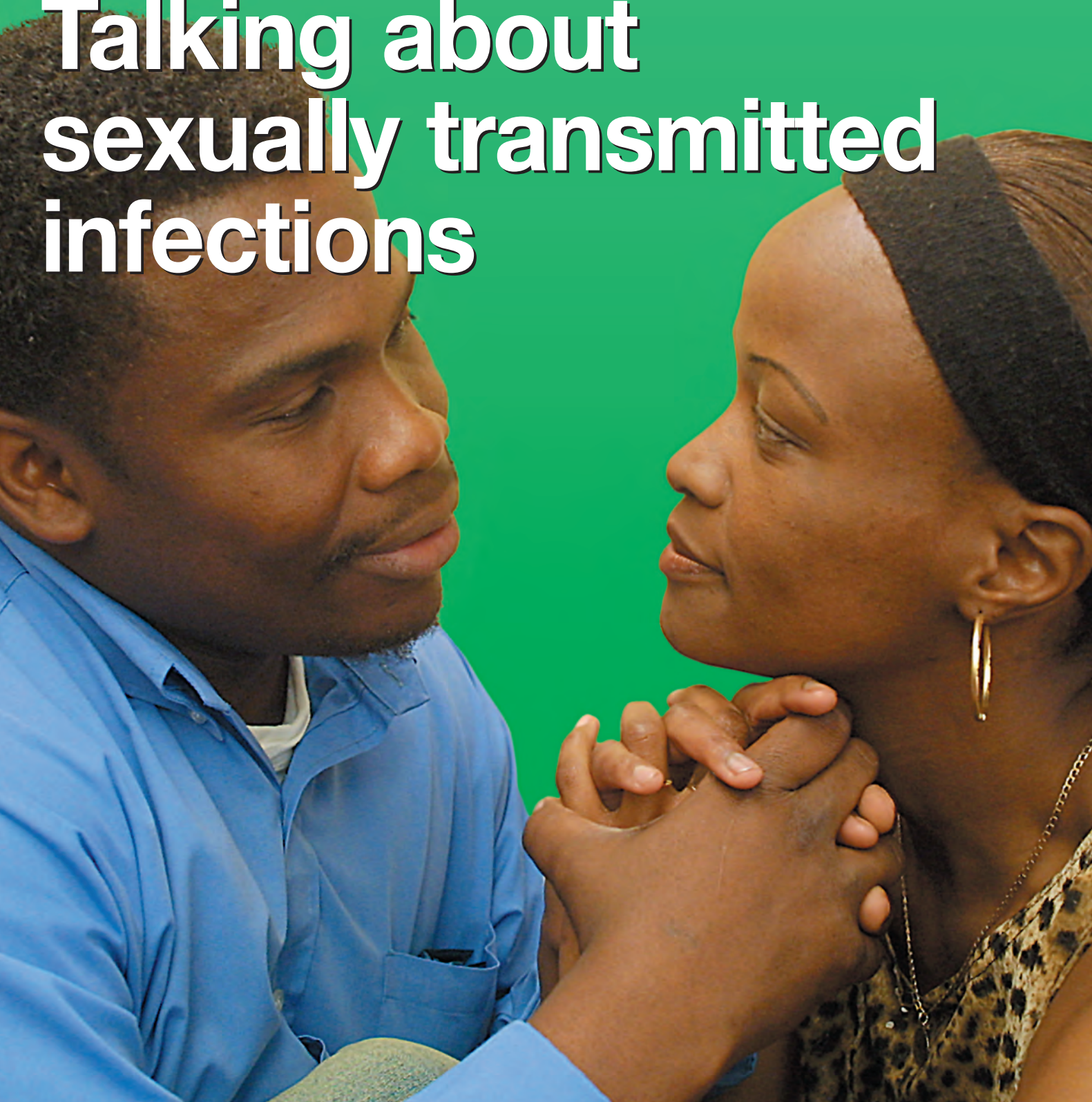


Talking about sexually transmitted infections



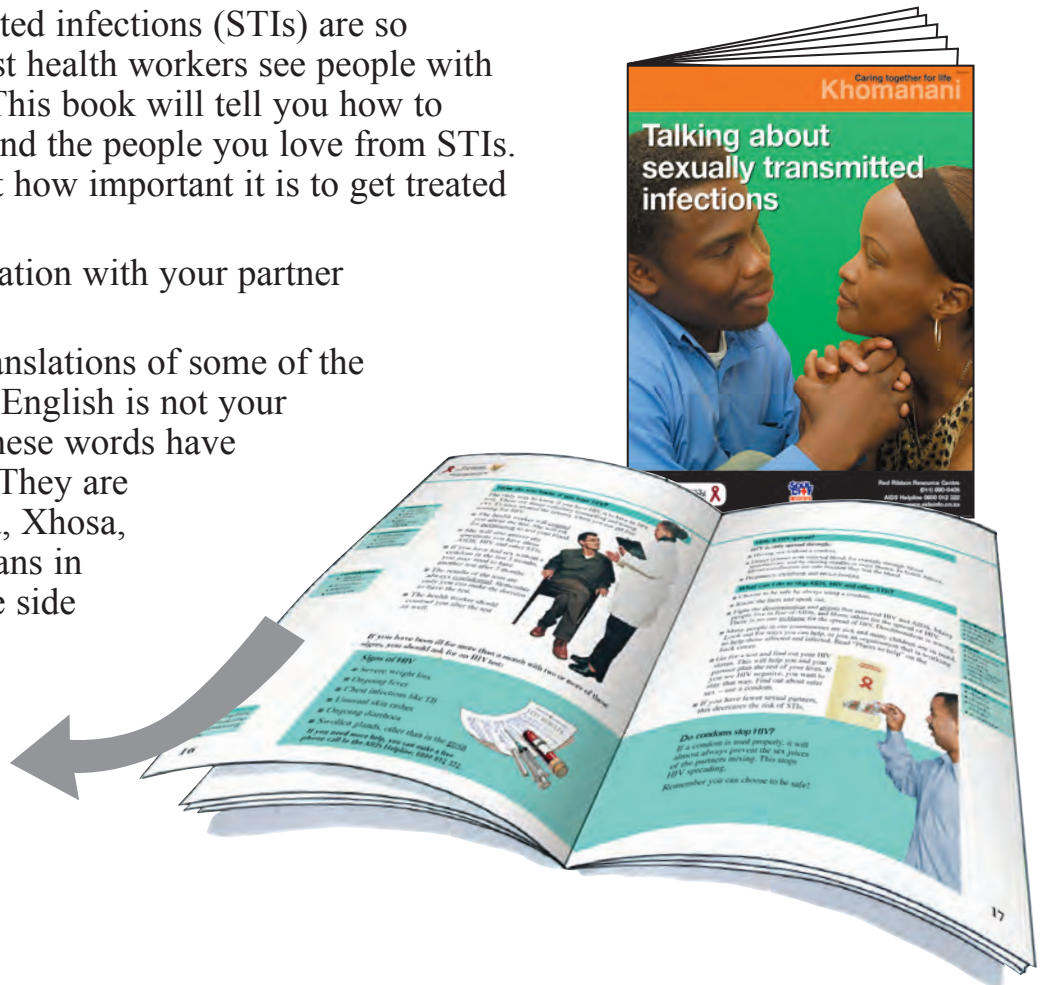
How to use this book

Sexually transmitted infections (STIs) are so common that most health workers see people with them every day. This book will tell you how to protect yourself and the people you love from STIs. It also talks about how important it is to get treated for an STI.

Share this information with your partner and friends.

You may want translations of some of the difficult words if English is not your own language. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in little boxes on the side of the page.

English
■ Zulu
■ Xhosa
■ Sotho
■ Afrikaans



In this book there are coloured blocks that help you to remember important things.



The pill, injection and loop cannot protect you against STIs. You also need to practise safer sex – use condoms at all times.

Sometimes there are other special things to think about.

