

National STD Awareness Month

CONGREGATIONAL CARE-Transparency Saves Lives

PPGMR is and has always been a nonjudgmental resource for Communities of Faith. The tools provided here can assist you with caring for your congregations during National STD Awareness in a way that can be simple but effective.

Below are some suggestions for bringing an STD Prevention message to your congregation. Start where you are most comfortable.

- Including a statistic in your church bulletin
- Putting pamphlets in the restrooms
- Placing prevention posters or materials in high traffic areas
- Include a message in your church's media
- Identifying a health professional in your congregation to spear head an awareness campaign
- Invite a guest speaker and allow them a limited time to speak during service or an evening or weekend program. *A Planned Parenthood Greater Memphis Region Educator will do this for FREE call to schedule.*

Just plant the seed and watch it grow!

JUST THE FACTS

Encouraging members to get tested for STDs is one of the most important things you can do to protect the health and vitality of your congregation and it's easier than ever before. These talking points can be added to a sermon, a short talk, or a planned discussion. You know your audience, so choose what will work best for you.

STD Awareness Talking Points:

- You can't tell by looking who has an STD. Many STDs cause no symptoms, so the only way to know your status for sure is to get tested. For example, 75 percent of women and 50 percent of men with chlamydia have no symptoms. And on average, people with HIV don't develop symptoms for 10 years.
- Getting tested for STDs is a basic part of staying healthy and taking control of your personal health.
- The good news is that most STDs, including HIV, are treatable and many are curable. The sooner you know your status, the sooner you can get treated. Early treatment can help prevent serious health problems that can result from untreated STDs.



Greater Memphis Region

National STD Awareness Month

- STD tests are quick, simple, and painless. For example, rapid HIV tests can provide results in as fast as 20 minutes from just a swab inside the mouth.
- Planned Parenthood provides STD testing at all of its health centers and offers low-cost services for young people, men, and women. To find a health center near you, visit plannedparenthood.org.
- **Not all medical checkups include STD testing** — so unless you ask to be tested, you can't assume you have been. Ask your medical provider which STDs you should be tested for.
- Some conversations may seem hard to have, but open communication with your partner is essential to staying healthy and stopping the spread of STDs.
- You can take care of yourself and your partner by talking about getting tested *before* you become intimate. Since many STDs show no symptoms, you or your partner may have an STD from a previous relationship and not know it.

STDs continue to disproportionately affect young people: half of the estimated 20 million sexually transmitted diseases each year occur in people under 25, although they represent only 25 percent of the sexually active population.

STD Awareness Talking Points for Teen and Young Adult Audiences:

- One in two sexually active young people in the U.S. will contract an STD by the time they're 25 — and most won't know it.
- If not treated, STDs can lead to serious health outcomes, like increased risk of cervical cancer and infertility (STDs cause 24,000 women to become infertile each year). Having another STD can also increase your chances of contracting HIV.
- In 2012, over a million cases of chlamydia were reported among people under 25 — representing 70 percent of all chlamydia cases. Left untreated, chlamydia can lead to pelvic inflammatory disease, a leading cause of infertility.
- Gonorrhea is the second most commonly reported STD in the United States, with an estimated 570,000 new cases every year among young people.
- Young people account for the largest percentage of new HIV infections in the U.S. each year.



National STD Awareness Month

PROTECTION (AKA “Safer Sex”)

The conversation of protection is a very personal and most of us are aware that abstinence is the only 100% proven effective way to not get an STD. But when abstinence ends awareness should begin. Knowledge of protection is not permission. Here are some talking points that specifically discuss protection.

Protection and Safer Sex Talking Points:

- It’s important to protect yourself against future STDs. Once you know your status, there’s a lot you can do to protect your health, including practicing *safer sex*.
- Condoms used consistently and correctly provide the best protection against STDs. When it comes to HIV, for example, using a condom makes sex 10,000 times safer than not using a condom.
- Just as with getting tested, it’s important to talk with your partner about using condoms before you engage in sexual activity and to use condoms every time you have sex to prevent STDs.
- Contrary to the myth that condoms make sex less pleasurable, men and women rate their sexual experiences as just as pleasurable when they use condoms as when they don’t.
- HIV can be managed and HIV-positive individuals can live full lives if they know their status and take action to stay as healthy as possible.

We’re here to help. Planned Parenthood is here to help you stay safe and healthy. We offer STD testing, treatment, and sex education and information to help you take charge of your sexual health. Here are some talking points about Planned Parenthood’s STD testing and treatment resources

Talking Points About Planned Parenthood STD resources:

- STD education and prevention are core parts of Planned Parenthood’s health services and education efforts. Every year, Planned Parenthood health centers provide nearly 4.5 million tests and treatments for sexually transmitted diseases, including HIV. And in 2012, Planned Parenthood served more men than ever before — primarily for STD testing.



National STD Awareness Month

- Planned Parenthood provides education programs in schools and communities to more than one million people every year — including sex education, peer education, parent-teen workshops, and support groups for LGBTQ teens. And Planned Parenthood uses digital education tools, a chat/text program, and social media to get important health information to young people every day.
- Planned Parenthood believes that everyone deserves access to affordable quality health care, and our doors are open to everyone. To find a Planned Parenthood health center near you, or to find more information about STDs, visit plannedparenthood.org.

Certain communities are disproportionately affected by STDs like HIV. Combating the disproportionate impact of STDs in these communities will include a concerted effort to get tested and stay healthy.

