



## HEALTH INDEX SCORE

### HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy*

Sexual activities are voluntary and involve oral, anal, and vaginal intercourse. Unhealthy sexual behaviors can lead to various types of sexually transmitted diseases (STDs). Orgasm does not need to be reached in order for sexual activity to transmit a disease. Intercourse can occur safely by limiting your number of sexual partners, by using protection such as condoms and by practicing other safe sex habits.

#### MY SEXUAL ACTIVITY IS

- Healthy is no sexual partner or sex only with a partner who is not infected and who only has sex with you
- Health Risk is practicing safe sex with a barrier method (like condoms) with each partner and having sex with multiple partners
- Unhealthy is not always practicing safe sex or having sex with an infected partner

- HEALTHY** – Look on the back side of this card to see how to keep your sexual activity in the healthy range.
- HEALTH RISK** – If things progress, you may contract a sexually transmitted disease. Look on the back of this card to see how you can reduce the risk to the healthy range.
- UNHEALTHY** – This sexual behavior can lead to conditions such as herpes, chlamydia, gonorrhea, syphilis, HVP, HIV and others. These conditions can cause many problems that range from discomfort, warts, sores, cancer and even death. Look on the back of this card to see what you can do to diminish your unhealthy sexual activity.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

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# What to do for ...

**HEALTHY SEXUAL ACTIVITY:** Keep practicing safe sex by having no sexual partners or only having one uninfected sexual partner.

**HEALTH RISK OF SEXUAL ACTIVITY:** Continue using a barrier method, reduce the amount of sexual partners, schedule your annual pap and pelvic exam, see your doctor or community health worker for advice on how to change your lifestyle.

**UNHEALTHY SEXUAL ACTIVITY:** See your doctor, have an STD test, schedule your annual pap and pelvic exam, use a barrier method, limit the amount of sexual partners, talk to your doctor or community health worker before making any major lifestyle changes.

## Get more information

### **ABOUT SEXUAL ACTIVITY AND HOW TO MAINTAIN HEALTHY SEXUAL ACTIVITY HABITS BY...**

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at [www.CRCH.wvsom.edu](http://www.CRCH.wvsom.edu), by calling 800-566-1258, or by e-mail [CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

