





WELCOME TO Imbumba?

What is Imbumba?

Learn about sexual health

Focus on you

**Answer YOUR sexual health
questions**

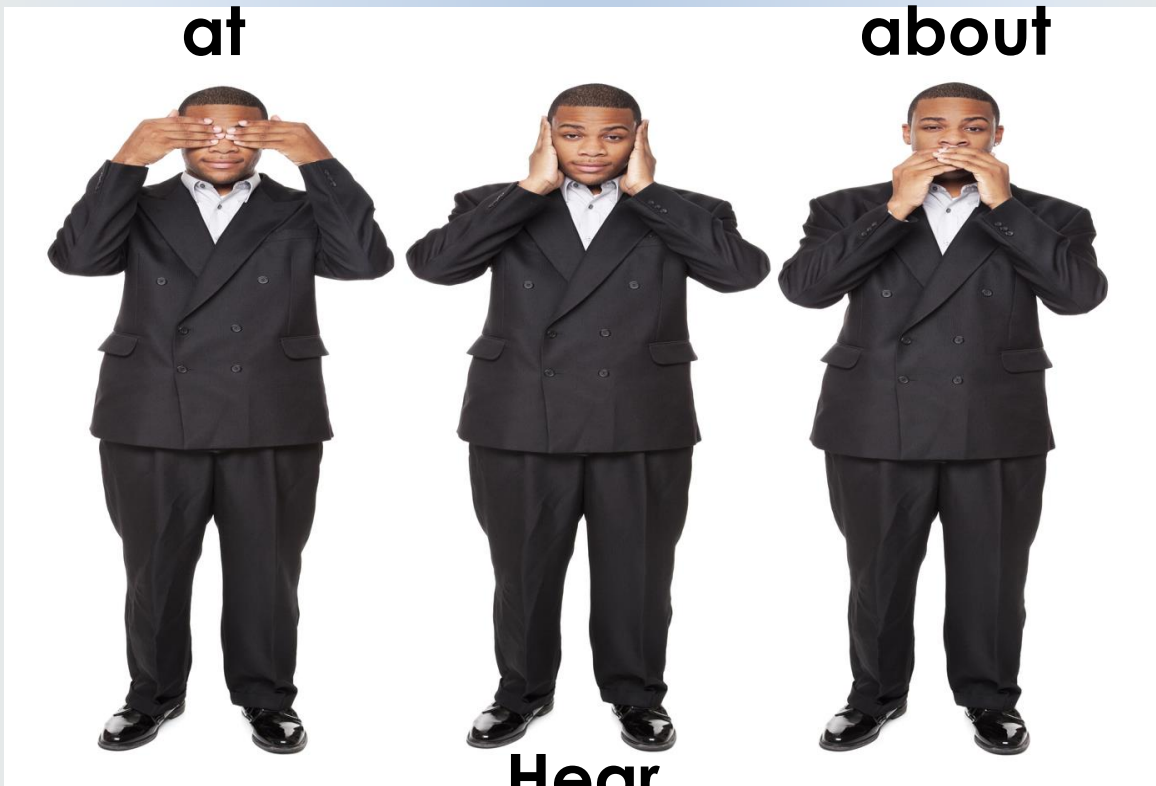
Everything is confidential

Audio record session

What do you know about STI's?

STI's can be hard to...

Look
at



Talk
about

Hear
about

STI'S CAN HAVE NO SIGNS OR SYMPTOMS



Common Sexually Transmitted Infections (STIs)



