### General Health Sites:

<table>
<thead>
<tr>
<th>Website</th>
<th>Most Restrictive</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="www.afsp.org">www.afsp.org</a></td>
<td>CyberPatrol</td>
<td>Home page of the American Society for Suicide Prevention</td>
</tr>
<tr>
<td><a href="www.asco.org">www.asco.org</a></td>
<td>N2H2</td>
<td>Home page of the American Society of Clinical Oncology</td>
</tr>
<tr>
<td><a href="http://breastcancer.about.com">http://breastcancer.about.com</a></td>
<td>8e6</td>
<td>About.com’s breast cancer basics</td>
</tr>
<tr>
<td><a href="www.cdc.gov/diabetes">www.cdc.gov/diabetes</a></td>
<td>SmartFilter, Websense</td>
<td>The CDC’s National Center for Chronic Disease Prevention’s Diabetes Public Health Resource site</td>
</tr>
<tr>
<td><a href="www.childrenwithdiabetes.com">www.childrenwithdiabetes.com</a></td>
<td>Websense</td>
<td>An online community for kids, families and adults with diabetes</td>
</tr>
<tr>
<td><a href="www.fda.gov/fdac/features/196_test.html">www.fda.gov/fdac/features/196_test.html</a></td>
<td>Symantec</td>
<td>An article by the Food and Drug Administration about survival rates for testicular cancer</td>
</tr>
<tr>
<td><a href="www.lungcanceronline.org">www.lungcanceronline.org</a></td>
<td>8e6, 8e6</td>
<td>A patient information site on choosing a physician, treatment options, and general information on lung cancer</td>
</tr>
<tr>
<td><a href="www.suicide-helplines.org">www.suicide-helplines.org</a></td>
<td>8e6, 8e6</td>
<td>A global directory of suicide and crisis hotline</td>
</tr>
</tbody>
</table>

### Sexual Health Sites:

<table>
<thead>
<tr>
<th>Website</th>
<th>Most Restrictive</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="www.arhp.org">www.arhp.org</a></td>
<td>Symantec</td>
<td>The Association of Reproductive Health Professionals</td>
</tr>
<tr>
<td><a href="www.arhp.org/success">www.arhp.org/success</a></td>
<td>N2H2, Symantec</td>
<td>Association of Reproductive Health Professionals page titled “Choosing a birth control method”</td>
</tr>
<tr>
<td><a href="www.babyzone.com/stages.htm">www.babyzone.com/stages.htm</a></td>
<td>8e6, CyberPatrol, SmartFilter, Symantec</td>
<td>A site for expectant parents, featuring an online pregnancy calendar/journal, ads for pregnancy-related products, and articles about pregnancy</td>
</tr>
<tr>
<td><a href="www.cdc.gov/nchstp/dstd/Fact_Sheets/facts_Genital_Herpes.htm">www.cdc.gov/nchstp/dstd/Fact_Sheets/facts_Genital_Herpes.htm</a></td>
<td>SmartFilter, Symantec</td>
<td>The Centers for Disease Control and Prevention’s fact sheet on genital herpes</td>
</tr>
<tr>
<td><a href="www.cdcnpin.org">www.cdcnpin.org</a></td>
<td>Symantec</td>
<td>Home page of The CDC National Prevention Information Network, a service of the CDC National Center for HIV, STD, and TB Prevention</td>
</tr>
<tr>
<td><a href="www.choice.org">www.choice.org</a></td>
<td>Symantec, Websense</td>
<td>Home page of the California Abortion and Reproductive Rights Action League</td>
</tr>
</tbody>
</table>

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*December 2002*
Sexual Health Sites continued

www.depprovera.com
Most restrictive: Websense
Description: Home page of the Depo Provera birth control company

www.durex.com
Intermediate: N2H2, SmartFilter; Most restrictive: CyberPatrol, N2H2, SmartFilter, Symantec, Websense
Description: Home page for the Durex condom company

http://ec.princeton.edu
Most restrictive: Symantec
Description: Information on emergency contraception

www.encyclopedia.com/articles/01505.html
Most restrictive: Symantec
Description: Encyclopedia entry for “birth control” in Columbia Encyclopedia’s online e-cyclopedia

www.fda.gov/fdac/features/1997/babytabl.html
Most restrictive: Symantec
Description: U.S. Food and Drug Administration’s Birth Control Guide, specifying failure rates based on clinical trials submitted to the FDA

