



Respect Yourself — Protect Yourself

We've all heard the term "Safe Sex," but does it really exist? And what exactly are we trying to be "safe" from? Well, a lot of things! Unintended pregnancy, STDs (sexually transmitted diseases), HIV/AIDS. All of these can result from having unprotected sex.

STDs are illnesses that are passed from one person to another by vaginal, oral, and/or anal intercourse, or by other intimate contact. Their consequences can range from inconvenient, to painful, to life threatening, in the case of HIV. They may be passed by sharing blood (including menstrual blood), semen, or vaginal secretions. There are several ways to reduce your risk for HIV and other STDs.

Here's the good news. It can be easy to protect yourself from STDs once you know the facts. The basic rule is that you should use a latex (or polyurethane, if you're allergic to latex) barrier EVERY TIME there is

"I'm pretty vain when it comes to using protection! I don't want any diseases, so safer sex is an imperative. My body deserves to be treated like the temple it is." - Tara, 19

a potential exchange of fluids (blood, semen, vaginal fluids). Here's a breakdown of how to have "safer sex." These methods aren't risk free, but if they are used every time you have sex you will greatly lower your



risk. Be sure to use each barrier only once, and only use water-based lubricant (like K-Y Jelly), as other lubricants can make the barriers ineffective.

Vagina/Penis Sex (inserting a penis into a vagina): Use a latex/polyurethane condom to reduce the risk of HIV transmission and pregnancy. For best results, use another form of birth control and a condom.

Anal Sex (inserting a penis into an anus): Use a latex or polyurethane condom and plenty of water-based lubricant.

Continued on page 2

**KNOWLEDGE IS
POWER...
GET SOME!**

**TATF
CHAPTERS:**

CAYUGA

PORT BYRON HS
HILLSIDE CHILDREN'S
CENTER

HERKIMER

POLAND HS

JEFFERSON

CARTHAGE HS
INDIAN RIVER HS
W.A.G.Y.
WATERTOWN HS

MADISON

BERKSHIRE FARM MADISON
GROUP HOME
CANASTOTA
CHITTENANGO
HAMILTON
MORRISVILLE-EATON
ONEIDA

ONEIDA

ANNSVILLE RESIDENTIAL
CENTER
BOYS & GIRLS CLUB
CAMDEN HS
ORISKANY HS
NEW HORIZONS
PROCTOR HS
TABERG RESIDENTIAL
CENTER
WHITESBORO HS
YWCA/GIRLS INC.

ONONDAGA

CATHOLIC CHARITIES
CORCORAN HS
HENNINGER HS
EL SCHOOL
JAMESVILLE-DEWITT HS
NOTTINGHAM HS
WESTHILL HS

ST. LAWRENCE

CLIFTON-FINE HS
CANTON
COLTON-PIERREPONT HS
ST. LAWRENCE COUNTY
FOSTER CARE UNIT
YOUTH SERVICES

Oral Sex (touching someone's vagina or penis with the mouth): On a penis, use a non-lubricated or flavored latex or polyurethane condom. On a vagina, use a latex barrier, such as a dental dam, glyde dam, or cut-open condom, or you can put plastic wrap in between the mouth and the vagina.

Manual Sex (using your hands): use a latex barrier like surgical gloves.

And other activities... avoid direct genital to genital contact.

Make sure that if you're engaged in activities that involve blood that you don't come into contact with it.

If you're planning on being in a monogamous relationship (having sex with only one person who only has sex with you)

don't throw out the latex as soon as you've made the commitment! Get tested for HIV and STDs and then wait 1-3 months

and get tested again. It can take 1-3 months for HIV results to come back positive. After that point, if you both come back negative, you can be pretty sure you're at a lower risk level. But honest and open communication is the key!

Also, remember if you're drinking alcohol or doing drugs, it can affect your judgment and you might do something you would regret. The way to play it safe is to stay sober and keep your head on straight. But if you decide to drink, remember to plan

ahead before you start drinking "how far" you will go with someone. And stick to it. A way to make sure you stick to your plan is to tell your friends that you're going out with what your plans are before you start drinking so they can remind you later when you may think you feel differently. It is best not to shoot up drugs, because sharing needles puts you at great risk for HIV infection. But if you do decide to shoot up, make sure you don't share needles and use a sterile needle every time.

