

TOILET TALK



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Let's Get Acquainted With ... Gonorrhea

FACT: Gonorrhea is a sexually transmitted infection that can grow and multiply easily in the warm, moist areas of the reproductive tract and in the urethra in both men and women.

FACT: Gonorrhea is spread through sexual contact. Gonorrhea can also be spread from mother to baby during delivery.

FACT: Although not everyone infected with gonorrhea has symptoms, some symptoms may include: discharge, burning during urination, and unusual sores or rashes.

FACT: Gonorrhea can be treated and cured with antibiotics, but all partners must be treated to prevent passing the disease back and forth between partners.

FACT: Any sexually active person can be infected with gonorrhea. In the United States, the highest reported rates of infection are among sexually active teenagers, young adults, and African Americans.

FACT: The safest way to avoid getting gonorrhea and other sexually transmitted infections is abstinence.

Source: www.cdc.gov

I choose not to have sex because I
don't want to feel guilty.

FIND YOUR REASON

*Your brain weighs 2 percent of your
total body weight - but it uses 20
percent of your body's energy.*



Source: www.factmonster.com



Did you know ...?



A recent study found that people who got 8 hours of sleep before taking a math test were nearly 3 times more likely to figure out the math problems than people who stayed awake all night. Get your sleep!!

Source: www.kidshealth.org

It's Not Just Dangerous ... It's Deadly and Dumb!

Methamphetamines are rapidly becoming a dangerous problem in our communities. Slang names for methamphetamine include: speed, meth, crystal, crank, tweak, go-fast, ice, glass, uppers, and black beauties.

FACT: Meth affects your brain. Short term effects include mood changes such as anxiety, depression and euphoria. Long term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage.

FACT: Meth affects your self-control. Meth is a powerfully addictive drug that can cause aggression and violent or psychotic behavior.

FACT: Meth affects your body. Creating a false sense of energy, these drugs push your body faster and further than it's meant to go.

FACT: Meth can kill you. An overdose of meth can result in heart failure. Long-term physical effects such as liver, kidney, and lung damage may also kill you.

FACT: Meth is illegal in all states and is highly dangerous.

FACT: Meth includes ingredients like battery acid, drain cleaner, lantern fuel and antifreeze--ingredients that most people don't want to put in their body.

How can you tell if a friend is using meth? Signs to look for:

- Inability to sleep
- Nervous physical activity, like scratching
- Increased sensitivity to noise
- Irritability, dizziness, or confusion
- Tremors or even convulsions
- Extreme anorexia
- Increased heart rate, blood pressure, and risk of stroke
- Presence of inhaling paraphernalia, such as razor blades, mirrors and straws
- Presence of injecting paraphernalia, such as syringes, heated spoons or surgical tubing



What can you do to help a friend who is using meth? Be a real friend – you may even save a life. Encourage your friend to stop and seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.

Source: <http://ncadi.samhsa.gov>

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

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Approved by:

teen pregnancy
prevention
Central Shenandoah Valley