www.femalehealth.com
Most restrictive: CyberPatrol, N2H2, SmartFilter, Symantec
Description: Home page of The Female Health Company, manufacturer of the female condom

www.gayhealth.com
Least restrictive: CyberPatrol; Intermediate: CyberPatrol; Most restrictive: 8e6, CyberPatrol, N2H2, SmartFilter, Symantec, Websense
Description: A health site for gays and lesbians, with articles on a variety of conditions, a list of providers and an expert advice section

www.goaskalice.columbia.edu/1015.html
Least restrictive: Symantec; Intermediate: N2H2, Symantec; Most restrictive: N2H2, SmartFilter, Symantec, Websense
Description: Question and answer page from the sexual health information website of Columbia University; this page is a question about whether it’s possible to transmit herpes during oral sex

www.hivchannel.com/prevention/safesex/index/shtml
Least restrictive: Symantec; Intermediate: Symantec; Most restrictive: N2H2, Symantec
Description: A physician-developed site providing consumer health information on HIV AIDS; part of the healthcommunities.com site, named one of the top ten medical websites by NBC News medical correspondent Dr. Ian Smith

www.itsyoursexlife.com/quiz
Least restrictive: CyberPatrol; Intermediate: CyberPatrol; Most restrictive: CyberPatrol, N2H2, Symantec, Websense
Description: Part of a sexual health quiz on an informational site for young people sponsored by the Kaiser Family Foundation; this page featured the question “By age 24, how many sexually active people will have contracted an STD?”

www.teenpregnancy.org
Most restrictive: N2H2, Symantec, Websense
Description: Home page of the National Campaign to Prevent Teen Pregnancy

www.teenwire.com
Most restrictive: CyberPatrol, SmartFilter, Symantec, Websense
Description: Table of Contents of Planned Parenthood’s teen site.

www.trojancondoms.com
Least restrictive: CyberPatrol; Intermediate: CyberPatrol, N2H2, SmartFilter; Most restrictive: CyberPatrol, N2H2, SmartFilter, Symantec, Websense
Description: Home page for the Trojan Condom company

www.usatoday.com/life/health/women/1hwom035.htm
Most restrictive: Websense
Description: An article in USA Today by Kim Painter, dated July 17, 1999, titled “Monthly shot perfect at preventing pregnancy,” about new research on the Lunelle birth control injection

www.youngwomenshealth.org/spherpes.html
Intermediate: N2H2; Most restrictive: N2H2, Symantec
Description: A page from a website sponsored by Children’s Hospital in Boston’s Center for Young Women’s Health, providing Spanish-language information on herpes

www.niaid.nih.gov/factsheets/stdherp.htm
Least restrictive: Symantec; Intermediate: Symantec; Most restrictive: Symantec
Description: A fact sheet from the National Institute of Allergy and Infectious Diseases on genital herpes

www.niaid.nih.gov/factsheets/stdinfo.htm
Least restrictive: Symantec; Intermediate: Symantec; Most restrictive: N2H2, Symantec
Description: A fact sheet from the National Institute of Allergy and Infectious Diseases titled “An Introduction to Sexually Transmitted Diseases”

www.nlm.nih.gov/medlineplus/herpessimplex.html
Most restrictive: Symantec
Description: The National Library of Medicine’s online medical information service for health providers; this is the page on herpes

www.plannedparenthood.org
Intermediate: SmartFilter; Most restrictive: CyberPatrol, SmartFilter, Symantec, Websense
Description: Planned Parenthood’s home page

www.ripnroll.com
Least restrictive: CyberPatrol; Intermediate: 8e6, CyberPatrol, N2H2, SmartFilter; Most restrictive: 8e6, CyberPatrol, N2H2, SmartFilter, Symantec, Websense
Description: Offers condoms for sale online; described as “America’s Condom SuperStore”

www.itsyoursexlife.com/quiz
Least restrictive: CyberPatrol; Intermediate: CyberPatrol; Most restrictive: CyberPatrol, N2H2, Symantec, Websense
Description: A page from a website sponsored by Children’s Hospital in Boston’s Center for Young Women’s Health, providing Spanish-language information on herpes

The Kaiser Family Foundation is an independent, national health philanthropy dedicated to providing information and analysis on health issues to policymakers, the media, and the general public. The Foundation is not associated with Kaiser Permanente or Kaiser Industries.
1. birth control -> History of the Birth Control Movement. Although contraceptive techniques had been known in ancient Egypt, Greece, and Rome, the modern movement for birth control began in Great Britain, where the writings of Thomas Robert Malthus stirred interest in the problem of overpopulation. By the 1970s a wide variety of birth control devices were available in English...