The only sure method for not getting an STD or HIV, or having to deal with an unplanned pregnancy, is through abstinence (not being sexually active). Communicate with

"When I'm ready to lose my virginity, I will make sure to be safe about it. I figure it's better to take the few minutes of time it takes to be safe instead of spending the rest of my life with some incurable disease!"

- Adena, 17

your partner and talk about if you want to have sex or not. There's plenty of other ways to express your feelings with someone: h u g g i n g , kissing, talking,

and massage. Use your imagination! Abstaining from sex is the surest way to avoid unwanted pregnancy, HIV, and other STDs. Many young people - gay, straight, or bisexual - choose activities other than sex to show affection. If you do choose to be sexually active, be responsible and protect yourself and your partner.

For more information call AIDS Community Resources (1-800-475-2430) or the CDC National STD Hotline (1-800-227-8922).

Oral Sex and Throat Cancer!?!

Since when?

Johns Hopkins researchers reported in a study published in February in the Journal of Clinical Oncology that between 1973 and 2004 the incidence of HPV-related oral cancers among people in their 40s nearly doubled. Today more than 34,000 people have oral cancer and 39 percent of those cases are related to HPV, according to data from the American Cancer Society.

What exactly is HPV?

HPV (human papillomavirus) is an STD spread through sexual and intimate skin-to-skin contact. In the past, the focus has been on educating people about the risks associated with HPV infection in the genital area (it is the main cause of cervical cancer for females, and can cause genital warts on males and females). Most cases of HPV clear up on their own, but if they don't, they can lead to cancer of the cervix, anus, penis, and as has been recently discovered, the throat.

Although the study found HPV-related cancers among people in their 40s, that doesn't mean that's when they are getting infected. HPV, like HIV, can remain in your system for years before you have any symptoms. So you have to start protecting yourself NOW.

How does this happen?

Well, HPV does not travel through the blood stream. Wherever the infection shows up is where

it entered the body. So, if it's in the throat, then that is where the person became infected. How? Most likely through *Unprotected Oral Sex*. We all know that unprotected vaginal and anal sex can lead to genital STDs, HIV and unwanted pregnancy, but often people forget about the risks associated with oral sex.

What STDs can infect the mouth and throat?

Herpes, HIV, Syphilis, Chlamydia, Gonorrhea..... and HPV. Of these STDs, chlamydia and gonorrhea are completely curable. Syphilis is curable if caught early enough. But HIV, Herpes and HPV are all viruses, and can stay with you forever. Most of us know that HIV can't be cured, and that it can lead to serious illness, even death. But many of us were unaware that HPV could have the same consequences.

How can Oral STDs be prevented?

Well, we all know the surest way to prevent any STD is abstinence. But if you are sexually active, you need to use a barrier method of protection. If oral sex is being performed on a male, put a flavored condom on the penis before putting your mouth on it. If oral sex is being performed on a female, use a flavored dental dam, glyde dam, or cut-open condom, or you can put plastic wrap in between the mouth and the vaginal area.

Remember, only you can protect yourself.

What's Been Happenin'

Canton TATF hosted their 2nd Teen Dance at the Knights of Columbus on 9/26 from 7 – 10. Members distributed HIV/STD/TATF info via a slideshow/light show, DJ mic, and paper copy.

Indian River put together a bulletin board at their school to let everyone know who they are and what they do.



