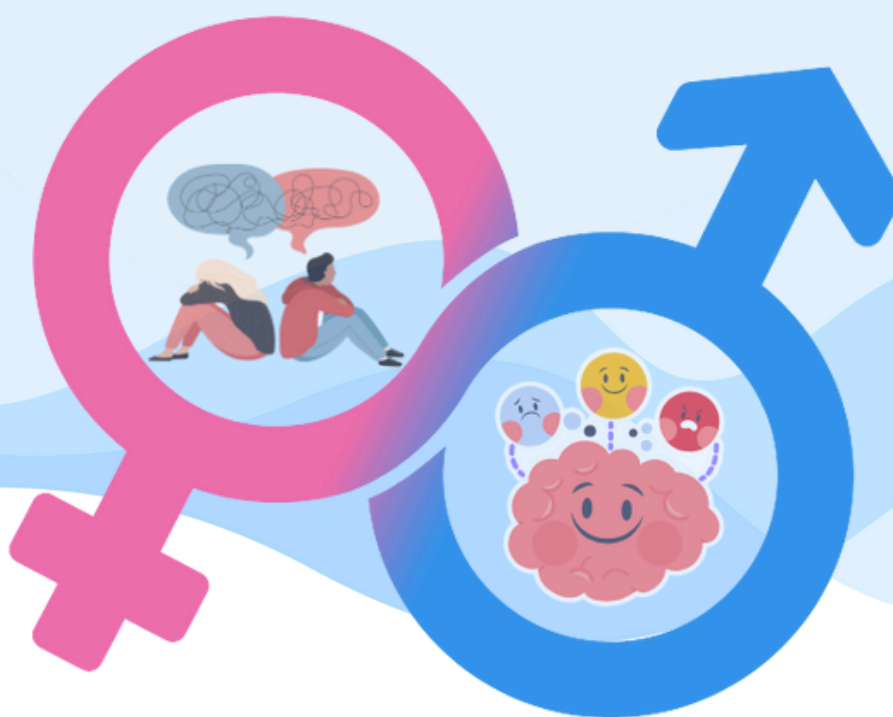




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Youth for a Healthy Sexual Life



Youth for a Healthy Sexual Life
Erasmus+ Youth Exchange | 20-29 August 2025

Predeal, Romania



ASOCIAȚIA
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DIVERSE YOUTH NETWORK

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Youth for a Healthy Sexual Life is an Erasmus+ youth exchange project that brings together young people from Romania, Bulgaria, Hungary, Italy, and Lithuania to address the urgent need for better sexual education. Through workshops, debates, cultural exchanges, and creative campaigns, 45 participants will gain knowledge and skills to make healthier choices and promote safe, respectful relationships. The project empowers youth to spread awareness in their communities, reach hundreds of peers through campaigns and school visits, and foster a culture of inclusivity, tolerance, and informed decision-making.

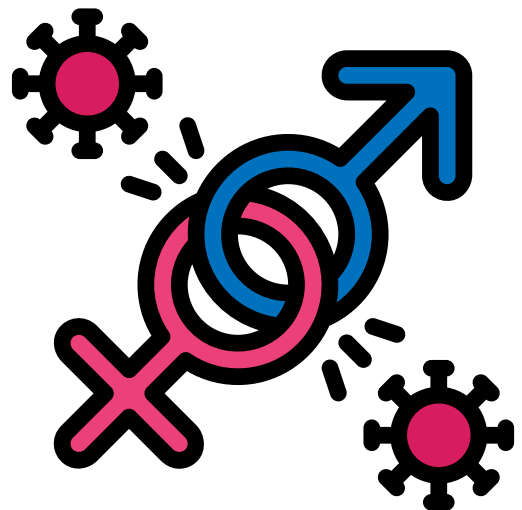
The Importance of Sexual Education

Sex is a taboo subject in many places, but it's important to talk about.

With the right knowledge, we can prevent contracting sexually transmitted diseases, unwanted pregnancy and recognize the symptoms of infections.

It can help young people to make responsible choices about their bodies, relationships, and sexual health.

It plays a major role in developing self-knowledge, identity recognition and respect towards ourselves and others, while it teaches us to accept who we are.



STIs and STDs

What's the Difference Between STIs and STDs?