2. birth control -> Methods of Birth Control. Male birth control methods include withdrawal of the male before ejaculation (the oldest contraceptive technique) and use of the condom, a rubber sheath covering the penis. The condom, because of its use as a protection against sexually transmitted diseases, including AIDS, has become a frequently used birth control device...

3. birth control birth control, practice of contraception for the purpose of limiting reproduction. Methods of Birth Control. Male birth control methods include withdrawal of the male before ejaculation (the oldest contraceptive technique) and use of the condom, a rubber sheath covering the penis. The condom, because of its use as a protection against sexually transmitted diseases, including AIDS, has become a frequently used birth control device...
Breakage and slippage of male condoms: what do we know?

From Family Health International, Research Triangle Park, NC
Revised October 8, 1999

How frequent is condom breakage/slippage? Recent international research indicates that male condom breakage ranges from zero to 12 percent, with many of the US-based studies falling in the two to five percent range. The percent of condoms that slip off the penis during or after intercourse is in a similar range.

A Family Health International (FHI) study has shown that most condom users rarely experience condom breakage and/or slippage. A small group of users is often responsible for a majority of the breaks and slips. In the study, 177 couples used 1,947 condoms and reported a combined breakage/slippage rate of 8.7 percent. If every couple were equally likely to experience condom breakage/slippage, then each couple would have been expected to have about 1 out of 11 condoms either break or slip off. However, in this study, 16 couples (less than 10 percent of participants) were responsible for 50 percent of all the breakage/slippage. Well over half the couples did not experience any condom breakage/slippage among the 11 condoms each couple used.

<table>
<thead>
<tr>
<th>Number per Couple</th>
<th>Observed # of Couples</th>
<th>Expected # of Couples</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>110</td>
<td>65</td>
</tr>
<tr>
<td>1</td>
<td>26</td>
<td>68</td>
</tr>
<tr>
<td>2</td>
<td>17</td>
<td>33</td>
</tr>
<tr>
<td>3</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>4+</td>
<td>16</td>
<td>2</td>
</tr>
</tbody>
</table>

In this study, four factors for men were significantly associated with increased condom breakage and slippage:

- no condom experience in the past year;
- condom breakage in the past year;
- not living with partner;
- 12 or fewer years of schooling.

Several other reasons for condom failure have been mentioned in the literature:

- opening the package with sharp objects or teeth;
- incorrect methods of putting on the condom, such as pulling it on like a sock;
- use of oil-based lubricant;
- lengthy and vigorous intercourse;
- using condoms for non-vaginal intercourse;
- not holding rim of condom during withdrawal;
- re-use of condoms.

In addition to presenting overall percentages of breakage and slippage, it also may be informative to present their distribution among study participants (i.e., the percentage of users with no breaks, the percentage with one break, etc.). This illustrates that for a majority of condom users, condom breakage and slippage are rare events.

It is equally important to understand that not all breakage/slippage exposes the condom user to the same risks. Researchers have begun to distinguish between clinical and non-clinical breakage. Clinical breakage occurs when condoms break during intercourse or withdrawal and are the only type of break that directly put the couple at risk of pregnancy and/or sexually transmitted diseases (STD). Nonclinical breaks occur when opening the package and putting on the condom and do not expose the couple to pregnancy or STD. In a recent review of ten FHI condom studies, about one-third of the breaks were classified as non-clinical.
An Introduction to Sexually Transmitted Diseases

Sexually transmitted diseases (STDs), once called venereal diseases, are among the most common infectious diseases in the United States today. Moreover, 20 STDs have now been identified, and they affect more than 14 million men and women in this country each year. The annual comprehensive cost of STDs in the United States is estimated to be well in excess of $10 billion.

Understanding the basic facts about STDs—the ways in which they are spread, their common symptoms, and how they can be treated—is the first step toward prevention. The National Institute of Allergy and Infectious Diseases (NIAID), a part of the National Institutes of Health, has prepared a series of fact sheets about STDs to provide this important information. Research investigators supported by NIAID are looking for better methods of diagnosis and more effective treatments, as well as for vaccines and topical microbicides to prevent STDs. It is important to understand these key points about all STDs in this country today:

1. STDs affect men and women of all backgrounds and economic levels. They are most prevalent among teenagers and young adults. Nearly two-thirds of all STDs occur in people younger than 25 years of age.