If you use a condom properly, it will protect you from most STIs.

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STI

- isifo socansi
- isifo esisulela ngokulalana
- lefu le fetiswang ka thobalano
- seksueel oordraagbare infeksie

vaginal sex

- ucansi lomgudu wesibelesho
- ukufaka ubudoda ebufazini
- thobalano e etswang dithong tsa bosadi
- vaginale seks

oral sex

- ucansi lokuphulula ngomlomo isitho sangasese
- ukufaka ubudoda okanye ubufazi emlonyeni
- thobalano ya tshebediso ya molomo
- orale seks

anal sex

- ucansi lomgudu wendle
- ukufaka ubudoda kwilungu lokukhupha indle
- thobalano ya ha setho sa botona se kenngwa ka setonong
- anale seks

genital discharge

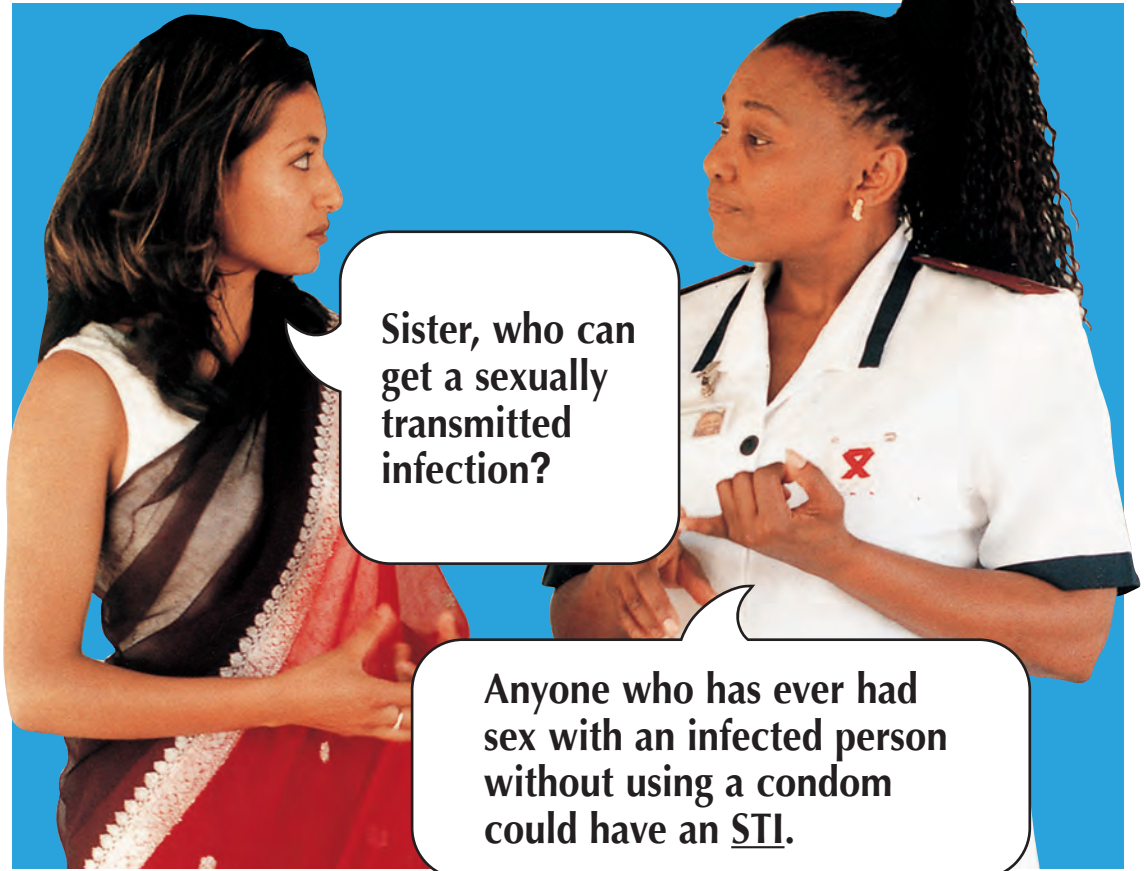
- okuphuma ezithweni zangasese
- incindi yamalungu okuzala
- lere le tswang ka hase
- afskeiding uit geslagsdele genitale

infertility

- ukungatholi abantwana
- ukungenzi bantwana
- ho hloka tswala/ho hloka thari
- onvrugbaarheid



What are sexually



What are sexually transmitted infections (STIs)?