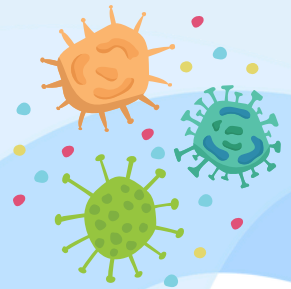
STI refers to the infection – when bacteria, viruses, or parasites enter the body and start to multiply. A person can have an STI without showing symptoms.

STD refers to the disease – when the infection causes symptoms or health problems.

So, all STDs start as STIs, but not all STIs become STDs.

Common STI's and STD's

- **Bacterial:** Chlamydia, Gonorrhea, Syphilis
- **Viral:** HIV, Herpes (HSV), HPV, Hepatitis B/C
- **Parasitic:** Trichomoniasis, Pubic lice



STI	Broader, includes all infections	May have no symptoms	Focuses on infection stage
STD	More specific, implies symptoms	Usually has symptoms	Focuses on disease stage

STIs and STDs

Name	Cause	Prevention	Treatment
Gonorrhea	Bacterial	Condoms, tests	Antibiotics
Chlamydia	Bacterial	Condoms, tests	Antibiotics
Herpes	Viral	Condoms, tests	Antiviral medication
Syphilis	Bacterial	Condoms, tests	Antibiotics
HIV	Viral	Condoms, tests, PrEP	Anti-retroviral medication
HPV	Viral	Condoms, tests, vaccine	Depends on the outcome

Protection Methods

1. Barrier Methods: Barrier methods physically block sperm, bacteria, and viruses from entering the body. They are the only group of contraceptives that also protect against most STIs.

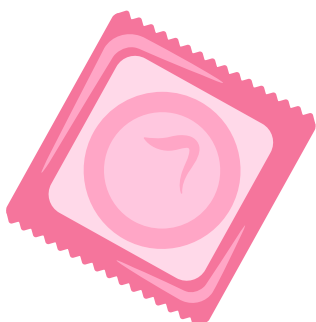
2. Hormonal Methods: These methods prevent pregnancy by regulating or stopping ovulation. They do not protect against STIs, but they are highly effective in preventing pregnancy.

3. Intrauterine Devices (IUDs): IUDs are small devices placed inside the uterus by a healthcare professional.

4. Permanent Methods: Tubal Ligation (Female Sterilization) and Vasectomy (Male Sterilization)

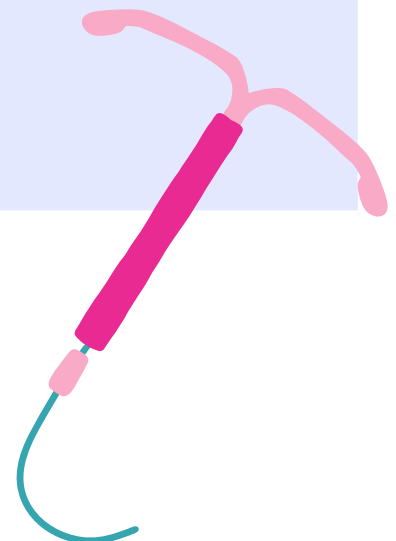
5. Vaccination: Vaccines can prevent certain infections that are transmitted sexually: HPV Vaccine, Hepatitis B Vaccine

6. Regular Testing and Communication: STI Testing: Regular check-ups are important because many STIs have no symptoms. Early detection means faster treatment and less chance of spreading the infection.



Protection Methods

Barrier	Hormonal	Surgical
External condom 87% - 98%	The pill 99%	Vasectomy >99%
Internal condom 79% - 95%	IUD 99%	Tubal ligation >99%
Diaphragm 88%	Ring 99%	
Cervical cap 77% - 83%	Implant 99%	
Sponge 76% - 88%	Patch 99%	



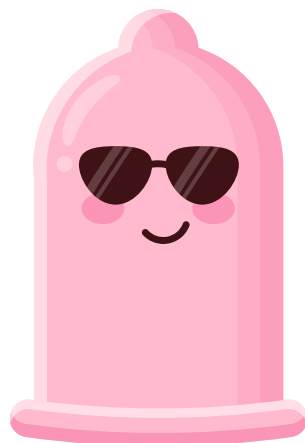
The correct use of condoms

Condoms are one of the most effective and accessible methods of preventing both unintended pregnancies and STIs.

Their effectiveness relies heavily on using them correctly and consistently. Then, condoms are about 98% effective at preventing pregnancy, but due to human errors their effectiveness reduces to 87%.

