

The 5 STI prevention methods

The prevention methods for the STI that have been discussed in the book are reducing the number of sexual partners and promoting sexual education (Greenberg, Bruess & Oswalt, 2017). It includes the prevention methods such as Abstinence, Monogamy, and using condoms or other barriers.

Reduction of the number of sexual partners:

This prevention method controls the possibility of getting sexually transmitted infections from partners. Stratification by the number of sexual partners has been considered inadequate (Werner et al., 2024). As we know, the number of sexual partners can increase the possibility.

Positives:

- Reducing the chances of transmission of sexually transmitted diseases.
- Improves the healthy sexual practice among the partners.

Negatives:

- It doesn't completely suggest not getting any STIs.
- It can affect the sex drive in a few cases.

Promoting Sexual Education:

It helps in acknowledging the issues that can occur due to sexual activity. It also helps in learning the prevention strategies that can improve the partner's understanding of sexual

desires. It is the most crucial part in improving the equality of the relationship between the sexual partners.

Positives:

- It helps in empowering decision-making regarding sex related topics.
- It can increase the rate of implementing protective sex in the relationship.

Negatives:

- The quality of the education varies, which can affect a person's sexual desires.
- It doesn't completely conclude that the risk of getting affected is permanently reduced to zero.

Abstinence:

This process is considered the best technique to prevent the sexual transmission of infections among partners. It also helps in avoiding unwanted pregnancy (Feyisa, Debelew & Koricha, 2025). This process includes the retraining of a person towards sexual desires or sexual activity.

Positives:

- It has a high chance of accuracy in preventing the transmission.
- There are no side effects of this method.

Negatives:

- The person who includes this method needs to follow it strictly; otherwise, it won't help.
- It is considered a choice, but it couldn't protect anyone from getting involved in sexual activity.

Use of a condom:

Usage of a condom or other barriers during sexual activity keeps the genitals separated and reduces the transmission. It reduces the chances of getting infected through the transmission of sperm or through sexual activity.

Positives:

- It helps in protecting the sexual partners from sexually transmitted diseases as well as the risk of pregnancy.
- These are easily accessible and easy to carry.

Negatives:

- It needs an appropriate application, or else there's a possibility of failure.
- There can be some later allergies that can increase the chances of having side effects.

Monogamy:

This prevention method includes marriage. That directly reduces the exposure risk of a person regarding sexual activity. Marriage suggests being committed to one partner. The process reduces the number of partners.

Positives:

- If both partners follow it, the chances of having STIs are nearly zero.
- It improves the emotional connection with the partner.

Negatives:

- It can have an impact in case any partner has external sexual affairs.
- It forms a monogamous structure in a person's lifestyle that can impact their perception of sexual desires.

Reference:

- Feyisa, B. N., Debelew, G. T., & Koricha, Z. B. (2025). Correlates and effects of information, motivation and behavioral skills on primary sexual abstinence among female university students in Ethiopia: a cross-sectional study. *BMC Women's Health*, 25(1), 144. DOI: <https://doi.org/10.1186/s12905-025-03664-9>
- Greenberg, J. S., Bruess, C. E., & Oswalt, S. B. (2017). *Exploring the dimensions of human sexuality*. Jones & Bartlett Publishers. Retrieved from: [Retrieved on November 25, 2025]
- Werner, R. N., Schmidt, A. J., Potthoff, A., Spornraft-Ragaller, P., Brockmeyer, N. H., & German STI Society (DSTIG). (2024). Position statement of the German STI Society on the prophylactic use of doxycycline to prevent STIs (Doxy-PEP, Doxy-PrEP). *JDDG: Journal der Deutschen Dermatologischen Gesellschaft*, 22(3), 466-478. DOI: <https://doi.org/10.1111/ddg.15282>