Syphilis (Gcushuwa)
 Rash, open sore,
 Discharge,
Curable



Gonorrhea (Drop)
 Discharge,
 pain/burning
Curable



Genital herpes (Blisters)
 Open sores,
 Painful blisters
Treatable



Genital warts
 Painful bumps,
 Can be removed
Treatable



HIV/AIDS
 No signs
Treatable

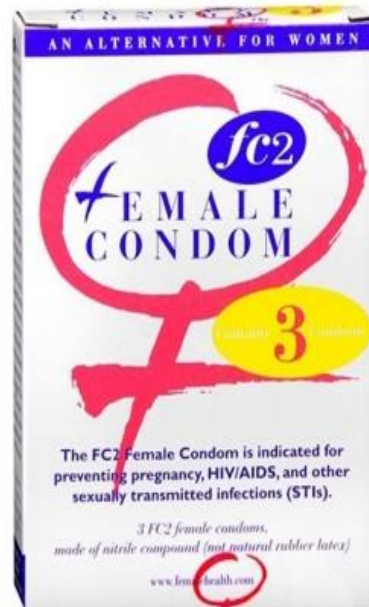


**Tell me about your
most recent visit to this
clinic...**

What can you do to avoid getting an STI in the future?



How about condoms?



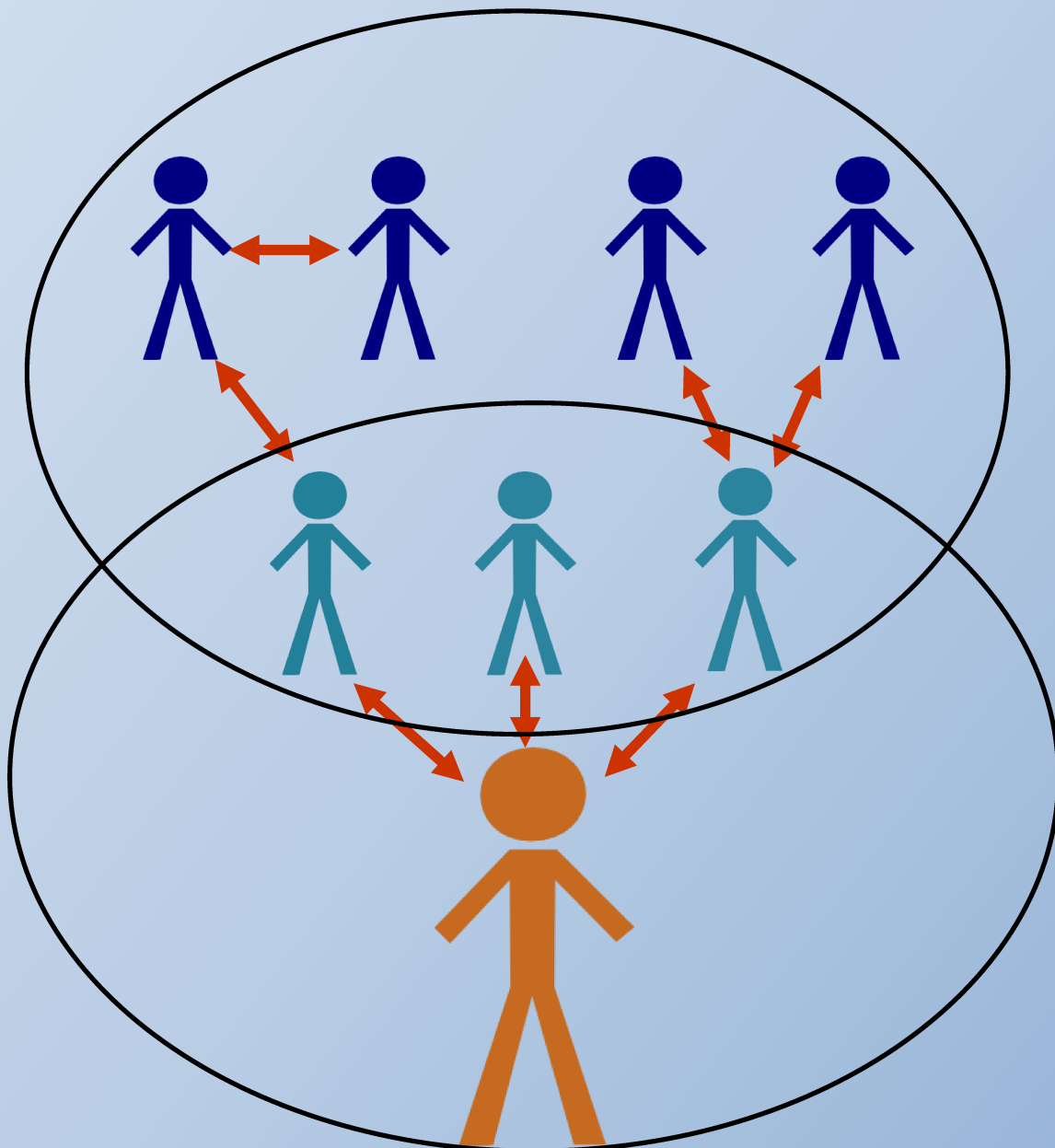
Not Just Condoms...



