**TOPIC:** Safe sex / birth control  
**GENERAL PURPOSE:** To persuade  
**SPECIFIC PURPOSE:** To persuade my audience to practice safe sex, how to practice safe sex, and the negative outcomes of un-safe sex  
**THESIS:** By practicing safe sex in all of our interactions we can prevent STDs and other infections as well as unintended pregnancies to better our lifestyles  
**ORGANIZATIONAL PATTERN:** Problem-solution

**Introduction**

I. **Attention-getting device:** According to U.S. News & World Report more than 75% of teens have had sex by the time they are 19 years old. It is obvious, that the majority of college students interact in intimate sexual activities but are they doing it safely? When alcohol, drugs, and raging hormones are thrown in the mix of unmonogamous relationships you often times have unsafe sex which negatively impacts you, your partner, and your lives.

II. **Background:** Don’t be a statistic. STDs and children without parents are on the rise but by engaging in safe sex you can eliminate these problems from occurring in your life. There are many sexually transmitted diseases, some even deadly that can be contracted if you engage in unprotected sex. Safe sex means being smart, staying healthy, and respecting yourself as well your partner.

III. **Relevance:** College is usually considered the best time of our lives but if we’re not careful in intimate relationship(s) it can end up scarring your future and potentially ending college careers.

IV. **Thesis:** Practicing safe sex is critical at this stage in our lives and can be easily accomplished if we are well informed then we can make the right decisions when it comes to our intimate encounter(s).

V. **Preview:** There are a few things that you should understand regarding this controversial issue and today I will explain three aspects of it:
   A. Negative outcomes of un-safe sex  
   B. Why you should adopt safe sex practices into your lifestyle  
   C. How to practice safe sex

**TRANSITION:** First, we must realize how engaging in unsafe sex can negatively impact our lives.

**Body**

A. Negative outcomes of un-safe sex  
   There is nothing scarier than waking up and remembering you had unprotected sex the night before. And more than likely, if you haven’t experienced this yet, you will. Bedroom blunders like broken condoms or not even using contraceptives at all can result in life threatening and life altering consequences.
   I. Unwanted pregnancies  
      I’m sure we can all agree that having children right now is not something that even remotely crosses our minds. Engaging in un-safe sex will greatly increase your risk for conceiving. According to the Centers for Disease Control more than two thirds, or 69.4% of teenagers (under 20
years of age) reported their pregnancies were unintended while 49.2% of women 20-24 years of age were unintended. But we can reduce the fear of becoming pregnant by simply using contraceptives.

II. STD infection(s)
While we commonly associate STDs with undeveloped countries STDs are a major public health concern even in the U.S. Even though we are a developed country and are grateful for our advanced technology the center for disease control estimates that approximately 19 million new infections occur each year and almost half of them arise in young people aged 15-24. To most, the thought of contracting an STD is unsettling. Engaging in unsafe sex puts you at risk for sexually transmitted diseases such as; syphilis, gonorrhea, chlamydia, hepatitis, herpes, and many others. According to the National Institute of Allergy and Infectious Diseases STDs rank among one of the most common infectious disease in the U.S., affecting more than 13 million men and women each year.

A few STD facts you should know:
1. Nearly two-thirds of STDs occur in people age 25 and younger
2. The rate of STDs is rising, mostly because people are becoming sexually active at a younger age
3. Anyone can contract an STD
4. STDs often times don’t have symptoms, they can form and spread without any signs which makes them easy to pass on without realizing it

III. Low self-esteem
Besides the physical affects unsafe sex can bring into your lifestyle there are emotional factors as well. Worrying about your unprotected night before will only lower your self esteem and make you a worrywart. You’ll be cursing yourself for weeks maybe even months for not being more careful that night and waiting in anticipation of what kind of infection may pop up.

TRANSISTION: By acknowledging the risks one takes when engaging in unprotected sex we can better understand why we need to practice safe sex every time.

B. Why you should adopt safe sex practices into your life
If we all practice safe sex all the time not only will it make us better individuals but it can better our society and communities.

I. Healthier relationship
By correctly using male and female condoms you can dramatically decrease your risk of contracting any sexually transmitted infection. By choosing to use protection you’re taking charge in your health and your partners as well. It is vital to build on honesty and trust in a sexual relationship in order to be confident that the relationship is healthy both physically and emotionally.

II. Happier you
By staying in control, being smart and responsible by using protection you will feel more confident in your decisions and can remain practically worry free of the repercussions of our actions.

III. Reduce rates of STDs
By using contraceptives such as condoms we can reduce the growing epidemic of STDs instead of contributing to it. By doing so, we will be positively impacting our societies STD rate.

TRANSITION: Now that you realize why we need to practice safe sex you need to know exactly how to practice safe sex.

C. How to practice safe sex
If you so choose to be sexually active, live by the motto “safe sex is good sex.” But how can you effectively engage in safe sex with no worries? Here are a few pointers on cheap and easy contraceptives.

I. Condoms
Male latex condoms can be your best friend if used correctly they are proven to shield most STDs and even pregnancy. But be aware of your allergies, if you are allergic to latex there are other options for you such as polyurethane and lambskin which are not as effective. Stock up, the only problem with condoms is 80% of the time many don’t have one when the need arises, according to Cosmopolitan. Keeping them out of the heat and away from sharp objects is a must for them to be effective. Check the expiration date and always trash them if they are expired and buy new ones. Knowing other proper techniques regarding opening the package, proper application, and removal are essential for them to be fully effective.

II. Oral Contraceptives
Another popular type of birth control is commonly known as “the pill.” According to Cosmopolitan there are over 35 different oral contraceptives on the market and not all are created equal. Choosing the right pill can be tricky but remember most are proven to be 99.9% effective so a condom should still be used.

III. Know your partner
Unless you and your partner are in a monogamous relationship you should always ask your partner about his or her sexual history and if they’ve been tested for STDs. If you or your significant other have been tested positive for STDs it is vital that you communicate that information to one another so the right precautions can be taken.

TRANSITION: It is obvious that the risks of having unprotected sex are serious but they can be easily prevented by choosing to have protected sex at all times.

Conclusion

I. Emotional Appeal: Where I work we offer sunless airbrush tanning which attracts many pregnant women. The other day, I happened to
have a 16 year old Mommy-to-be get spray tanned. At first, I was taken aback by how young she was; personally, I couldn’t image. Although she did admit she chose not to get an abortion or put her baby up for adoption she did exclaim she wished she used a birth control method. Because of this pregnancy she explained how it was going to be a struggle to stay in school and do the things everyone else her age is doing. She is due in four weeks now and her life will be forever changed.

II. **Restatement of thesis:** Practicing safe sex is critical at this stage in our lives and can be easily accomplished if we are well informed then we can make the right decisions when it comes to our intimate encounter(s).

III. **Closure:** Although we may get caught up in situations that get heated if you take two minutes to engage in safe sex you can prevent future headaches and your biggest fears of coming true. By being aware of the negative effects of unsafe sex, why we all should adopt safe sex practices, and exactly how to practice safe sex unwanted pregnancies and STDs can be prevented if we’re smart and responsible individuals about it and use protection every time.
References


What to Do When You’ve Had (Gulp) Unsafe Sex. *Cosmopolitan.*