

Sexual Responsibility

Dr. Wm. M. Leininger, LCDR, MC, USNR
Department of Obstetrics and Gynecology
Naval Hospital Camp Pendleton



Introduction

This slide presentation will present information on sexually responsible behavior. The first section will emphasize approaches to decision making in sexual relationships. The second section will review the negative consequences of sexual activity, and how to take responsibility for your actions and avoid these consequences.



Responsible

- Liable to be called to account for something
- Dependable, reliable, trustworthy
- Sexual Responsibility - behaving in a reliable, accountable manner in sexual relations; recognizing and accepting the consequences of your actions



Education

- Sexual Education - for most individuals, this is acquired from a variety of sources. Classes in school or from parents or other family members may be accurate sources. Friends probably aren't so accurate. TV, movies, and other entertainment sources are least accurate. If you have questions, please contact us at the hospital or clinic.



Expectations

- Everyone needs to decide for themselves whether a sexual relationship is appropriate. If it is appropriate, what are your expectations from that relationships? You need to make your decisions based on your own values, not from peer pressure or from attitudes in movies, magazines, etc.



Psychology

- Individuals have different expectations when they enter relationships. Additionally, men and women can approach the same situation very differently. Individuals need to communicate clearly with each other to avoid misunderstandings that can lead to irresponsible behavior.



Safety

- Risks from Sex
 - Pregnancy
 - Sexually Transmissible Diseases
 - Legal Complications
- Any exchange of body fluid has risks
 - kissing, touching, mutual masturbation, penis in vagina intercourse, oral-genital sex, anal intercourse



Contraception

- Abstinence
 - Commonly refers to penis in vagina intercourse, BUT:
 - Sperm in the vagina, however they get there, can lead to pregnancy
 - Body fluid exchange can transmit disease



Contraception

- Condoms

- New one with every act, keep in a cool place
- Place BEFORE insertion of penis (preejaculate)
- Water based lubricants only
- Spermicidal types can be more effective
- Hold on to base at withdrawal
- Buy reliable brands
- Decreased risk of a hairtrigger response
- Best used with spermicidal foam/jelly



Contraception

- Oral Contraceptive Pills
- Depo-provera
- Norplant - currently unavailable
- IUD
- Diaphragm
- Contraceptive Foam/Jelly
- Withdrawal (NOT)



Emergency Contraception

- For use with contraceptive failure or no use of contraception
- Special oral contraceptive pill dosing taken within 72 hours of intercourse
- 75% decreased risk of pregnancy
- Available over the counter, or with telephone call or walk-in
- Toll Free - 1-888-NOT-2-LATE



Pregnancy Options

- Keep pregnancy
 - prenatal care, classes, preparation for baby
- Place baby for adoption
 - begin planning with Social Work
- Pregnancy termination
 - early decision making
 - surgical vs medical treatment



Sexually Transmissible Diseases (STD's)

- Drip - Chlamydia, Gonorrhea
- Sores - Syphilis, Herpes Simplex Virus
- Bumps - Genital Warts (condyloma)
- Viruses - HIV, Hepatitis



STD's - Management

- Prevention
 - Abstinence
 - Condoms
 - Immunization
 - Treatment
 - Antibiotics cure Chlamydia, GC, Syphilis
 - Meds can treat Herpes, Warts, Hep B, HIV
 - Health Department/Partner Notification 
-

Consequences for Improper Use

- Paternity
 - blood and DNA testing very reliable
 - military will draw blood for paternity test, but defendant or plaintiff pays for test
 - prosecuted through SD DA office
 - if paternity established, military will help with collection of child support
 - If charged, get guidance from Legal



Rape/Sexual Assault

- Rape/Sexual Assault - any genital, oral, or anal penetration by a part of the accused's body or by an object, using force or without the victim's consent
- Threat of force is same as force
- Individual must be an ADULT and COMPETENT to give consent
 - Adult means 18 yrs old and older
 - Competent means able to understand and make decision's about one's actions



Rape/Sexual Assault (cont.)

- Date Rape - forced or unwanted sexual activity that occurs within a dating relationship
- Flirting, teasing, innuendo do not equal consent
- No means NO!



Rape/Sexual Assault (cont.)

- Statutory Rape - sexual intercourse/relations with a partner under a specified age
- California - 18 yrs old is the age; under 18 means someone is a minor, and therefore is unable to give consent
 - severity of crime increases for minor less than 16 yrs old, or if age difference is >3 .



Rape/Sexual Assault (cont.)

- Date Rape Drugs
 - Alcohol; Rohypnol; GHB; Ketamine
- Makes consent impossible for anyone, so sexual activity while under these drugs can be considered sexual assault
- Use of drugs to get sex is **WRONG!**
- If you think you may have been a victim - go to ER, get complete eval



Date Rape Drug Self-Protection

- These drugs can dissolve completely in liquids, so just looking at the drink won't tell you if it's been altered
- Always keep track of your beverages
- If you not sure, discard your drink
- Never accept drinks from strangers
- Use the buddy system - watch out for each other



Domestic Violence

- Hitting, slapping, punching, pushing, hair pulling, biting, grabbing, etc., are unacceptable behaviors at any time, including in romantic relationships
- If you're exposed to these behaviors, or feel threatened in a relationship for any reason, you can always come to the hospital



Unique Military Issues

- Fraternization - UCMJ violation, often involving romantic relationships; the senior member has more responsibility
- Adultery - sexual intercourse between a married person and someone other than his/her spouse
 - does not matter if other individuals are civilians, still a UCMJ violation



Unique Military Issues

- Sodomy - unnatural carnal copulation with another person of the same or opposite sex or with an animal. Penetration, however slight, is sufficient to complete the offense
 - any penetration other than penis in vagina intercourse between 2 or more individuals qualifies



Unique Military Issues

- Deployments
 - on duty means ON DUTY
 - each ship/command has own rules on dating other members - KNOW THE RULES
- Overseas
 - increased risk disease, cultural intolerance
 - set up for assault, robbery, the bizarre
 - 6 mos delay in tests turning positive



Conclusions

- COMMUNICATION is essential to healthy, responsible relationships
 - determine what each person wants, then can proceed
 - you need to know what you want
 - respect what the other person wants



Conclusions

- Complications can arise from:
 - Miscommunication, Insecurity, Immaturity
 - Sexual politics - messages sent by each gender misunderstood by the opposite
 - Alcohol and other drugs - decreased inhibitions produces impulsive behavior, irresponsible activities take place, negative consequences then must be faced