2. The incidence of STDs is rising. In part because in the last few decades, young people have become sexually active earlier, yet are marrying later. In addition, divorce is more common. The net result is that sexually active people today are more likely to have multiple sex partners during their lives and are potentially at risk for developing STDs.

3. Most of the time, STDs cause no symptoms, particularly in women. When and if symptoms develop, they may be confused with those of other diseases not transmitted through sexual contact. Even when an STD causes no symptoms, however, a person who is infected may be able to pass the disease on to a sex partner. That is why many doctors recommend periodic testing or screening for people who have more than one sex partner.

4. Health problems caused by STDs tend to be more severe and more frequent for women than for men, in part because the frequency of asymptomatic infection means that many women do not seek care until serious problems have developed.

   - Some STDs can spread into the uterus (womb) and fallopian tubes to cause pelvic inflammatory disease (PID), which in turn is a major cause of both infertility and ectopic (tubal) pregnancy. The latter can be fatal.
   - STDs in women may be associated with cervical cancer. One STD, human papillomavirus infection (HPV), causes genital warts and cervical and other genital cancers.
   - STDs can be passed from a mother to her baby before, during, or immediately after birth. Some of these infections of the newborn can be cured easily, but others may cause a baby to be permanently disabled or even die.

5. When diagnosed and treated early, many STDs can be treated effectively. Some infections have become resistant to the drugs used to treat them and now require newer types of antibiotics. Experts believe that having STDs other than AIDS increases one's risk for becoming infected with the AIDS virus.

HIV Infection and AIDS

AIDS (acquired immunodeficiency syndrome) was first reported in the United States in 1981. It is caused by the human immunodeficiency virus (HIV), a virus that destroys the body's ability to fight off infection. An estimated 900,000 people in the United States are currently infected with HIV. People who have AIDS are very susceptible to many life-threatening diseases, called opportunistic infections, and to certain forms of cancer. Transmission of the virus primarily occurs during sexual activity and by sharing needles used to inject intravenous drugs. If you have any questions about HIV infection or AIDS, you can call the AIDS Hotline confidential, toll-free number: 1-800-342-AIDS.

Chlamydial Infection

This infection is now the most common of all bacterial STDs, with an estimated 4 to 6 million new cases occurring each year. In both men and women, chlamydial infection can cause an abnormal genital discharge and burning with urination. In women, untreated chlamydial infection may lead to pelvic inflammatory disease, one of the most common causes of ectopic pregnancy and infertility in women. Many people with chlamydial infection, however, have few or no symptoms of infection. Once diagnosed with chlamydial infection, a person can be treated with an antibiotic.

Genital Herpes

Genital herpes affects an estimated 60 million Americans. Approximately 500,000 new cases of this incurable viral infection develop annually. Herpes infections are caused by herpes simplex virus (HSV). The major symptoms of herpes infection are painful blisters or open sores in the genital area. These may be preceded by a tingling or burning sensation in the legs, buttocks, or genital region. The sores usually disappear within two to three weeks, but the virus remains in the body for life and the lesions may recur from time to time. Severe or frequent recurrent genital herpes is treated with one of several antiviral drugs that are available by prescription. These drugs help control the symptoms but do not eliminate the herpes virus from the body. Suppressive antiviral therapy can be used to prevent occurrences and perhaps transmission. Women who acquire genital herpes during pregnancy can transmit the virus to their babies. Unchecked HSV infection in newborns can result in mental retardation and death.
Note: The 2002 STD Treatment Guidelines are now available.

The 1998 Guidelines for the Treatment of Sexually Transmitted Diseases

The 1998 Guidelines for the Treatment of Sexually Transmitted Diseases are an update of the 1993 Sexually Transmitted Diseases Treatment Guidelines. They were developed by CDC staff in consultation with a group of nationally recognized STD experts. The recommendations are based on scientific evidence for outcomes of STD therapy: cure, relief of signs and symptoms, prevention of sequelae, and prevention of transmission. These guidelines are a critical source of clinical guidance available to all health care providers who see patients at risk for sexually transmitted diseases.


To View Guidelines, click on the link above. You will need Adobe Acrobat Reader to view the Guidelines. See the Get Acrobat link at the bottom of this page to get a free copy of the reader.

To Download Guidelines, right-click on the link above and choose "Save Target As" in Internet Explorer or "Save Link As" in Netscape.