- An STI is a sickness that is passed from one person to another during unprotected vaginal, oral (mouth) or anal sex with an infected person. Unprotected sex means sex without a condom.
- There are many different kinds of STIs. These are all STIs: syphilis, genital warts, lower abdominal pains (LAP), Male Urethritis Syndrome (MUS), Vaginal Discharge Syndrome (VDS) and Genital Ulcer Syndrome (GUS).
- Some STIs cause sores or damage to the skin. Some cause genital discharge. These all increase the risk of getting HIV, or passing HIV on, if you have sex without a condom.
- STIs are sometimes called STDs (sexually transmitted diseases).

Remember!

With early treatment most STIs can be cured. High-quality treatment is free at government clinics and hospitals. Without treatment, STIs can cause many problems. Some can cause infertility in adults.

transmitted infections?

How to know if you have an STI

Signs and symptoms of STIs

For some STIs there are signs that are easy to see. Signs can usually be seen between 3 and 21 days after having sex without a condom. These are some of the signs and symptoms of STIs:

- White, yellow or green discharge coming out of the penis or vagina
- Smelly discharge coming out of the penis or vagina
- A burning feeling when you pass urine
- Sores on the vagina, penis or anus
- Itching or redness around the vagina or penis
- Pain in the lower stomach
- Painful sex
- Pain in the testicles (balls) of a man
- Swollen glands in the groin

If you have any of these signs or symptoms, you could have an STI. You should see a health worker or doctor immediately.



symptoms

- izimpawu
- iimpawu
- matshwao
- simptome

discharge

- ukuphuma uketshezi
- incindi
- lero le ntshwang
- afskeiding

testicles

- amasende
- amatapile
- mapele
- testikels

Some STIs have no signs

Sometimes you can have an STI without any signs, especially if you are a woman. If your partner has an STI, always get checked, even if you have no signs. Sometimes the signs go away, but the infection stays. Don't ignore any signs, even if they stop. Keep yourself healthy and go for regular check-ups.

groin

- embilaphini
- umphakatho
- tshweleseng
- lies

ignore

- ukunganaki
- ukungazinanzi
- ho se tsotelle
- ignoreer

How are STIs spread?



STIs can be passed from one person to another during vaginal, oral (mouth) or anal sex.



Some STIs can be passed on to a baby during pregnancy, childbirth and breast-feeding (also read page 7).

Common STIs

- genital**
- okwezitho zangasese
 - amalungu okuzala
 - seso/lero
 - genitale



I didn't know there were so many different types of STIs.

STIs can be divided into different types:

- Genital discharges (page 4)
- Ulcers or sores on the genitals (page 5)
- Other common STIs (page 6)
- HIV and Hepatitis B (page 7)
- STIs in newborn babies (page 7)

Condoms will help stop the spread of most STIs. But it is important to get early treatment.

Genital discharges

- A genital discharge is fluid which comes out of the penis or vagina. The discharge could be smelly, colourless, white, yellow or green. Discharges can be caused by more than one germ. Diseases that commonly cause discharges are gonorrhoea and chlamydia.
- Women sometimes have lower abdominal pain. This is when the infection has spread from the vagina up into the uterus (womb). This infection causes damage to the tubes, and is the most common cause of women not being able to have babies.
- Some women get a discharge that is not sexually transmitted. This may be an itchy, “cottage cheese” discharge caused by a fungal (yeast) infection. If you have any doubts, go and see a health worker.
- Men with discharges can sometimes have pain when they pass urine.

- uterus**
- isizalo
 - isizalo
 - popelo
 - baarmoeder



- **Male Urethritis Syndrome (MUS)**
- **Vaginal Discharge Syndrome (VDS)**

Ulcers or sores on the genitals

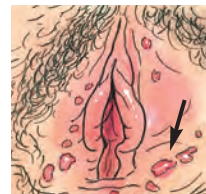
- There could be one or many ulcers or sores on your penis or vagina. The sores could be painful or not painful. They may go away, and come back again and again.
- Women can get sores inside their vagina where they cannot see them.
- Sometimes you may also have swollen glands in your groin. Pus could also come out of the glands. Get early treatment.
- Always wash your hands after touching the sores.



Ulcers or sores
e.g. Genital
Ulcer Syndrome
(GUS)



Swelling of
the glands in
the groin



Genital
herpes
blisters

Examples of ulcers or sores are:

■ Genital herpes

Herpes starts as an itchy, painful rash. Women may not see the rash if it is high up in the vagina. Later, small blisters develop which break, leaving sores.

Herpes is like “fever blisters” found around the lips, but they are on the genitals. Herpes is not curable – it comes and goes at different times.

It is easier to get herpes if your immune system is weakened because of HIV. People with herpes can very easily get infected with HIV because of the open sores. And if you have both herpes and HIV, you can very easily infect sexual partners with both diseases.



Genital
herpes
blisters

■ Syphilis

Syphilis is a disease that starts with ulcers on your genitals. The infection spreads to other parts of the body, including the heart and brain. The baby can be infected if a pregnant woman has syphilis – read page 7. If your partner has syphilis, you might also have it, but you may not have any signs of it. To find out if you have syphilis, you can have a free blood test, called an RPR test, at clinics.

ulcers

- izilonda
- izilonda
- diso
- oop sere/
seertjies

pus

- ubovu
- ubovu
- boladu
- etter/sug

groin

- embilaphini
- umphakatho
- tshweleseng
- lies

rash

- ukuqubuka
- amaqhakuva
amancinci
- lekgepho
- uitslag

Common STIs

Other common STIs

■ Warts on your genitals

Warts can grow on your genitals. Sometimes they look like cauliflowers. Small warts are treated with medicine. Bigger warts are treated in hospital. Check often to see if they have returned.

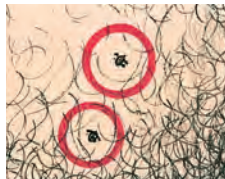
For women, cancer of the mouth of the womb (the cervix) may be caused by the same virus.