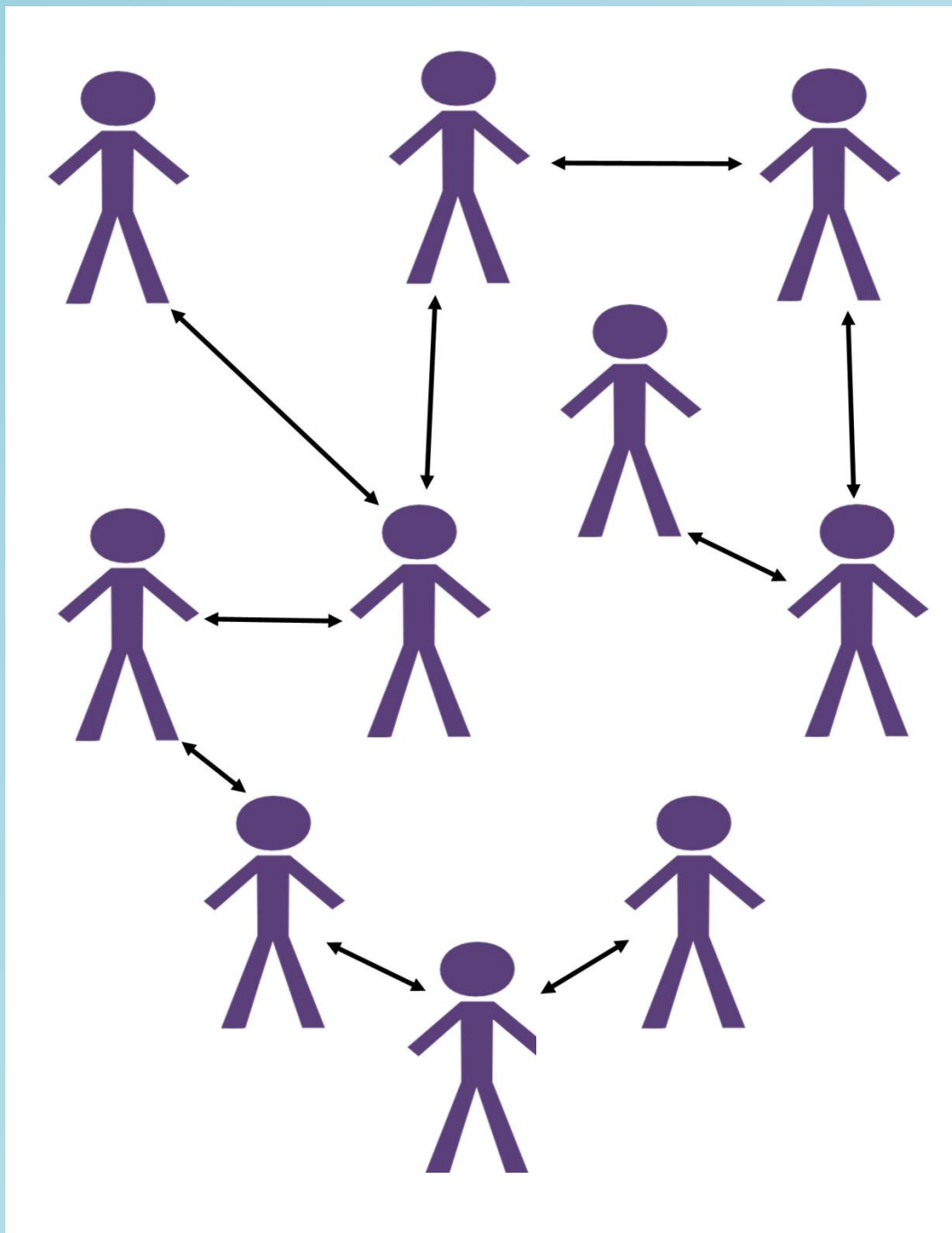
**...Also ONLY having
sex with partners
that do not have an
STI.**

