WELCOME TO Imbumba?

What is Imbumba?

Learn about sexual health

Focus on you

Answer YOUR sexual health questions

Everything is confidential

Audio record session
What do you know about STI’s?

STI’s can be hard to...

Look at

Talk about

Hear about
STI'S CAN HAVE NO SIGNS OR SYMPTOMS
## Common Sexually Transmitted Infections (STIs)

<table>
<thead>
<tr>
<th>Infection</th>
<th>Symptoms</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syphilis (Gcushuwa)</td>
<td>Rash, open sore, discharge, curable</td>
<td></td>
</tr>
<tr>
<td>Gonorrhea (Drop)</td>
<td>Discharge, pain/burning, curable</td>
<td></td>
</tr>
<tr>
<td>Genital herpes (Blisters)</td>
<td>Open sores, painful blisters, treatable</td>
<td></td>
</tr>
<tr>
<td>Genital warts</td>
<td>Painful bumps, can be removed, treatable</td>
<td></td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>No signs, treatable</td>
<td></td>
</tr>
</tbody>
</table>

Tell me about your most recent visit to this clinic...
What can you do to avoid getting an STI in the future?
How about condoms?
Not Just Condoms...

...Also ONLY having sex with partners that do not have an STI.
Sexual Network

Your sex partners and your partner’s past and current partners.
Stopping the Spread of STI’s and HIV
Everyone must tell their partners so their partners can get and treated.
Your Sexual Network
MANY OPTIONS TO TELL

YOU TELL

- Face to face
- Phone call
- SMS
- Email
- Give clinic card
  ~ In person
  ~ Mail
  ~ Leave for
- Come to the clinic together

I TELL

- Phone call
- SMS
- Email
- Mail card
Face To Face

In person

~What might you say?

~When might you do this?

~How might your partner respond?

~Do you have any concerns for your physical or emotional safety?

~ How likely is it they would go a clinic to get treated?
Give The Clinic Card

Mail the card

Give the card to them

Leave the card for them

~What might you say?
~When might you do this?
~How might they respond?
~How likely is it they would go a clinic to get treated?
Get Tested/Treated Together

Invite your partner to come to the clinic and get checked/treated with you.

~What might you say?

~How might they respond?

~Do you have any concerns for your physical or emotional safety?

~How likely do you think they would be to go to get checked/treated with you at the clinic?
You Tell…

SMS

Email

Phone call

~What might you say?

~When might you do this?

~How might they respond?

~Do you have any concerns for your physical or emotional safety?

~How likely is it they would go a clinic?

~How likely do you think they would be to go to get checked/treated at the clinic?
I Send…
SMS  You may remain anonymous

“Message from a Cape Town Health clinic: One of your sex partners is being treated for an STI. Please visit a clinic to be checked/treated.”

~How might your partner respond?

~Do you have any concerns for your physical or emotional safety?

~Do you think they will know who exposed them?

~How likely do you think they would be to go to a clinic to get treated?
I Send...

Email

You may remain anonymous

“Subject line: Message from a Cape Town Health Clinic
Body: One of your sex partners is being treated for an STI. Please visit a clinic to be checked/treated.”

~How might your partner respond?

~Do you think they will know who exposed them?

~How likely do you think they would be to go to a clinic to get treated?
I Tell...

Phone call You may remain anonymous

~How might your partner respond?

~Do you think they will know who exposed them?

~Do you have any concerns for your physical or emotional safety?

~How likely do you think they would be to go to a clinic to get treated?
REMEMBER…

~STI’s get passed in sexual networks.

~Your partners probably do not know that they have an STI.

~Condoms CAN stop the spread of STI’s.

~Telling partners so they can get treated CAN stop the spread of STI’s

~Wear a condom till you COMPLETE your STI treatment.

~Until your partners are treated, partners will keep giving you an STI.

THANK YOU!
APPENDIX
How to Use a Male Condom

Latex is Best!

1. Carefully open the latex condom package. Don't use your teeth, scissors, or sharp nails.

2. For increased sensation, place a small amount of water-based lubricant in the tip of the condom before placing it on the penis.

3. Pinch the tip of the condom to remove any air from the tip. Pinching the tip leaves a reservoir for semen to collect.

4. After the penis is erect, place the condom on the tip (head) of the penis and roll the condom to the base of the penis.

5. Perform “the act,” whether it be oral, anal, or vaginal sex. Depending on what you’re doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.

6. After ejaculating (cumming), hold the base of the condom and withdraw from your partner. Depending on what you’re doing, you may want to hold onto the base of the condom in order to avoid slippage or breakage.

7. Remove the condom from the penis. Be careful that semen doesn’t spill out.

8. Wrap the condom in a tissue and dispose of it where others will not handle it. Don’t flush it down the toilet.

9. Wash your hands with soap and water.
How to Use a Female Condom

Information and art work courtesy of The Female Health Company

1. Carefully open the Reality® Female Condom package.
   Rub the outside of the pouch together and make sure the lubrication is evenly spread inside the pouch.

2. Outer ring (add extra lubrication if wanted)
   Inner ring at the bottom (add extra lubrication if wanted)
   Find a comfortable position. Be sure the inner ring is at the bottom, closed-end of the pouch.

3. Index finger
   Inner ring
   Open end
   Grab the inner ring with your thumb and middle finger, and pinch the edges together (like a diaphragm).

4. Still squeezing Reality, use your other hand to spread your vagina and insert the condom.

5. Pubic bone
   Use the index finger to guide the condom into the vagina, being careful not to twist the condom.
   Push the ring in until the cervix is completely covered. The ring should then fall into place.

6. Until you and your partner become comfortable using Reality, use your hand to guide the penis into the vagina.

7. Censored
   Have vaginal sex. Make sure the outer ring stays outside the vagina. After ejaculation...

8. ...squeeze and twist the outer ring to keep the sperm inside the pouch.
   Remove the condom by pulling, being careful not to spill the semen.

9. YES
    NO
   Dispose of the condom in a trash can. If possible, wash your hands with soap and water.
   Do not flush the condom or reuse it.