Warts

■ Pubic lice or crabs

Pubic lice look like little crabs. They live on blood, and their bites are very itchy. They lay their eggs on the hairs around the genitals. Condoms will not help to stop the spread of pubic lice.



Lifesize on the skin



Under a microscope (bigger than lifesize)

Pubic lice or crabs

■ Molluscum contagiosum

These are little round bumps or pimples with a dent in the middle, on the skin. They can be found all over the body. They usually disappear without treatment after a few weeks or months. Condoms will not help to stop the spread.



Pimples of Molluscum contagiosum

cervix
■ indlela yokukhipha ingane
■ umlomo wesizalo
■ molomo wa popelo
■ baasmoedernek/-mond
virus
■ igciwane
■ intsholongwane
■ kokwane hloko
■ virus



Many STIs can be cured. Get early treatment!

If you use a condom properly, it will protect you from most STIs.

HIV and Hepatitis B

There are other diseases transmitted sexually that do not cause symptoms in the genital area. But they are still important and serious diseases.

HIV

- HIV is also an STI that is spread through having sex without a condom.
- It is also spread through direct contact with infected blood. Read pages 14 to 17 to find out more.

Hepatitis B

- This is also spread through sex and blood, just like HIV. It causes an infection of the liver and can be very serious.
- There are no signs on the genitals. There is no treatment, but babies are now immunised against Hepatitis B.



STIs in newborn babies

- Genital discharge can infect a baby's eyes. If your newborn baby gets red eyes or pus coming out of the eyes, he or she might have got an STI during birth. This can cause blindness.
- Syphilis can infect a baby before birth. It causes miscarriages, stillbirths and congenital birth defects. This is why women at the antenatal clinic are always checked for syphilis with an RPR blood test.
- Sometimes a newborn baby can also develop pneumonia as a result of an STI.
- The baby and both parents must be treated.



miscarriages

- ukuphuma kwesisu
- imaskharitshi/ ukuphuma isisu
- ho fosa mpa
- miskrame

stillbirths

- ingane ezalwe efile
- usana oluzalwe lufile
- ngwane ea hlahileng a kgathetse
- doodgeboorte

congenital birth defects

- isifo ozalwe naso/isifo osithole ngenzalo
- isifo se mvelo
- lefu la tswalo
- aangebore geboortegebreke

Protect yourself from

It is important to find ways to protect yourself from STIs.



Do not have sex

- It is your right to choose when to have sex. If you don't feel sure, rather wait.
- If you are young, it is better to wait until you are older – sex is worth waiting for!
- Teenagers can get STIs more easily than adults.
- Some STIs commonly cause cancer of the mouth of the womb (cervix).



Use a condom

- Have safer sex and use a condom properly each time you have sex. A condom is the best protection against STIs. Read pages 10 and 11.
- If you are in a permanent relationship, sex is only safe if:
 - you use a condom;
 - both parties have a negative HIV test 3 months after sex with their previous partners;
 - both partners remain faithful to each other.



Have sex without penetration

- To protect against STIs, semen and vaginal juices should not come into contact. There are many ways to protect yourself, like always using a condom. You can also have sex without penetration:
 - a man could reach orgasm by stimulating his penis between his partner's thighs.
 - a woman and her partner could stimulate her vagina and clitoris using fingers.
- Oral sex is not always safe. Some STIs can be passed from the penis or vagina to the mouth. It is safer to use a condom.
- Some STIs, like warts, can be passed on without having sex.

semen

- isidoda
- imbewu yesidoda
- lero la botona
- semen/saad

penetration

- ukungena
- ukungena
- ho kenya setho sa botona ho sa bosadi
- penetrasie

orgasm

- ukuvukelwa komntu
- ukuvukelwa komuntu
- ho rota botona
- orgasme

clitoris

- isithwana sangasese sowesifazane
- ukhozo lobufazi
- mosono
- plesierknoppie/klitoris

STIs



Talk with your partner

It is important to talk with your sexual partner about how you will protect yourselves from STIs. This shows you respect and value each other.

- For some people talking about sex is very difficult. It can seem easier not to talk. Don't fool yourself. Rather choose to be safe.
- Choose a time and a place carefully. so you will not be disturbed.
- Know the facts. Take this book with you.
- Know what you want for your health, and don't change your mind.
- Allow your partner to talk about what he or she thinks.



Spread the word

- Share what you have learned about STIs with your friends. The information in this book can save lives.
- Tell them how to recognise an STI.
- Tell them how they can get treatment.
- And the most important thing is to tell them about safer sex.



Talk to a health worker

- If you are worried about yourself or your partner, talk to a health worker.
- You don't need to feel shy. They are trained to help you with your sexual health.
- They can answer your questions and treat any problems.



Remember: The pill, injection and loop cannot protect you against STIs. You also need to practise safer sex – use condoms at all times.

Getting treatment for



Get treated as soon as possible

Going to the clinic with an STI is difficult for some people. These feelings are normal. However hard it is to go and get treated, an STI is worse. Remember you are not alone! STIs are so common that most doctors and health workers see people with them every day.

If untreated, STIs can go on to cause other problems like:

- Complications and even death in the newborn – read page 7
- Increased risk of cancer of the cervix (mouth of the womb)
- Increased risk of getting HIV
- Infertility

an STI

Visit a health worker

In South Africa, if you have an STI, the health worker will give you medicine, including tablets or injections. These will treat all STIs, and cure most of them. This does not include genital herpes.