Sexual Network

Your sex partners and your partner's past and current partners.



Stopping the Spread of STI's and HIV

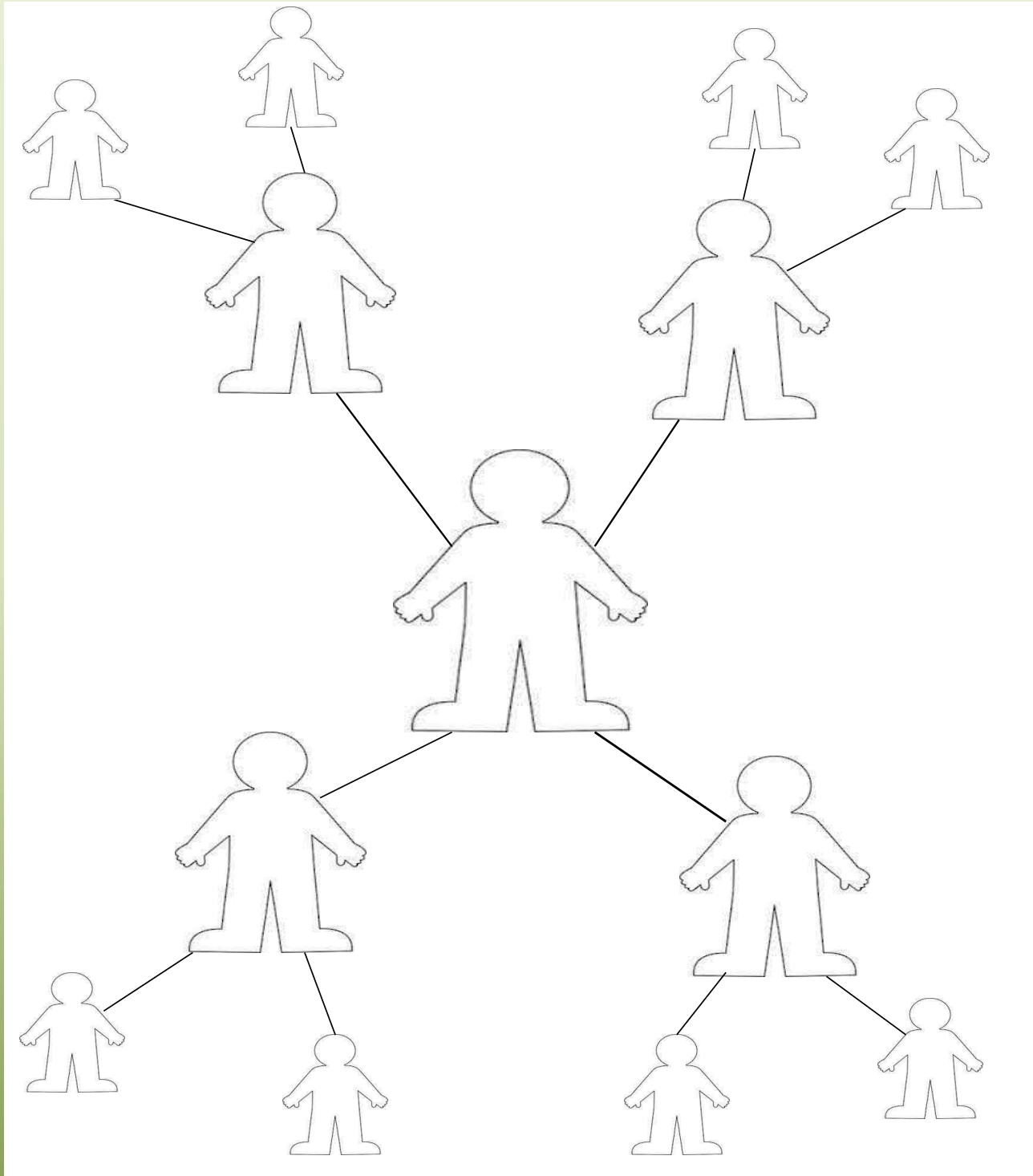




**Everyone must tell
their partners so
their partners can
get and treated.**



Your Sexual Network



MANY OPTIONS TO TELL

YOU TELL

- Face to face
- Phone call
- SMS
- Email
- Give clinic card
 - ~In person
 - ~Mail
 - ~Leave for
- Come to the clinic together

I TELL

- Phone call
- SMS
- Email
- Mail card

Face To Face



In person

~What might you say?

~When might you do this?

~How might your partner respond?

~Do you have any concerns for your physical or emotional safety?

~ How likely is it they would go a clinic to get treated?

Give The Clinic Card

Mail the card

Give the card to them

Leave the card for them

~What might you say?

~When might you do this?

~How might they respond?

~How likely is it they would go a clinic to get treated?

Get Tested/Treated Together

Invite your partner to come to the clinic and get checked/treated with you.

~What might you say?

~How might they respond?

~Do you have any concerns for your physical or emotional safety?

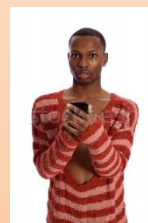
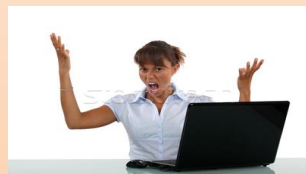
~How likely do you think they would be to go to get checked/treated with you at the clinic?



You Tell...

SMS

Email



Phone call

