

# Preventing the spread of sexually transmitted diseases

[Science](#), [Epidemiology](#)



Preventing the Spread of Sexually Transmitted Diseases The sexual influence on today's American society is heavy and increasing drastically each day. The over-load of sexual messages is negatively impacting the current youth. The number of sexually active teenagers is rapidly growing and becoming problematic due to the spread of sexually transmitted diseases. 50% of people with either a sexually transmitted disease or infection are between the ages of 15-24. This is because the youth are experiencing the sexual influence by the media which is causing them to become sexually active at early stages in life. These alarming statistics are bringing forth the question of how to prevent the spread of STIs and STDs. In my personal opinion, the only full-proof method to prevent the transmission between teenagers is to abstain from sexual activity. I am still in my youth and experiencing the sexual influence of the media. I am quite aware of the difficulties the media presents this generation with abstinence. Because of the glorification of sex by the media and celebrity role models, it has become the "cool" thing to do. Teenagers who are not sexually active are mocked by their peers, being called prudes or other such obscenities. That lends not only the media's influence but also strong and persisting peer pressure. With so many pressing influences, abstaining from sex is becoming increasingly difficult for today's American youth. If perhaps abstinence is impossible, the second best option would be to use protection. In a recent study, six out of ten sexually active teenagers reported condom usage. The other four are specifically the reason for the mass transmission of STDs and STIs. The neglected use of condoms is simply to laziness and carelessness. Putting on a condom is not difficult, nor are condoms unreasonably priced, therefore there is no

justifiable reason for the neglect to use protection. One in four Americans have either an STD or STI. This alarming statistic is not seeming to detriment the spread of disease among youth. The current media has raised a generation of carless, sexual people that are causing an alarming outbreak. Surely abstinence is the only sure way to prevent the spread of sexually transmitted diseases, however; it is of course an almost impossibility in today's society therefore use of protection is the best alternative.