**CH 18-21 STUDY GUIDE: REPRODUCTIVE HEALTH**

* KNOW THE FOLLOWING TERMS:

- EGG, FETUS, OVARIES, OVULATION, SEMEN, SPERM

- HIV INFECTION, AIDS, HELPER T-CELL, HIV, HIV-ANTIBODY TEST, HIV POSITIVE,

 ASYMPTOMATIC STAGE, UNIVERSAL PRECAUTIONS

* SPERM & TESTOSTERONE ARE PRODUCED IN THE TESTES.
* TESTOSTERONE IS THE HORMONE RESPONSIBLE FOR MALE SEX CHARACTERISTICS, & NECESSARY FOR SPERM PRODUCTION.
* EACH MONTH THE LINING OF THE UTERUS THICKENS, BREAKS DOWN, & SHEDS.
* EVERY MONTH, YOU SHOULD DO A SELF BREAST EXAM TO CHECK FOR LUMPS & DISCHARGE FROM THE NIPPLES.
* SEXUAL INTIMACY AS A TEEN CAN KEEP THE COUPLE FROM GETTING TO KNOW EACH OTHER.
* REASONS A TEEN SHOULD REMAIN ABSTINENT: AVOID AN STD, TO ACCOMPLISH PERSONAL GOALS, & TO BE FREE TO PURSUE A VARIETY OF FRIENDSHIPS.
* TEEN MOMS OFTEN FIND IT DIFFICULT TO COMPLETE THEIR EDUCATION.
* THE MORE SEXUAL PARTNERS YOU HAVE, THE MORE LIKELY YOU WILL GET AN STD.
* THE FOLLOWING ARE ELEMENTS OF A RESPONSIBLE RELATIONSHIP: TRUST, RESPECT, LOVE, EMOTIONAL INTIMACY FROM A STABLE, COMMITTED RELATIONSHIP, AND MARRIAGE.
* IN ORDER TO TREAT CHLAMYDIA, GONNORHEA & SYPHILIS, BOTH PARTNERS NEED TO TAKE ANTIBIOTICS AT THE SAME TIME.
* GENITAL HERPES CANNOT BE CURED, HOWEVER ANTIVIRAL MEDICATIONS CAN BE TAKEN TO SHORTEN THE OUTBREAKS AND FREQUENCY.
* CHLAMYDIA IS THE #1 STD AMONGST THE TEENAGE POPULATION.
* MANY STDs CAN LEAD TO THE INABILITY TO HAVE CHILDREN (INFERTILITY) & PERMANENT ORGAN DAMAGE.
* HIV REQUIRES DRUG COMBINATION THERAPY, WHICH IS COSTLY & HAS A LOT OF SIDE EFFECTS.
* THE VACCINATION GARDISIL, WHICH IS USED TO HELP PREVENT HPV, IS RECOMMENDED FOR BOTH FEMALES & MALES.
* 30% OF H.S. STUDENTS HAVE AN STD.
* BY THE AGE OF 25, IT IS PROJECTED THAT 50% OF SEXUALLY ACTIVE TEENS WILL HAVE AN STD.
* A PERSON WHO HAS AN STD AND TALKS ABOUT IT CAN HELP CHANGE THE NATURE OF THE STD EPIDEMIC, HELP PREVENT THE SPREAD OF STDs, AND INCREASE THE LIKELIHOOD THAT HE/SHE WILL BE CURED.
* UNTREATED STDs CAN LEAD TO PELVIC INFLAMMATORY DISEASE, WHICH MAY REQUIRE SURGERY.
* YOU **CAN GET PREGNANT THE FIRST TIME** YOU ENGAGE IN SEXUAL ACTIVITY!!!
* TEEN FATHERS TYPICALLY MAKE LESS MONEY PER YEAR THAN MALE TEENS WHO ARE NOT FATHERS.
* The majority of high school students will remain sexually abstinent.
* About 750,000 teenagers become pregnant each year.
* Pubic Lice is an STD caused by a parasite and involves intense itching.
* The following are risk factors for STDs: being sexually active, having more than one partner, & using alcohol or drugs.
* Many STDs, including genital herpes, syphilis, & HIV, can be transmitted from mother to baby.
* If you think you may have an STD, you should see your family doctor and/or visit the county health dept or a public clinic for a test.
* The only way to be 100% sure you won’t contract an STD or become pregnant is to be abstinent.
* If you are sexually active, the best way to reduce your risk of contracting an STD or becoming pregnant is to use a condom.
* Sperm can live up to 7 days inside the female body, which means if an egg is released at any time during that time frame, you can get pregnant.
* HIV can infect anyone who engages in risky behavior.
* If you suspect you have been infected with HIV, you should be tested for HIV immediately and again after 6 months.
* Southeast Asia, Eastern Europe, and sub-Saharan Africa have the highest numbers of HIV/AIDS cases.
* In the U.S., approx 1 million people have HIV and 400,000 are living with AIDS.
* Teens are one of the fastest growing groups infected with HIV because: some teens think you can tell by looking at a person if they have HIV; some believe that HIV only affects homosexual men and drug users; and many do not know the facts.
* The acute illness stage of HIV is when you show flu-like symptoms.
* HIV is only transmitted through sexual activity, infected needles, mother to child, and blood to blood contact.
* If you have HIV, you can delay the onset of AIDS by using a drug treatment plan, maintain good health, and combine a good diet with rest and exercise.
* You can help an HIV/AIDS program in your community by not participating in high risk behaviors, educating your friends, and participating in fundraising activities.
* HIV/AIDS drugs have serious side effects, cost a lot of money, and are very complicated.
* HIV attacks your T cells, weakens the immune system, can be in your system for years before it causes health problems, and opens the door for opportunistic infections.