~What might you say?

~When might you do this?

~How might they respond?

~Do you have any concerns for your physical or emotional safety?

~How likely is it they would go a clinic?

~How likely do you think they would be to go to get checked/treated at the clinic?

I Send...

SMS You may remain anonymous

“Message from a Cape Town Health clinic: One of your sex partners is being treated for an STI. Please visit a clinic to be checked/treated.”

~How might your partner respond?

~Do you have any concerns for your physical or emotional safety?

~Do you think they will know who exposed them?

~How likely do you think they would be to go to a clinic to get treated?

I Send...

Email You may remain anonymous

“Subject line: Message from a Cape Town Health Clinic

Body: One of your sex partners is being treated for an STI. Please visit a clinic to be checked/treated.”

~How might your partner respond?

~Do you think they will know who exposed them?

~How likely do you think they would be to go to a clinic to get treated?

I Tell...

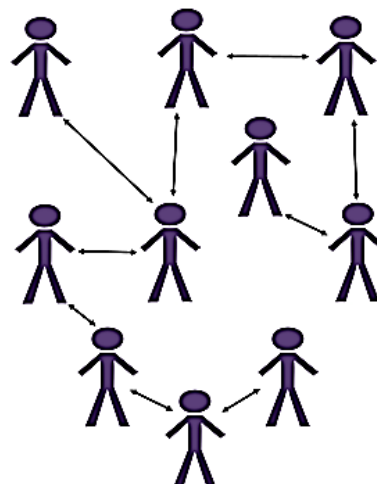
Phone call You may remain anonymous

~How might your partner respond?

**~Do you think they will know who
exposed them?**

**~Do you have any concerns for your
physical or emotional safety?**

**~How likely do you think they would be
to go to a clinic to get treated?**



REMEMBER...