Common Risks of Incorrect Use:

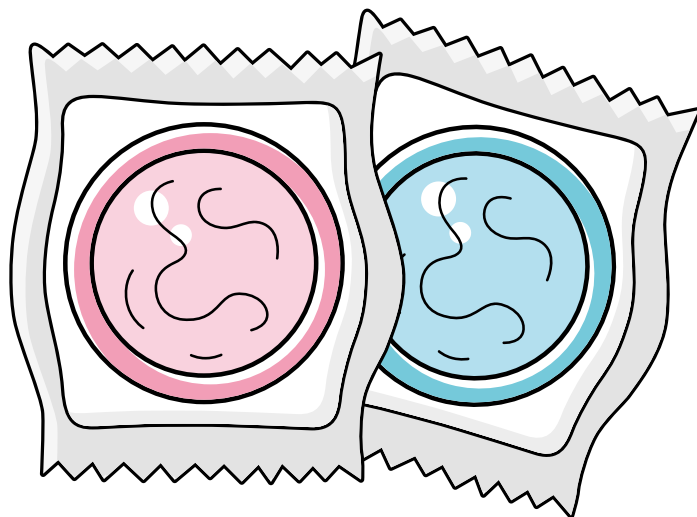
- 1. Condom breakage** – often caused by not leaving space at the tip, using oil-based lubricants, or rough handling.
- 2. Slippage** – can happen if the condom is too large, not rolled on correctly, or not held at the base during withdrawal.
- 3. Using expired or damaged condoms** – latex can weaken over time or when exposed to heat, leading to tears.
- 4. Double condoms** – wearing two at once may seem safer, but friction actually increases the chance of breakage.



The correct use of condoms

Correct use:

1. **Check the package:** Make sure it's not damaged or expired.
2. **Open carefully:** Tear along the edge with your fingers.
3. **Pinch the tip:** Squeeze out any air bubbles.
4. **Roll it on the right way.**
5. **Use the right lubricant:** Avoid oil-based products.
6. **During sex:** If the condom feels like it's slipping or breaking, stop immediately and replace it with a new one.
7. **After ejaculation:** Hold the condom at the base while pulling out to prevent it from slipping off.
8. **Dispose properly:** Never flush it down the toilet.





The Importance of HPV Vaccination

The HPV vaccine plays a crucial role in preventing certain types of *human papillomavirus* (HPV) infections, which can lead to various cancers and other health complications.

Cervical Cancer: HPV is responsible for about 70% of cervical cancer cases.

Other Cancers: Besides cervical cancer, HPV is also linked to cancers of the anus, vulva, vagina, penis, and oropharynx (throat).

In addition to reducing the risk of cancer, the vaccine also helps prevent **genital warts**, which are caused by other types of HPV (primarily HPV types 6 and 11).



The Importance of HPV Vaccination

The HPV vaccine is highly effective at preventing the most harmful types of HPV that cause cancer. When given before exposure (ideally between ages 9 and 12), the vaccine provides the best protection. However, older teens and adults can still benefit from the vaccine.

The HPV vaccine is recommended for both boys and girls, as it helps protect against cancers related to HPV in both sexes, including cancers of the throat and anus, which affect both men and women. Vaccinating boys also helps reduce the spread of the virus to others.



Getting Tested Periodically

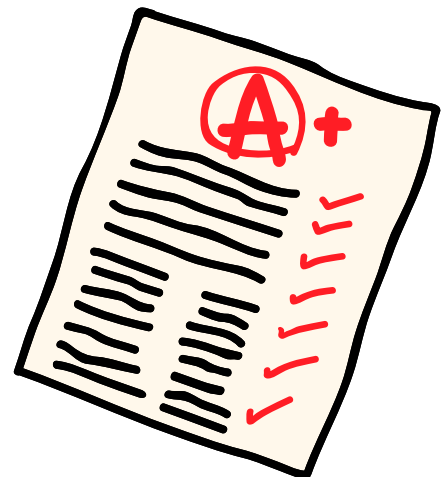
Many STIs don't cause symptoms, but they can still affect your health and be passed on. Untreated STIs can lead to infertility, chronic pain, or serious illness. Knowing your status lets you make safe, confident choices with your partners.

The Good News - Most STIs are treatable, and the sooner you know, the easier it is to take care of. Testing is quick and private. A simple swab, urine test, or blood draw is all it takes.

How Often Should You Test?