Maleena & Kira



At right: Ricky, Corey, Tyler & Devon

Is the push for Abstinence-Only keeping some teens from getting

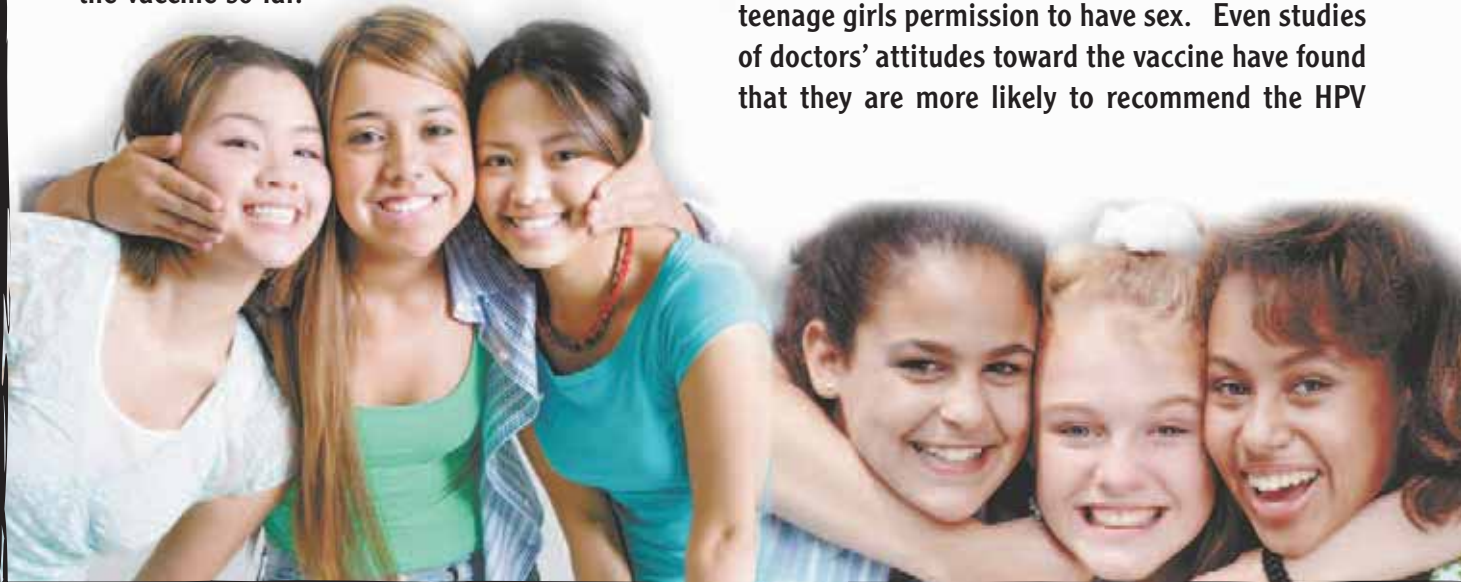
Ok, so what exactly IS HPV? HPV stands for Human Papillomavirus. It can cause genital warts, cancer of the cervix, and less commonly, cancer of the vulva, vagina, penis and anus. It is the most common STD among young women ages 15-19 in the U.S. According to the U.S. Centers for Disease Control and Prevention at least 50% of sexually active men and women acquire genital HPV infection at some point in their lives.

The Food and Drug Administration approved Merck's human papillomavirus (or HPV) vaccine, Gardasil, in June 2006 for girls and women between the ages of 9 and 26. The U.S. Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists all recommend it. But despite their efforts—and a national ad campaign by Merck urging viewers to be “one less” person with cervical cancer—only two out of every 10 women in the approved age group have gotten the vaccine so far.

So why aren't parents rushing out to get their teenage daughters immunized? There seem to be a number of reasons:

1. Expense (it typically costs \$360 for three shots taken over six months)
2. It requires a series of 3 shots
3. Many teens and their parents are unaware of the link between HPV and cervical cancer
4. Fear of complications (number one complaint has been pain at the injection site)
5. Many feel giving their daughter this shot is like giving her permission to have sex.

In an era where “Abstinence-Only” sexual health education is king, it's hard to convince parents and caregivers that this vaccine is about preventing disease and saving lives, not about granting teenage girls permission to have sex. Even studies of doctors' attitudes toward the vaccine have found that they are more likely to recommend the HPV



Only Sex Education stopping ing the HPV Vaccine?