- The sooner you get treatment for an STI, the easier it will be to treat. If you feel shy and embarrassed, go with a friend or partner.
- It is important that your sexual partner or partners also get treatment, even if they have no signs of disease. **If they do not get treated, you could be re-infected with the STI.**
- Treatment for STIs is very safe and usually works quickly. If you think you may be pregnant, tell the health worker. Women in the first 3 months of pregnancy should not take certain medicines.
- It is very important that the treatment is taken properly. **Do not stop the medicine when the signs disappear.** STI germs could become resistant to the medicine. You may not be cured if you do not take the medicine as directed.
- You will be given a partner notification slip to tell your partner to also go to the clinic for treatment. If you have more than one sexual partner, do not be afraid to ask for more slips. **All of your sexual partners should be treated.**
- Free treatment at government clinics and hospitals is of a very high quality.
- If the treatment does not work, you must go back to the clinic or hospital.



embarrassed

- ukuba namahloni
- baneentloni
- swabile
- verleë

resistant

- lwa na
- ukwalana
- ho se amohele
- bied weerstand teen

Traditional healers

Some people also go to traditional healers for help. But you and your partner will also need to be treated by a health worker at a clinic or hospital.



Getting treatment for an STI

What happens at the clinic?

The health worker will want to know some things about you, like how long you have been sick. She will then examine you in private to find out what STI you have.

- If you are a woman, she may want to examine you inside.
- Syphilis may not show, so most clinics do an RPR blood test. This is not an HIV test.
- You can have an HIV test if you want it. The clinic will not do the test if you do not want them to. They should counsel you before and after the test.



Your rights when you visit a health worker or counsellor

All health workers or counsellors should:

- treat what you tell them confidentially;
- provide a private place for you to talk;
- not judge you or your situation;
- be understanding, and allow you to express your feelings;
- advise you of your choices, but not make decisions for you;
- give you information that will help you make informed decisions;
- be supportive.

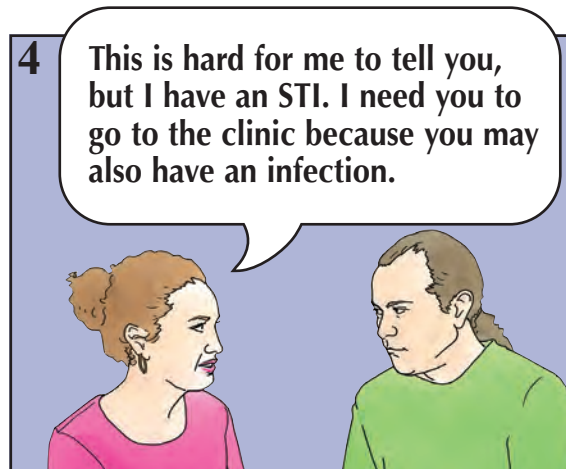
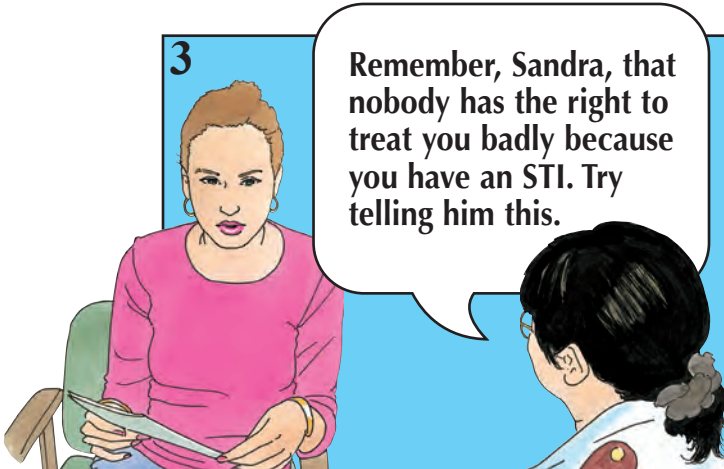
confidentially

- ngemfihlo
- ukuphatha njengehlebo
- ka lekunutu
- vertroulik

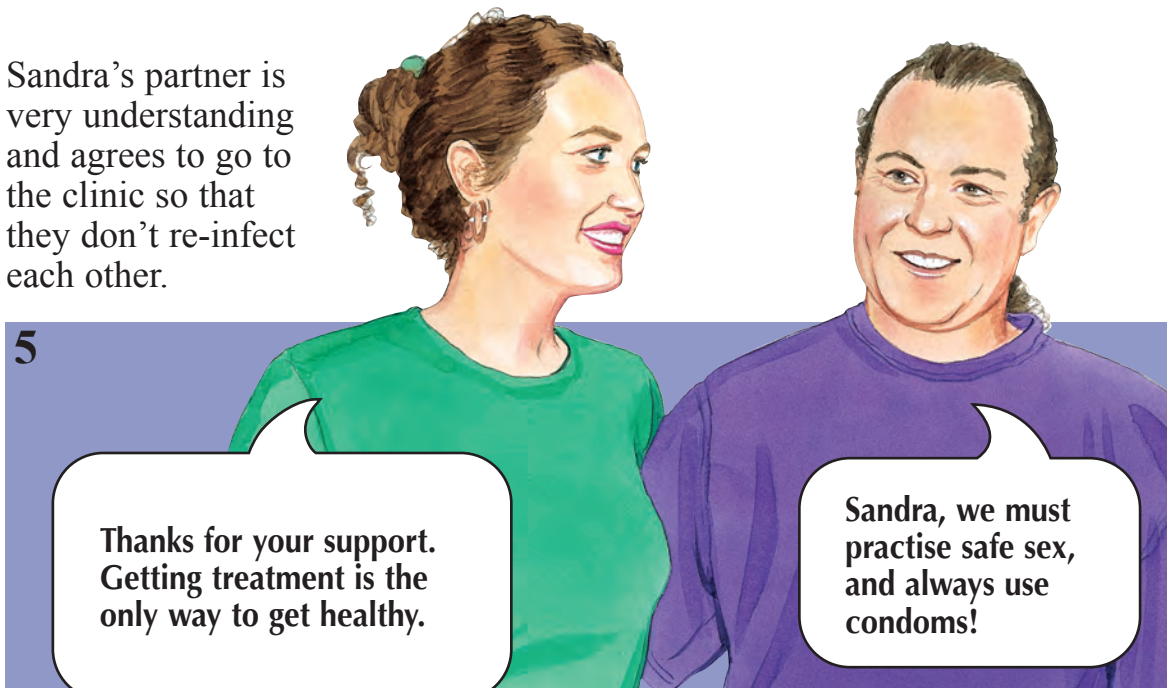
judge

- ahlulela
- jonga/gwebaba
- ho ahlola
- oordeel

Telling your partner



Sandra's partner is very understanding and agrees to go to the clinic so that they don't re-infect each other.