- Once a year if you're sexually active.
- Every 3–6 months if you have new or multiple partners.
- Right away if you notice unusual symptoms (discharge, pain, sores, rashes)

Peace of mind feels great. Testing regularly takes away the “what if?” worry.



Consent

Etymology: *con-* 'together' + *sentire* 'feel'

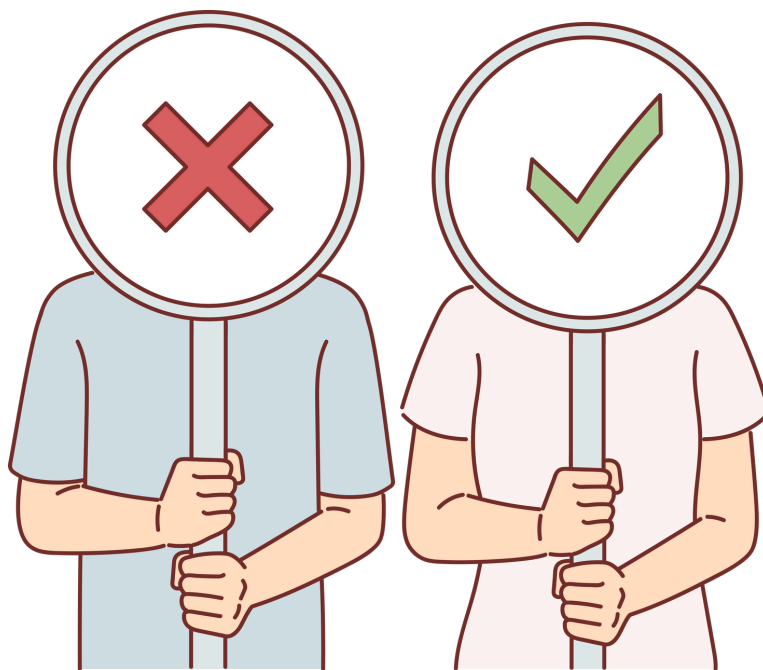
Meaning: permission or agreement - the state of agreeing with someone or something

In the context of sexual health:

agreement to sexual activity, given by someone who is free to choose and able to choose (because of being old enough, being able to think or communicate clearly)

Consent is defined in most legal systems - essential components:

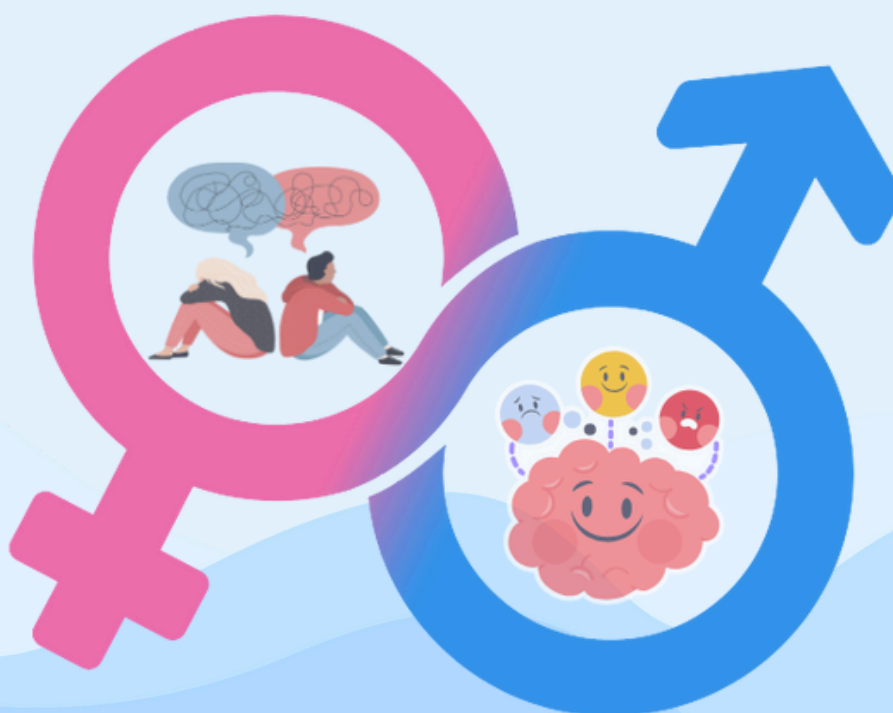
- Voluntary agreement
- Capacity
- Presence of Agreement
- Informed Consent
- Clarity
- Absence of Coercion and Fraud





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