

# STIs, Talking with Your Partner

## 1. Vocabulary Building

sexually transmitted infections	性交感染	trend	傾向
chlamydia	クラミジア	passive	言いなり
alarming	驚くべき	indicate	示す
pregnancy	妊娠	developed nation	発展途上国
rural	田舎	sore	炎症起こして



## 2. Reading Risky Business: Youth sex on rise, as are serious infections

By YUMI WIJERS-HASEGAWA

The Japan Times: Wednesday, June 19, 2002

A survey conducted at 7,127 clinics in eight prefectures showed the rate of eight major Sexually Transmitted Infections (STI) increased by 14 percent in women and 21 percent in men between 1998 and 2000. Many cases do not have symptoms at first, such as chlamydial infections and HIV infections.

The number of young people in Japan who have STIs is especially alarming. Some research data showed that 27.3 percent of females aged between 16 and 19 with an unwanted pregnancy had genital (生殖器) chlamydia.

Masako Kihara, an assistant professor with the department of public health at Hiroshima University School of Medicine, did three surveys, one in 1999 on 13,645 national university students, one in 2000 on 301 teenage couples interviewed in Tokyo's Shibuya and Ikebukuro districts, and one in 2001 on 11,781 high school students in rural areas. All of the surveys showed a trend of increasingly careless, "networked" and active sexual behavior among the youth.

In the case of the university students, 74 percent of those who had one sex partner during the past year used condoms, but only 43 percent of those who had five or more partners used them. About 58 percent of the male students said it was up to them to decide whether to use one.

"It is surprising that though more young women are becoming sexually active, there is still a traditional view that women should remain passive and not disagree with men (including about whether to use a condom)," Kihara said. Also, many people do not know that STIs can be transmitted orally, and the use of condoms during oral sex was extremely low, at 6 percent to 7 percent. Gonococcal infection (淋病), genital herpes (ヘルペス), genital chlamydial infection and syphilis (梅毒) are among the STIs that can be transmitted orally.

"More people with fewer partners are catching STIs because a partner was a person with an STI," Kihara said. In addition, many people have many partners. In the study among the rural students, 20 percent of the second year of high school students with sexual experience had more than four partners, and the couples' research in Shibuya and Ikebukuro indicated 33.3 percent of the boys and 34.6 percent of the girls between age 12 and 14 have had sex.

Yoshiaki Kumamoto, the president of the Japanese Association for Sexual Health Medicine, says, "Although the number of reported cases of HIV infection and AIDS is relatively low, Japan is the only developed nation in which cases of AIDS and HIV infection are still on the rise."

When someone has one STI, the chance of catching HIV is higher because HIV can enter the body through sore from as STI. For example, in syphilis or genital herpes, the chances of being infected with HIV rises between 10 to 50 times in men and as much as 50 to 300 times in women. Even STIs like genital chlamydia or gonococcal infection raise the chance by two- to five times in women," Kumamoto said.

Some STIs do not have symptoms. Genital chlamydial infection, for example, has no symptoms in 80 percent of cases in women and 50 percent in men. A survey Kumamoto did in 2000 showed that the rate of chlamydia infection among women 20 to 24 years old was about 1.3 percent. The data showed that 6.9 percent of married pregnant women aged between 20 and 24, and 27.3 percent of single pregnant women between 16 and 19, were infected with chlamydia. At 12 public health centers in Tokyo the rate of teenage girls infected with chlamydia was 49 percent. Kumamoto believes that close to 1 million people in Japan have chlamydia.

The situation is serious because some STIs can cause infertility (不妊), stillbirths (死産), or cervical (子宮頸部がん), penile and mouth cancer through oral sex, the doctor said.

## STIs, Talking with Your Partner

### 3. Song: "Positive" by Spearhead\*

Make me, make me sweat  
till I'm wet, till I'm dry  
but then wipe this tear from my eye  
haven't felt this warm in a long time  
even out in the bright sunshine  
in a lifetime of springtime

I fall into your arms  
with my heart pumpin' on  
like a bubblin' dub treck  
like a garlicy hot tongue and lip smack

I did some contemplation [考えた]  
before we got down to this consecration  
[セックススする前に]  
maybe baby something in your kiss said  
it was an impetus [刺激]  
for me to re-think this.

If I love you,  
then I better get tested  
make sure we are protected

I walk through the park  
dressed like a question mark  
Hark!  
I hear my memory bark [吠える]  
in the back of my brain,  
making me insane [精神異常]  
...like cocaine.

(chorus)  
But how'm I gonna live my life if I'm  
positive? [陽性]  
Is it gonna be a negative? [陰性]  
How'm I gonna live my life if I'm positive?  
Is it gonna be a negative?  
but how am I gonna live my life If I'm  
positive?

It dawned on me [気がついた],  
it seemed to me  
this is unusual scenery,  
this red light greenery  
make me feel kinda dreamery,  
thinking how I used to be

Arrive at the clinic  
walk through the front door

take a nervous number  
then I think some more  
about all the time  
that I neglected  
makin sure that  
I was protected.

They took my blood  
With an anonymous [匿名の] number  
two weeks waitin' wonderin'

I should have done this a long time ago  
A lot of excuses why I couldn't go  
I know these things and these things I must  
know  
'Cause it's better to know than to not know!

(chorus)

I go home to kick it [relax]  
in my apartment  
I try to give myself  
a risk assessment [リスクの診断]  
the wait is what can really annoy ya  
everyday's more paranoia [被害妄想]

I'm reading about how it's transmitted  
[どうやって移るか]  
some behavior I must admit it [認める]  
who I slept with, who they slept with,  
who they, who they, who they slept with.

I think about life and immortality [不滅]  
what's the first thing I do if I'm H.I.V.  
have a cry and tell my mother  
get on the phone and call my past lovers  
I never thought about infecting another  
all the times that I said "Hmm? Don't bother."