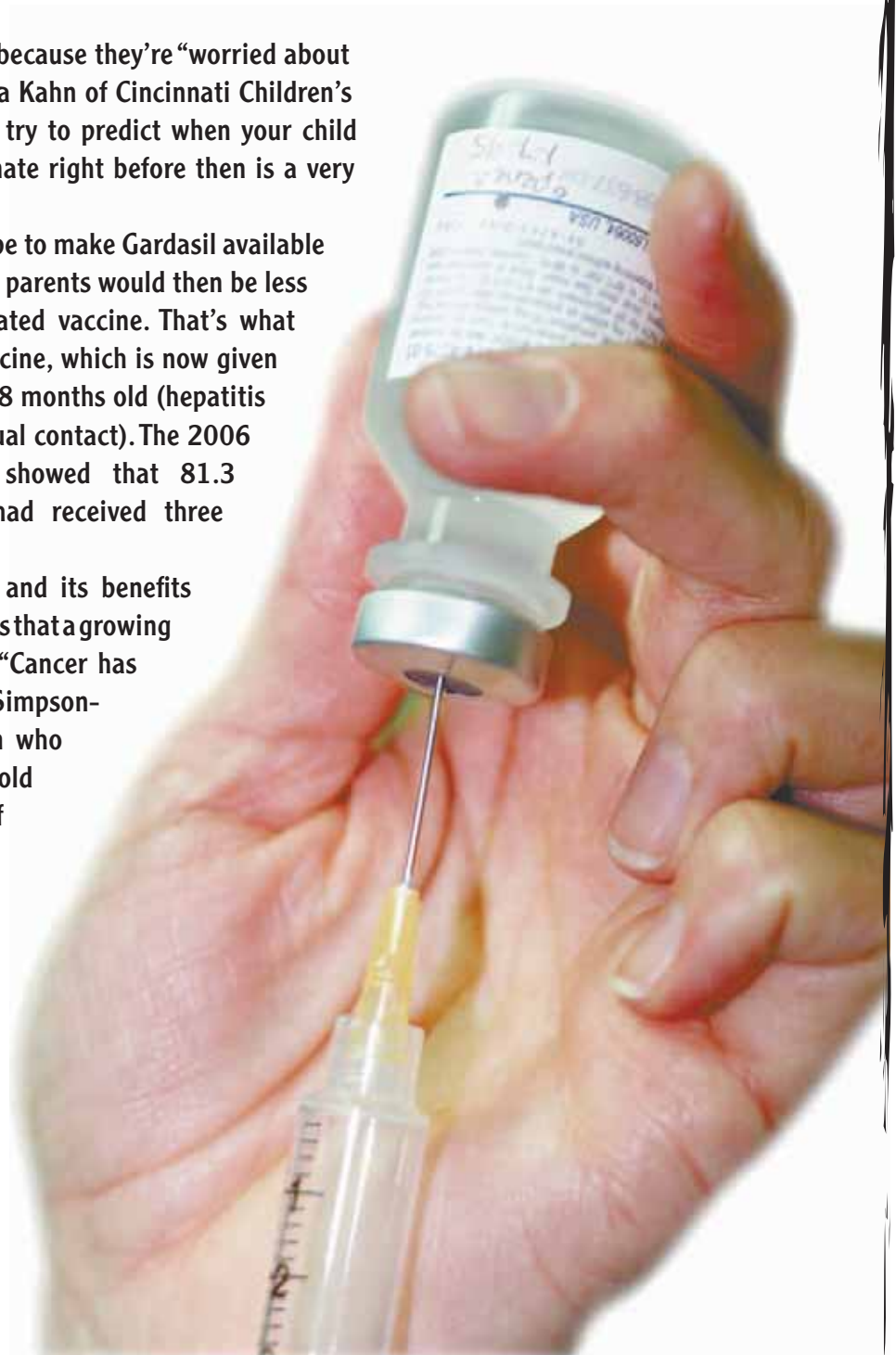
shots for older teens, not tweens, because they're "worried about parental response," says Dr. Jessica Kahn of Cincinnati Children's Hospital Medical Center. "[Yet] to try to predict when your child is going to initiate sex and vaccinate right before then is a very risky proposition."

Ironically, one solution might be to make Gardasil available for even younger kids. Doctors say parents would then be less likely to think of it as a sex-related vaccine. That's what happened with the hepatitis B vaccine, which is now given in three doses before babies are 18 months old (hepatitis B can be transmitted through sexual contact). The 2006 National Immunization Survey showed that 81.3 percent of 13-to-17-year-olds had received three doses of hepatitis B vaccine.

As awareness of the vaccine and its benefits spreads, there are encouraging signs that a growing number of parents are on board. "Cancer has touched my family," says Diane Simpson-Bundy, a suburban Chicago mom who plans to vaccinate her eight-year-old daughter in a couple of years. "If there's an opportunity to prevent a particular kind of [cancer], I'm all for that."

That's precisely the message health officials hope more parents will hear.

Excerpts taken from newsweek.com, Why are HPV Vaccine Rates so Low?





**World AIDS Day 2008:
Leadership in the Fight Against HIV & AIDS**

World AIDS Day Activities in your area:



Megan Kemple

Attention TATF members!

As you all know, December 1st, World AIDS Day, is a very important day for TATF. It is a day to bring awareness, talk about prevention, and remember the victims of HIV/AIDS. In 1987, a group of volunteers from San Francisco began what would become the AIDS Quilt. The Quilt consists of over 40,000 three-foot by six-foot individual panels, each representing a person who has died of AIDS. These individual panels, sewn by loved ones of the deceased, are sewn into twelve-by-twelve blocks and displayed all over the country. The Life Church of the Nazarene's HIV ministry is going to bring in 22 blocks of the AIDS Quilt:

Friday, November 28 from 10am – 8pm

Saturday, November 29 from 10am – 8pm

Sunday, November 30 from 10am – 1pm

There will be educational opportunities during the Quilt Display to meet people who are living with HIV/AIDS and hear their story.

In addition, on December 1 there will be a Service of Remembrance and Hope begins at 7 pm and will include a guest speaker who is living with HIV. The service will take place at Life Church in Watertown. Both the Quilt display and service will be held at Life Church (535 Thompson Blvd., Watertown). Do not miss this incredibly powerful event! We look forward to seeing you there.

**Megan Kemple,
President of Indian River TATF**



WORLD AIDS DAY

DECEMBER 1
2008

Leadership in the Fight Against HIV & AIDS

The Central New York HIV Care Network is pleased to announce a three-day Central New York AIDS Memorial Quilt Exhibition at the OnCenter (Onondaga County Convention Center) in Syracuse, New York from December 1 through December 3, 2008. More than 10,000 persons attended the last exhibition of AIDS Memorial Quilts in Syracuse 15 years ago. We hope to attract an even larger audience for this event.

For three days the Network will display 34 12-foot by 12-foot AIDS Quilts, each consisting of six individual panels created by families and friends to recognize loved ones from Central New York lost to AIDS. The exhibition will afford the community a rare opportunity to view Quilts produced by the Syracuse NAMES Project, which assists individuals, families and organizations in making quilt panels to memorialize loved ones lost to AIDS. With broad collaboration and extensive participation from community partners, this event seeks to raise community awareness and help the community

understand the continuing impact of the HIV/AIDS epidemic and the importance of an increased focus on HIV prevention to reduce the further spread of HIV, the virus that causes AIDS.

The event is open to the public all three days. A closing ceremony will be held on Wednesday.

Volunteer staff will be available to host and orient field trips from schools and after-school programs. Visiting youth will have an opportunity to learn more about HIV/AIDS by speaking with HIV-positive persons if they wish. Informational displays will also be available during the event. A Media Room will run a schedule of HIV/AIDS documentaries and performances.

A Meditation Room will be available to those seeking a quiet environment in which to remember loved ones or reflect on the continuing impact of the HIV/AIDS epidemic.

For more information, contact the Central New York HIV Care Network at (315) 472-8099.



ACR offers its services to anyone without discrimination based on age, race, creed, color, gender, sexual orientation, economic status, political affiliation, marital status, handicapped status, or mode of transmission.

Funded in part by Madison County Youth Bureau



Non-Profit Org.
U.S. Postage
PAID
Syracuse, N.Y.
Permit No. 241

627 West Genesee Street
Syracuse, New York 13204

ADDRESS SERVICE REQUESTED

Upcoming Events

NOVEMBER 3, 2008

Holiday Angel Drive Begins

NOVEMBER 28-30, 2008

Indian River: AIDS Quilt and Student Directed HIV Play

Where: Indian River HS

DECEMBER 1, 2008

World AIDS Day

DECEMBER 1-3, 2008

Syracuse NAMES Project AIDS Memorial Quilts Display

Where: OnCenter in Syracuse

DECEMBER 10 & 11, 2008

Holiday Angel Drop-off



Support Groups

SYRACUSE YOUTH GROUP MEETINGS:

LGBTQ (ages 13-18): Tuesdays, 6:30-8:30 p.m.

Transgender (ages 14-24): Wednesdays, 5:30 – 7:00 p.m.

Steppin' Out (ages 19-22): Thursdays, 7:00-9:00 p.m.

For location and further information:

qcenter@aidscommunityresources.com

UTICA YOUTH GROUP:

Sundays, 4:00 – 6:00 p.m.

For locations and further

information, contact Mary

Doody at 800.475.2430 or

glbtqyouth@aidscommunityresources.com

