

- Safe sex is sexual activity engaged in by people who have taken precautions to protect themselves against sexually transmitted diseases (STDs) such as AIDS. It is also referred to as safer sex or protected sex, while unsafe or unprotected sex is sexual activity engaged in without precautions.
- Possible consequences of unsafe and under age sex: Social and emotional problems due to pregnancy in under age and unmarried girls and several kinds of sexually transmitted diseases: genital herpes virus; urethral and vaginal infections, vaginal infections caused by different organisms
- Having sex with only one partner, when neither of you has any STIs, is the safest way to have sex. If you have more than one partner or have not been tested for STIs, other suggestions include: 1. Be infection-free – get tested for STIs and have treatment if necessary. Avoid sexual contact until the doctor or nurse tells you that you are no longer infectious. 2. Use male condoms – if used correctly, condoms can dramatically reduce the risk of unwanted pregnancy and most STIs. 3. Use female barrier methods – these are the female condom, which resembles a regular condom but is inserted into the vagina, and the dental dam, which is a sheet of latex worn over the female genitals during oral sex. 4. Use other barrier methods – for example, use condoms on dildos and other penetrative sex toys and wear a latex glove for digital penetration of the vagina or anus.

It's Better to Have Safe Sex, Than to Be Sorry

QUESTIONS; (Express your ideas)

- 1. How can you differentiate safe sex practices from unsafe sex practices?**
- 2. What are the different consequences of having unsafe sexual practices?**
- 3. In what age group people usually engage in unsafe sex?**
- 4. What are some ways to prevent unsafe sex?**
- 5. What do you think are the common social and emotional problems that pregnant women encounter?**
- 6. Why do you think people continue to practice unsafe sex?**