Talking Points Tailored to Specific Populations:

- In 2010, African Americans made up 14 percent of the U.S. population but accounted for 44 percent of all new HIV infections. The rate of new HIV infections for African-American women is 20 times as high as that of white women and nearly five times that of Latinas.
- In 2010, the rate of new HIV infections among Latinos was more than three times that of whites. The rate of new infections among Hispanic/Latino men was nearly three times that of white men, and among Latinas it was more than four times that of white women. Latinos account for 21 percent of new HIV infections.
- Gay, bisexual, and other men who have sex with men accounted for 63 percent of the new HIV infections in 2010. Overall, in the United States, men who have sex with men, particularly young African-American men, have the highest rates of HIV infection nationwide.
- STDs are particularly endemic in the southern states of the U.S. [According to the CDC](#), adults and adolescents in the South are disproportionately infected with HIV. And in states like Alabama, Louisiana, and Mississippi, newly diagnosed AIDS cases are seven to 17 times higher for black women than they are for white women.



National STD Awareness Month

SOCIAL MEDIA

You might choose to use social media as your platform in your congregational care efforts. Below are some suggested Facebook posts or Tweets.

Facebook

- This month, we want you to do one of the most important (and simplest) things you can do to protect your health: get tested for STDs. Getting tested is a basic part of staying healthy and taking control of your sex life. Make an appointment to get a quick, easy, and painless STD test today.
- **GOOD NEWS:** Most STDs (including HIV) are treatable. But lots of STDs have no symptoms, so the only way to know whether you have an STD is to get tested. So what are you waiting for? Make an appointment to get tested today: The sooner you know your status, the sooner you can get treated.
- Even if you're using another method of birth control, you may be at risk of getting an STD. Condoms+birth control = the best way to prevent both pregnancy and STDs.

Twitter

- Many STDs have no symptoms. The only way to know whether you have an STD is to get tested. #GYT
- Nervous about getting tested for #STDs? Don't sweat it. STD tests are quick, simple, and painless. #GYT
- FYI: Not all checkups include STD testing — so unless you ask to be tested, you can't assume you will be. #GYT
- Ready to get yourself tested? Make an appointment today: <http://p.ppfa.org/Oewvsn> #GYT
- Good news: Most STDs (including HIV) are treatable. The sooner you know your #STD status, the sooner you can get treated. #GYT
- Condoms+birth control = the best way to prevent both pregnancy and #STDs. Learn more: <https://www.takestwoapp.org/> #GYT



National STD Awareness Month

Additional Resources for Congregational Education

Want a speaker? Planned Parenthood Greater Memphis Region has trained educators ready to talk to groups of all ages, in English and in Spanish. To schedule a speaker or educational activity, contact PP Education:

Planned Parenthood Greater Memphis Region
Education Department
(901) 725-3033
ecapece@ppgmr.org

Want the latest STD statistics and info? Download and print these free fact sheets from CDC:

<http://www.cdc.gov/sTD/stats/default.htm>

[CDC Fact Sheet: Reported STDs in the United States](#)  - Summary of trends and highlights of data from the 2012 annual report

Want more STD information and resources designed specifically for use in faith-based settings? Check out these resources from other organizations:

Resources for Congregational HIV Education Links

<http://www.theblackchurchandhiv.org/>

<http://www.religiousthemes.org/sermon-themes-and-scriptures/>

<http://www.balmingilead.org/index.php/resources/resource-materials.html>

<http://nationalweekofprayerforthehealingofaids.org/resources>

http://www.gmhc.org/files/editor/file/r_a_winter10.pdf



National STD Awareness Month

Get Tested! Resources

Since April is STD Awareness Month/GYT, there are opportunities for free and low cost STD testing all month long. Feel free to pass them along, announce them, or post them as appropriate in your setting.

Planned Parenthood Greater Memphis Region offers low cost STD testing and free, rapid HIV testing in the Health Center and in community locations all over the city.

For information about STD testing at PPGMR's Health Center:

<http://www.plannedparenthood.org/health-topics/stds-hiv-safer-sex/std-testing-21695.asp>

For information about HIV testing at PPGMR's Health Center:

<http://www.plannedparenthood.org/health-topics/stds-hiv-safer-sex/hiv-testing-19857.htm>

Need an HIV test, but can't make it to the Health Center? Check out one of our community locations:

Outreach HIV Testing Schedule

Monday	Family Safety Center	10am-1pm
	1750 Madison Ave. Suite #600	
	Getwell Community Clinic	1pm-3pm
	3055 Watson Street	
Tuesday	Memphis Kwanzaa International	10am-Noon
	1549 Elvis Presley Blvd	
	The Church on the Square	1pm-3pm
	1565 Overton Park Ave.	
Thursday	Getwell Community Clinic	10am-Noon
	3055 Watson Street	
	South Memphis Alliance Laundry	2pm-4pm
	1044 South Bellevue Blvd	
Friday	University of Memphis	10am-1pm
	University Center	
Some Saturdays	First Impressions REMIX Barbershop	11am-2pm
	1470 Elvis Presley Blvd	

To celebrate GYT, PPGMR is offering free testing for Gonorrhea and Chlamydia to the first 50 patients on April 16th from 9am-4:30pm. Half price treatment for Gonorrhea and Chlamydia will be available on April 30th.

Come early to make sure you get your testing for free!

