Today's relationships topic is about Dispelling Myths and Misconceptions around sexually transmitted infections and birth control

**What is a common myth about sexually transmitted infections?**

There are a lot of rumors out there that you can get STI’s from hugging/hot tubs/dancing/toilet seats, etc. but there is relatively no or very very little risk of getting an STI from these activities.

**How do people get infected with STI’s?**

In order for transmission to occur, someone has to have the infection themselves and there needs to be an exchange of fluid. STI’s can also be spread from skin to skin rubbing (which is why condoms don’t always protect against certain STI’s like herpes and genital warts).

**Where can people go for more information about myths around sexually transmitted infections and birth control?**

Anyone can go to our website at [www.areyousafe.ca](http://www.areyousafe.ca), call 1-800-660-5853 to speak with a public health nurse. Also, if anyone has any questions around myths related to sexuality please like us on facebook and send us a private message – I’ll be sure to talk about in the next few weeks.