HIV, AIDS and STIs



HIV, AIDS and STIs

- HIV is the virus that leads to AIDS. HIV is also an STI.
- Most STIs can be cured, but HIV cannot be cured.
- Untreated STIs can also increase your risk of getting HIV because they make it easier for HIV to enter or leave the body. This is why stopping the spread of STIs is part of the government's plan for stopping the spread of HIV.

What is HIV?

- The body's immune system defends and protects the body against germs and sickness.
- HIV is a virus that weakens the immune system.
- Many people who are infected with HIV look and feel healthy because HIV takes 3 to 5 years to damage the immune system.
- When HIV has weakened the immune system, the body can't defend itself properly. This is when an HIV-positive person gets very sick and can develop AIDS.
- People have HIV if the result of their blood test is "HIV positive". This means they have the virus in their blood, but they may or may not yet be sick with AIDS.



immune system

- amasosha omzimba
- amajoni omzimba
- masole a mmele
- immuunstelsel

What is AIDS?

- AIDS is the name given to a group of serious sicknesses that only happen when the immune system is very weak.
- A person has AIDS if the result of their blood test is "HIV positive":
 - and the immune system is badly weakened;
 - or he or she is sick with AIDS-related diseases, like TB.
- You cannot get AIDS if you are not infected with HIV.
- AIDS usually develops 3 to 10 years after infection with the HIV virus. People with AIDS find it difficult to fight other sicknesses.
- Anti-retroviral treatment (ART) can help you to live healthier and longer. It is freely available at government health services.
- After developing AIDS, most people without ART will die within 1 to 2 years.



Remember!

The date of your HIV test is not the same as the date you were infected.

HIV, AIDS and STIs

How do you know if you have HIV?

The only way to know if you have HIV is to have an HIV test. There are many voluntary counselling and testing (VCT) sites around the country where you can get free testing for HIV.

- The health worker will counsel you about the test. She will ask for permission to test your blood.
- She will also answer any questions you have about AIDS, HIV and other STIs.
- If you have had sex without a condom in the last 3 months, you may need to have another test after 3 months.
- The results of the tests are always confidential. Remember only you can make the decision to have the test.
- The health worker should counsel you after the test as well.



If you have been ill for more than a month with two or more of these signs, you should ask for an HIV test:

Signs of HIV

- Severe weight loss
- Ongoing fever
- Chest infections like TB
- Unusual skin rashes
- Ongoing diarrhoea
- Swollen glands, other than in the groin

If you need more help, you can make a free phone call to the AIDS Helpline: 0800 012 322.



counsel

- eluleka
- ukucebisa
- eletsa
- gee berading/advies

permission

- invume
- invume
- tumello
- toestemming

confidential

- ukuba yimfihlo
- lyimfihlo
- sephiri
- vertroulik

groin

- embilaphini
- umphakatho
- tshweleseng
- lies

How is HIV spread?

HIV is only spread through:

- Having sex without a condom.
- Direct contact with infected blood, for example through blood transfusions, and by sharing needles or razor blades. In South Africa, blood transfusions are safe because they test the blood.
- Pregnancy, childbirth and breast-feeding.

What can I do to stop AIDS, HIV and other STIs?

- Choose to be safe by always using a condom.
- Know the facts and speak out.
- Fight the discrimination and stigma that surround HIV and AIDS. Many people live in fear of AIDS, and blame others for the spread of HIV. There is no one to blame for the spread of HIV. Discrimination is wrong.
- Many people in our communities are sick and many children are in need. Look out for ways you can help, or join an organisation that is working to help those affected and infected. Read “Places to help” on the back cover.
- Go for a test and find out your HIV status. This will help you and your partner plan the rest of your lives. If you are HIV negative, you want to stay that way. Find out about safer sex – use a condom.
- Fewer sexual partners decreases the risk of STIs.



Do condoms stop HIV?

If a condom is used properly, it will almost always prevent the sex juices of the partners mixing. This stops HIV spreading.

Remember you can choose to be safe!

discrimination

- ubandlululo
- ubandlululo
- kgethollo
- diskriminasie

stigma

- isigcwagcwa
- isiphako
- ho beha motho sepha/ letshwao le itseng
- skande/stigma

to blame

- ukusola
- ukusola
- ho beha molato
- te blameer

All about condoms

Preparing to use a condom

- Only you can make the decision to use a condom and be safe from STIs. It shows that you and your partner respect each other.
- To prepare you both, talk about using a condom long before you need to. Get some condoms and practise using them.
- You can get free high-quality condoms from any government hospital or clinic, and some community centres and workplaces. You can also buy them at supermarkets and chemists.
- Store them in a cool place because heat and strong sunlight can damage them.
- When using a condom you might find that you need some extra juices or lubricant to make sex easier. Use water soluble products, for example lubricating jelly, water or saliva.
- Do not use oil-based lubricants as they will weaken and damage the condom. These include butter, baby oil, massage oils, petroleum jelly, suntan oil and cooking oil, and head, hand and body lotions.



respect

- ngenhlo-nipho
- ngentlo-nipho
- hlomphe
- respek

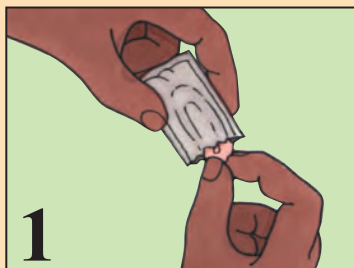
lubricant

- amafutha okugcoba
- into yokuthambisa
- senolofatsi/setlolo
- smeermiddel

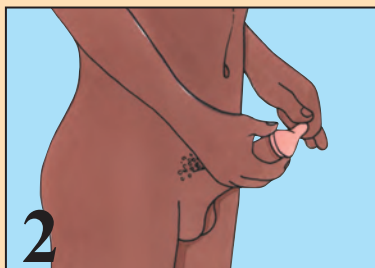
Wrong ideas about condoms

- X** Some people believe that condoms don't protect you from STIs. **THIS IS NOT TRUE.**
- ✓** If you use a condom correctly, it is the most effective method of protecting you from STIs and unwanted pregnancies – apart from having no sex at all.
- X** They think that free government condoms break easily and are not comfortable. **THIS IS NOT TRUE.**
- ✓** Free government condoms are high quality and approved by the South African Bureau of Standards (SABS). They are also very comfortable. The government has worked hard to improve the quality of condoms.
- X** Some people think that using a condom means one partner is not clean. **THIS IS NOT TRUE.**
- ✓** Using a condom means you respect each other and care for each other's health.
- X** They think that love means not having to use a condom. **THIS IS NOT TRUE.**
- ✓** Someone who loves you, cares about your health. He or she cares about protecting you from STIs.