Was it really all that magic?  
the times I didn't use a prophalactic [condom]

Would my whole life have to change?  
or would my whole life remain the same?  
sometimes it makes me wanna shout!  
all these things too hard to think about  
a day to laugh, a day to cry  
a day to live and a day to die  
'till I find out, I may wonder  
but I'm not gonna live my life six feet under  
[死んだ]

## 4. How to talk with your partner

Using a condom correctly every time you have sex will reduce your chance of catching HIV. Remember, though, that condoms are not 100% effective. If you decide to have sex with your boyfriend or girlfriend, you need to talk about using a condom or other barrier.

Here are some ways to bring up the subject:

- “I’m concerned about HIV. What do you think we should do to protect ourselves?”
- I feel embarrassed talking about this and it’s hard for me to even bring up the subject. But I think we need to talk about HIV and how to protect ourselves.”

Love yourself



Protect yourself

One partner says...	The other partner says...
“Just this once. I really like you!”	“No, I don’t want to. I’m just not ready.”
“I’m on the pill.”	“The pill works great for pregnancy, but condoms provide protection against infections.”
(Using a condom) “It will spoil the mood.”	“It will put me in the mood.” (or) “Fear of HIV spoils my mood.”
“You won’t catch anything from me.” (or) “I wouldn’t give you a disease.”	“I know you wouldn’t intentionally, but either of us could have an infection and not know it.”
“I can’t feel that much if we use a condom.”	“Well, you’ll feel even less if we don’t use a condom because we won’t be having sex.”
“I don’t have HIV.”	“It’s possible to have HIV or other STDs without knowing it. Let’s be safe.”
“Condoms aren’t 100% safe, so why use them?”	“The only thing that’s safer is not having sex. Condoms are the next best thing as long as we use them correctly every time.”
“I’m too embarrassed to buy them.” (condoms)	“Let’s buy a big box. Then we won’t have to buy more for a long time.”
“Lesbians don’t need to use protection.”	“It’s not who you are, it’s the fact that we need to reduce the risk of infection by using a barrier every time.”
“I don’t sleep around.”	“If you’ve had unprotected sex even one time, I want to use a condom.”
“I won’t use a condom.”	“Fine. I won’t have sex with you.”

*Below are some situations. What could the people say to achieve a favorable outcome? Write answers to the questions below. (You do NOT have to show your answers to anyone.)*

### Situation #1

A and B have been dating for three months. They both say they are in love. They are at B’s house and have just finished watching a video. Now they’re kissing. A wants B to have sex for the first time. B doesn’t want to / is not ready. What should B say?

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### Situation #2

A and B have been dating for three months. They both say they are in love. They are at B’s house and have just finished watching a video. They’ve had sex before, using only the Pill for protection. B is willing to continue with the sexual relationship as long as A starts using a condom each time. A doesn’t want to. Now they’re kissing... What should A say or do?

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### Situation #3

A and B are at a party and have had a lot to drink. Though they only met tonight, they’re really *turned on* (excited) by each other. They go into a room alone to get closer. They both want to have sex, but neither has a condom. A really wants to go further. What do you think B should say or do?

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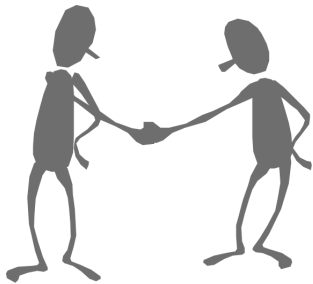
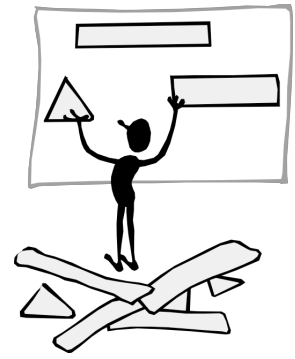
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## 5. Putting it Together

### What have you learned in this unit?

Review the reading passage. Mark the following sentences True or False.

1. All STIs have symptoms at first.
2. Researchers worry about the high number of young people with STIs.
3. In Kihara's study, at least 25% of the university students did not use condoms.
4. A person can catch many STIs from oral sex.
5. If you have one STI, it's harder to catch HIV.



### Questions for discussion

Discuss the following questions with a partner or in small groups.

1. Michiko Hayashi, a 50-year-old high school teacher in Koto Ward, Tokyo, believes that young people have problems with sexual behavior because they cannot build a relationship based on self-esteem. "From an early age, the only thing parents want from their children is to get good grades. If a lonely girl meets a nice man who gives her attention, and who doesn't want to use a condom, she does not refuse," Hayashi said. "Parents should think more about the relationship they have with their children."
2. Kihara from Hiroshima University blames media. "All of Japan is exposed to TV and magazines that show sexual behavior by youth, but only about 10 percent of teachers and parents think it is all right for high school students to have sex. The gap between the adults and youth is very big," she said.
3. Schools don't want students to have too much sexual education because are afraid it will make more youth sexually active. 70 percent of schools don't teach a practical approach to safe sex, such as how to use a condom.
4. Prostitution (売春) is an important focus when discussing STIs in Japan. "The scale of prostitution in Japan is the largest among developed nations. Some 14 percent of Japanese men aged between 18 and 48 had an encounter with a prostitute during the previous year, while the figures in the U.S. and Europe were only between 1 percent and 2 percent," she said. R shows the rate was highest with younger men -- 19 percent of men between age 25 and 34 and 16 percent for men between 18 and 24.
5. "Enko," the abbreviation of "enjokosai," or teenage girls' "compensated dating," is another example of risky behavior recently seen more frequently among girls.
6. YOUR QUESTION: