

PROTECT YOURSELF

KNOW THE FACTS, GET TESTED

Half of sexually active young people will get a sexually transmitted disease by age 25 ... and most won't know it.

STDs are passed from one person to another through sexual contact. Diseases include chlamydia, gonorrhea, genital herpes, human papillomavirus (HPV), syphilis and HIV. Many of the diseases do not show symptoms, but they can still be harmful and passed on during sex.

DID YOU KNOW?

- *STDs impact young people the hardest. Half of all STDs are in people under 25 years old, although they represent only a quarter of people having sex.*
- *STD tests are not always part of a regular clinic visit. Many providers may not give you an HIV or STD test unless you ask for one.*
- *The only sure way to avoid STDs is to not have vaginal, anal or oral sex. If you are sexually active, you can reduce your risk of getting an STD by using a condom.*
- *Even if you use birth control, you should still think about STD prevention. Birth control methods like the pill, patch, ring and IUD are very effective at preventing pregnancy, but they do not protect against STDs and HIV.*
- *More people are using condoms for protection than ever before. When used correctly, condoms can help protect you from pregnancy and STDs.*
- *Oral sex is not safe sex. It may seem like a safer option than intercourse; but you can still get STDs, including HIV.*
- *Many STDs don't cause any symptoms, so the only way to know for sure is to get tested.*

 *You have the right to have your values and limits respected.*

Should you choose to have sex, talk with your partner about preventing STDs and pregnancy. If you think you're ready to have sex, you need to be ready to protect your body and your future. You should also talk to your partner ahead of time about what you will and won't do sexually. Your partner should always respect your right to say no to anything that doesn't feel right.

 *You have the right to refuse sex any time, for any reason.*

GET TESTED TODAY.

Student Health Service offers HIV testing at no charge with a minimum charge for other STD tests.

For more information or to make an appointment, call or visit Student Health Service or visit the Student Health Portal.

Clinic: 701-231-7331
Pharmacy: 701-231-7332
Fax: 701-231-6132
www.ndsu.edu/studenthealthservice

**Student
Health
Portal**

ABSTINENCE: Not everyone chooses to have sex. Some people choose to abstain to avoid any risk of pregnancy or STDs. Some abstain because of their beliefs or values. Others abstain because they simply are not ready for intercourse. Abstinence is the only 100 percent certain way of not becoming pregnant or acquiring a sexually transmitted disease.

SOURCES:
www.cdc.gov/std/sam/knowthefacts.htm
www.ndhealth.gov/STD

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to: Equal Opportunity Specialist, Old Main 201, 701-231-7708 or Title IX/ADA Coordinator, Old Main 102, 701-231-6409.