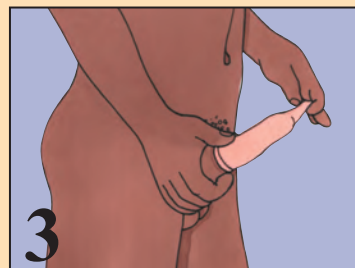
How to use a condom



1
Make sure that the condom is not damaged, for example by heat or a pin. Use a new condom each time you have sex. When your penis is hard, and you want to enter your partner, open the packet carefully.



2
The condom looks like a rolled-up rubber ring with a teat in the middle. Put the rubber ring over the head of your penis. Hold the teat between your finger and thumb.



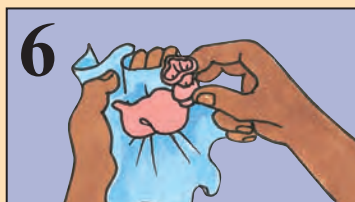
3
Gently squeeze out the air as you roll the condom down over your hard penis. The whole penis must be covered. Now you are safe and ready to enter your partner.



4
When you have ejaculated (cum), hold the ring of the condom. Now gently pull your penis out of your partner with the condom still on. It is important that you do this before your penis goes soft!



5
Slide the condom off your penis. Be careful not to let any semen spill or leak from the condom. Tie a knot in the condom to stop the semen leaking out.



6
Wrap the used condom in paper. Throw it away safely where children will not find it. Do not flush it down the toilet.



Always check the expiry date on the packet – old condoms are not safe.

ejaculated

- ukukhipha amalotha
- ukukhupha isidoda
- tsohetswe
- as jy gekom het/ejakuleer

expiry date

- usuku lokuphelelwa yisikhathi
- umhla wokuphelelwa
- letsatsi la qetelo
- vervaldatum

Women and STIs

Meet Josephine Mohlabe

“Last year, I was at the clinic for a sprained ankle. After the nurse bandaged my ankle, I told her about the sores on my vagina.”



“She checked and said I had Genital Ulcer Syndrome. She gave me treatment to help, but told me that ulcers make it easier for HIV to enter the body during sex. Now I was really worried, and I felt sick inside. We discussed the need to have an HIV test, but I was still scared.

When I made the decision to have the test, I felt OK, and really good and proud inside. I was lucky I tested negative. So now I’ve decided not to rely on luck. Hey I’m a grown-up woman, I can make my own life. That’s why I will always ask my partners to use a condom every time we have sex. That way, I am protecting myself and my partner.



I went back to see the health worker 6 months later. The infection was cured! I am now going to go for a check-up every year. I know how important it is to get treated early!”

STIs can be harder for women than men

- A woman gets some STIs from a man more easily than a man gets STIs from a woman.
- Many women do not know they have an STI because the infection is inside their vaginas.
- Many women do not have any signs or problems that show they have the STI.

Get treated early

- Go for regular check-ups and pap smears.
- Do not ignore a discharge or itching in your genital area, or burning when you pass urine. Go to the clinic.
- If your partner has an STI, get yourself checked too.

- Go to the clinic for advice and treatment as soon as you are worried about having an STI. The earlier you treat an STI, the easier it is to cure.

- Go to the clinic if you have had unprotected sex, and you are worried about an STI.

How are women at risk of getting STIs?

- In many cultures women do not have control of their sex lives. They think they have to do what their partner tells them. This means they are afraid to ask their partner to use a condom, even if they know that he has unprotected sex with other women.
- Some men think that if a woman says he must use a condom, it means she is sleeping with other men.
- Talking about sex is not allowed in some cultures. This makes it difficult for some women to be clear about what they want around sex.
- Sometimes very young women have sex with older men. These men may have had sex with a lot of women. They may also have had an STI for a long time.
- Women who are poor will sometimes have sex in exchange for money or special favours. These women may feel scared to ask their partner to use a condom.
- Some men prefer dry sex. This can increase the risk of a woman getting an STI.

pap smears

- ipap smear
- ukuxilongelwa umhlaza kwilungu lobufazi
- hlahlobo ya lero dithong tsa bosadi
- papsmeer



cultures

- izindlela zokuphila/ amasiko
- iinkcubeko
- tsa botjhaba
- gemeenskappe/ kulture

favours

- ukusizakala
- ukuncedwa
- melemo
- gunste



Men and STIs



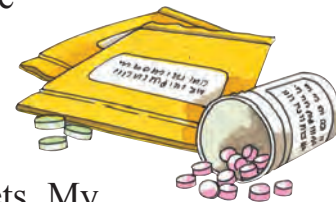
Meet Pete Schoeman

“A few months ago I had a problem and didn’t know who to talk to. I felt terrible and very ashamed.”

“I had a yellow, smelly discharge from my penis. I waited and waited but it didn’t go away. Eventually I talked to a friend of mine who said I must go to the clinic. So I went to see a very nice health worker – she told me that discharges are very common. She gave me some tablets to take, and said I must finish the treatment.

She also told me to tell my sexual partner to come in to be checked. She gave me a notification slip to give to Irene. She also said we must use condoms to stop the STI from passing to each other. Irene and I went back together to the same health worker – I felt like she really cared.