Order Guidelines

Notice to Readers: Shortage of Spectinomycin - MMWR, June 8, 2001

Alternatives to Spectinomycin for the Treatment of Neisseria Gonorrhoeae (June 8, 2001)

- Update: Penicillin G Availability - MMWR Notice to Readers published January 28, 2000
- Erythromycin Treatment Associated with Infantile Hypertrophic Pyloric Stenosis (December 16, 1999)
- Alternatives to Intravenous Penicillin G for Specific Infections - Alternative treatment recommendations for congenital syphilis, neurosyphilis and Group B streptococcal in response to the shortage of penicillin G. (October 28, 1999)
The goal of the National Campaign to Prevent Teen Pregnancy is to reduce the rate of teen pregnancy by one-third between 1996 and 2005.

**FRONTLINE**

*Let’s Get Married*

**Thursday, Nov. 14 at 9 p.m.**

Marriage is in trouble. The past half-century has witnessed staggering changes in the makeup of the American family as the number of single-parent households and children born out of wedlock has skyrocketed. Now everyone from the government to church leaders to intellectuals—on both the right and the left—are pushing marriage, especially among the poor. But can such efforts turn the social tide and make marriage once again the norm? For those along the margins, why doesn’t marriage seem to matter any more?

FRONTLINE correspondent and author Alex Kotlowitz explores the biggest demographic mystery of the last half-century and examines the modern marriage movement.

**More Headlines**

**Teen Pregnancy: Not Just Another Single Issue Roundtable Discussion and Webcast**

Tuesday, November 19, 9:30 - 11 a.m. Eastern Time

Please join the National Campaign for a live audio webcast as we bring together distinguished experts from a variety of sectors to discuss the compelling connections between teen pregnancy and other issues such as child well-being, workforce development, promoting responsible fatherhood, child welfare, and crime, as well as the costs of early childbearing and benefits to investing in prevention.

**Help Support the National Campaign**

There are many ways you can help support the National Campaign as we work to help improve overall child and family well-being.

**Join the Campaign’s Youth Online Network (YON)**

Calling all teens! Want online sneak previews to some of your favorite shows and magazines? Chance to enter contests; information on teen pregnancy prevention; and a place to speak your mind? *Join the YON today!*
Suicide and Crisis Helplines around the World.

Befrienders International
Working to prevent suicide worldwide with 31,000 volunteers in over 40 countries

Welcome to www.suicide-helplines.org

This site provides access to the world’s most comprehensive directory of suicide and crisis helplines.

Visit our companion site at www.befrienders.org for:

Information for anyone feeling low, depressed or suicidal, or worried about a friend or relative.

Information about befriending and how it can help to prevent suicide.

Find a suicide helpline near you

text only version

ARGENTINA
ARMENIA
AUSTRALIA

Please select the country you require

Can’t find your country? try here

If you have found this web site useful, will you please help us to help others by making an online donation using our secure form

NEED TO TALK? | FIND A HELPLINE | HELPING A FRIEND | SUICIDE MYTHS | WARNING SIGNS
HOME | ABOUT US | CONTACT US | GET INVOLVED | FEEDBACK | DONATE ONLINE

Through the kind support of Cable and Wireless Plc.

Do children from other countries use your site?
Southwest Regional Conference and Expo
January 3-5, 2003
Sheraton El Conquistador Resort
Tucson, Arizona

FRIENDS FOR LIFE
national children with diabetes conferences

2003 Annual Conference and Expo
July 9-12, 2003
Disney's Coronado Springs Resort
Lake Buena Vista, Florida

Headlines
This week Children with Diabetes launches cwdMail, a free, web-based e-mail service sponsored by LifeScan. cwdMail provides a simple web based interface and rigorous anti-spam filtering to reduce the amount of unsolicited commercial e-mail you receive. Also, your cwdMail address will never be sold or shared with anyone.

FMRA cream is being taken off the market in the US in November 2002 until its product packaging can be made child-resistant.

CWD Foundation Awards Largest Grant to Date to the Diabetes Research Institute.

You can now generate a Quilt for Life Calendar from the Quilt for Life Online Gallery. Use the calendar to help remind legislators why it's important to increase funding for diabetes research.

Looking for holiday cards? Check out DRI's Holiday Cards, where four out of the five card designs were submitted by CWD kids! The cards support the Diabetes Research Institute, a world leader in research to find a cure for type 1 diabetes.

The Children with Diabetes Quilt for Life will help demonstrate the enormity of type 1 diabetes, helping to raise awareness of the need for a cure. Join in by adding a quilt square for yourself or your child.