taken from the urethra. Women

- o Your genitals may be examined for sores, growths, swelling or discharge [*stuff coming out*]. A swab may be taken from any sores. (A swab is like a thin Q-tip.)
- o Men may have a swab taken from the urethra. Women may have a swab taken from the cervix. Swabs may also be taken from your mouth, throat, anus or rectum [*inside/outside the ass*].
- o A urine [*pee*] sample may be asked for.
- o A blood sample may be taken to test for Hepatitis B and syphilis. HIV testing is usually done separately.



What About HIV?

HIV, the virus that causes AIDS, is a sexually transmitted infection (STI). It is spread when infected blood, semen or vaginal fluid gets into your blood. If you already have an STI such as chlamydia, gonorrhea, herpes or genital warts, you may have broken skin, swelling or sores that make it **easier for HIV to get into your body.**

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Where can I go?

You can get tested for Hepatitis, HIV and STIs at your doctor's office, or contact one of the health agencies below for confidential testing services:

- **Klinic** – 870 Portage Ave. – 784-4078 – Drop-in Teen Clinic every Saturday from 12 to 4 p.m.
- **Women's Health Clinic** – 419 Graham St. – 947-1517 – Drop-in Teen Clinic every Thursday from 3 p.m. to 9 p.m. (Boys are welcome!)
- **Nor'West Coop** – 103-61 Tyndall Ave. – 633-5955 – Drop-in Teen Clinic every Wednesday from 1 to 6:30 p.m. and Saturdays from 10 a.m. to 2 p.m.
- **Mount Carmel Clinic** – 886 Main St. – 582-2311 – Ask to speak to "Triage".
- **Health Action Centre** – 425 Elgin St. – 947-1626 – Ask to speak to a nurse.
- **Hope Centre** – 480 Alfred – 589-8354 – Drop-in HIV testing is available.
- **St. James Walk-in Clinic** – 1600 Portage – 774-1868 – Open 'til 11 p.m. every day! Across the street from Polo Park.
- **Street Connections** – 50 Argyle St. – 943-6379 – Nurse available for women and transsexuals only.
- **Community Health Clinic** – 601 Aikins – 940-2025 – Call for appointment.
- **Village Clinic** – 705 Broadway Ave. – 940-6001 – Call for appointment.