My discharge was much better. Irene was also given tablets. My advice is, if you are worried about something like that – find out the truth early!”



notification slip

- lpheshana lokwaziswa
- lphetshana lokwazisa
- mabokose
- kennis-gewingstrokie

confidential

- okuyimfihlo
- kulihlebo
- lekunutu
- vertroulik



Get treated early

- Men often delay treatment for STIs. They think the signs might go away. Don’t ignore itching, redness, burning urine or discharge – however small they may seem. The earlier you go for treatment, the better.
- Health workers see people with STIs every day. What you say to a health worker is confidential.
- Treatment at government clinics and hospitals is of a very high quality and it is free of charge. It is your right to be treated with respect and care by any health worker. Read page 12 for more about your rights.

How are men at risk of getting STIs?

Men sometimes put themselves at risk of getting an STI, by believing these wrong ideas:

X Men can't control their sexual urges. **This is not true.**



✓ Men can control all parts of their body, including their sexual urges – at any time.



sexual urges

- ukushiselwa yigazi
- imingweno yokufuna ukulalana
- ditakatso tsa thobalano
- seksdrang/ geslagsdrang

X All men have more than one sexual partner. **This is not true.**



✓ Many men have fulfilling sex lives with one partner.



fulfilling

- ukugwala/ phelele
- ezeleye
- feletse/ phethahale
- vervullende

X If you love someone, it means she should have sex with you. **This is not true.**



✓ Love means care and respect, not sex.



respect

- ngenhlo-nipho
- ngentlo-nipho
- hlompho
- respek

X Women should obey men when it comes to sex. **This is not true.**



✓ Women have the right to say “no”. Sexual relationships based on care and respect are more satisfying than those based on fear and power.



X Men know all about sex. **This is not true.**



✓ Men should have the courage to admit what they don't know, and ask questions.



courage

- isibindi
- inkuthazo
- kgothaletsa
- moed



What do you do when you feel very sexy?

When do you say "no"?

in exchange

- ukushi-ntshiselana
- ukutshi-ntshiselana
- thekisetano
- in ruil

opportunities

- amathuba
- amathuba
- menyetla
- geleenthede/kanse

uncomfortable

- ukungapha-theki kahle
- ukungapha-theki kakuhle
- ho se tshwarehe hantle
- ongemaklik

What do you want for your future?

Long before you end up in bed with someone, you need to make some decisions.

- It is important to be clear with your partner about what you want.
- You need to listen to and respect what he or she wants.
- Nobody has the right to make you have sex that is not safe, or feels uncomfortable. Read about how to talk with your partner on page 9.

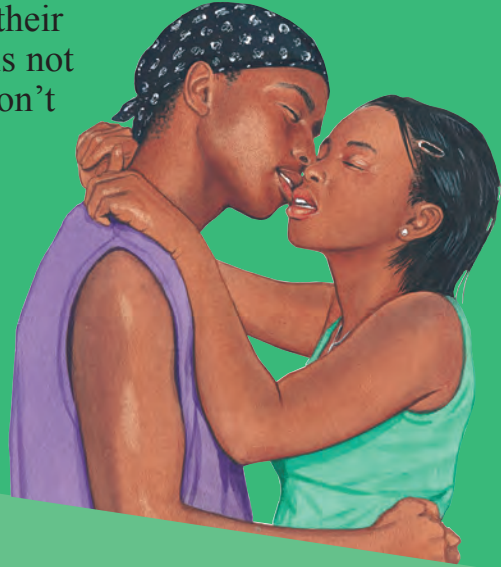
What about sex for sale?

- Many people expect sex in exchange for money, gifts or opportunities. You do not have to use your body for these things.
- You don't have to risk your health by having unprotected sex for any reason.
- Remember: Your body is not for sale!



think about

- Some people believe they must have sex when they are very aroused. This is not true. Control over your own body is always possible. Think about other ways to have safer sex.
- When some men are very aroused, they believe that their testicles (balls) will burst if they don't get sex. This is not true. You cannot damage your balls or penis if you don't have sex.
- You could relieve yourself by masturbating, or find other ways to reach sexual climax (orgasm) without penetration of the penis into the vagina or anus.



Remember it is your right to say “no” to sex. It is also your right to insist on using a condom. You can say “no” even when:

- you have had sex with the same person before;
- he or she has taken you out and spent money on you;
- you have flirted – this does not mean you have agreed to sex;
- you dress in short skirts or look sexy.

If someone forces you to have sex, it is rape. You should report this to the police.

Phone POWA for help – read the back cover for details.

Phone the AIDS Helpline on 0800 012 322, for help in your area.



aroused

- evukelwe
- vukelwe
- tsohetswe
- opgewerk

testicles

- amasende
- amatapile
- mapele
- testikels/ saadballe

masturbating

- ukuziphulula izitho zangasese
- ukudlala ngelungu lokuzala
- ho iphuthu-matsa
- selfbevrediging/ masturbasie

sexual climax

- ukweneliseka ocansini
- ukuthabatheka kokulalana
- tlhorong ya monyaka wa thobalano
- seksuele klimaks (orgasme)

flirted

- ukuzincokolela/ ukuzidlalela
- ncokolisa
- ho fereha ka mokgwa wa papadi
- flirteer

Places to help



STI Provincial Offices

National office
(012) 312 0060

Eastern Cape
(040) 609-3937/3960

Free State
(051) 408-1413

Gauteng
(011) 355-3394/3212

KwaZulu-Natal
(031) 266 5410

Limpopo
(015) 290-9209/66

Mpumalanga
(013) 766-3442/3255

Northern Cape
(053) 830-0697/0524

North West
(018) 397-2600
(018) 384-8124

Western Cape
(021) 483-4304/5751/4193

Lifeline

0861 322 322

POWA (People Opposed to Women Abuse)

(011) 642-4345

You can get help, counselling and an HIV test at your local clinic. Whether you are infected or not, you need to know.

You can get more information and advice from the tollfree AIDS Helpline: 0800 012 322.

If anyone at a clinic refuses to give you condoms or anyone in a shop won't sell you condoms, you can also report them to this number.



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