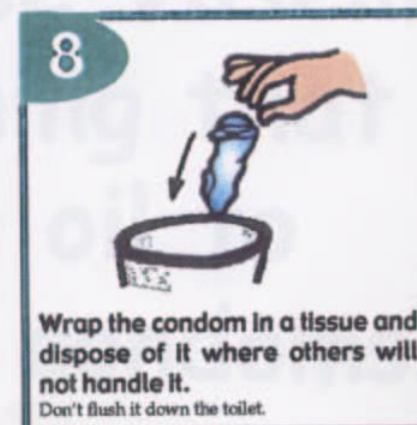
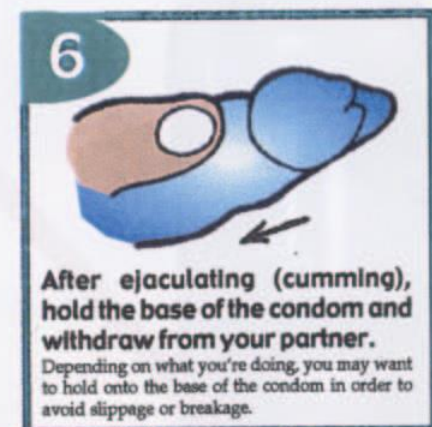
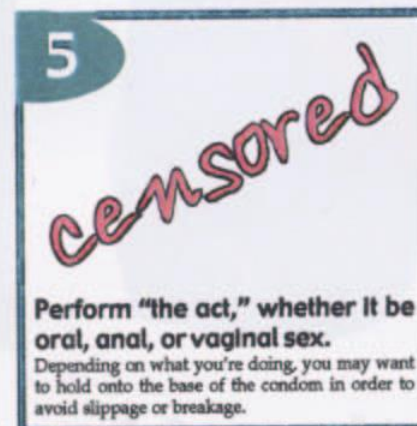
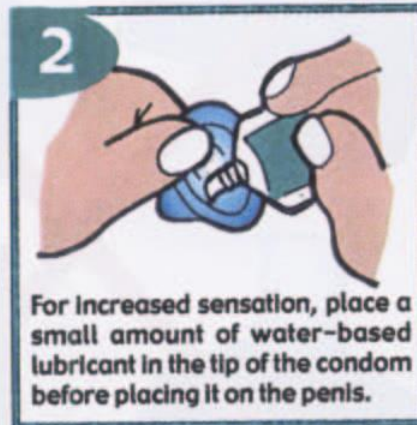
- ~STI's get passed in sexual networks.
- ~Your partners probably do not know that they have an STI.
- ~Condoms CAN stop the spread of STI's.
- ~Telling partners so they can get treated CAN stop the spread of STI's
- ~Wear a condom till you COMPLETE your STI treatment.
- ~Until your partners are treated, partners will keep giving you an STI.

THANK YOU!

APPENDIX

How to Use a Male Condom

Latex is Best!



How to Use a Female Condom

Information and art work courtesy of The Female Health Company

1



Carefully open the Reality® Female Condom package.
Rub the outside of the pouch together and make sure the lubrication is evenly spread inside the pouch.


2



Outer ring (add extra lubrication if wanted)
Inner ring at the bottom (add extra lubrication if wanted)

Find a comfortable position. Be sure the inner ring is at the bottom, closed-end of the pouch.

3



Index finger
Inner ring
Open end

Grab the inner ring with your thumb and middle finger, and pinch the edges together (like a diaphragm).

4



Still squeezing Reality, use your other hand to spread your vagina and insert the condom.

5



Pubic bone

Use the index finger to guide the condom into the vagina, being careful not to twist the condom.
Push the ring in until the cervix is completely covered. The ring should then fall into place.

6




Until you and your partner become comfortable using Reality, use your hand to guide the penis into the vagina.

7

censored

Have vaginal sex. Make sure the outer ring stays outside the vagina. After ejaculation...

8



...squeeze and twist the outer ring to keep the sperm inside the pouch.
Remove the condom by pulling, being careful not to spill the semen.

9



YES NO

Dispose of the condom in a trash can. If possible, wash your hands with soap and water.
Do not flush the condom or reuse it.

