

At-Risk Behaviors

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### At-Risk Behaviors

There are many people in today's society who live very positive lives. These people have very good behaviors. Behaviors working to support families, going to school to get an education, hanging out with friends, participating in extracurricular activities, and participating in community sponsored activities. There are many different factors in people's lives that can influence behavior drastically. People can be pressured into doing things that they may not normally do. People can be forced into doing things that they may not normally do. People can try something and then later learning that they cannot get away from because of the fact they have developed an addiction to a specific behavior. There are also some behaviors that put people at risk for HIV/AIDS, sexually transmitted infections, delinquency, and violence (Edberg, 2007). While these behaviors might make one feel good about themselves they could really be affected in a negative way. When one has acquired a life threatening condition that could have been avoided by making a positive choice, it will be too late to reverse the outcome for many of the conditions. There may be treatments available, but unfortunately there may not be any cures. Let's explore individuals having unprotected sex with multiple partners.

Unprotected sex is defined as having anal or vaginal sex without a condom. If you are HIV-positive, using condoms during sex with people who know that they are HIV-negative or are unsure of their HIV status will protect them against HIV and protect both of you from STIs. There's a lot of debate about how infectious people with HIV are if they are taking HIV treatment and have an undetectable viral load. Most experts seem to agree HIV treatment means that the risk of HIV transmission is reduced, but that some risk still exists. The law is also an important consideration. In the UK a number of people have been recently been sent to prison after infecting their sexual partners with HIV after failing to tell them they had HIV. You should

also be aware that in some countries including you are legally required to disclose your HIV status to sexual partners. If you are HIV-positive and having sex with another person who is also HIV-positive, there are some important considerations that many HIV doctors and HIV prevention workers believe you should be aware of so you can make an informed decision about sex. These issues include risk of pregnancy as a consequence of unprotected vaginal sex between men and women. There is a risk of transmission to the baby, when an HIV positive man has unprotected sex with an HIV negative woman who is pregnant or breast-feeding. However, with the right treatment and care, it's possible for an HIV-positive woman to have an HIV-negative baby. There have been a small number of cases of so-called 'superinfection' with a new strain or strains of HIV, which may either be more aggressive than or resistant to anti-HIV drugs. This could lead to the failure of treatments that might otherwise have been effective. This applies to both men and women. But the number of recorded cases of superinfection is small. The cases have almost all involved people who were infected with HIV for less than four years and either were not on HIV treatment, or were taking a treatment break. Unprotected sex puts you at risk of other sexually transmitted infections. This applies to both men and women (Aidsmap, 2011).

Assessing this issue is the first step of Precede-Proceed approach (Edberg, 2007). Making an official diagnosis that having unprotected sex is a major issue in today's society is what is needed to make this factor evident. Unprotected sex itself is not a problem. The approach that people take when performing the action is what brings in the problems. People have unprotected sex because they think that they might lose feeling during intercourse. Some say that they don't like the way condoms feel when they are rubbing against their insides. Others forget to use protection. There are many different reasons why this frightening activity happens. The ideal

perfect reason to have unprotected sex would be to procreate life and strengthen a relationship and a marriage.

Developing a plan of intervention for this type of behavior is the second step to the Precede-Proceed approach (Edberg, 2007). A facility that has attempted to intervene is Planned Parenthood. Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide. For more than 90 years, Planned Parenthood has promoted a commonsense approach to women's health and well-being, based on respect for each individual's right to make informed, independent decisions about health, sex, and family planning (Planned Parenthood, 2011). The educational resources are available to people now and days; people can't say that they didn't know. The best course of action is to educate and make people aware of preventative measures so that they can take to protect themselves communicable diseases and infections.

The next step in the Precede-Proceed approach is evaluation of intervention (Edberg, 2007). This step is used to determine whether an intervention has been successful or not. In this case the results are 50/50. Many take advantage of the community resources that are readily available to everyone. Others are afraid to inquire about the resources because they may not want people to know what types of sexual activities they are engaged in. There are many people who just don't care or don't take the time to think about what they are doing and what risks are involved.

The issue(s) that have been encountered and will continue to come up is the fact that this unprotected sex epidemic will continue to have irreversibly fatal outcomes. People who carry a

disease have sex with partners without informing that they have the disease. This is a problem because if you don't know about something that you have, the problem can progress to a point where treatment will be ineffective. The society has to be aware of how sexually transmitted diseases can be contracted and what impact they can have on someone's life under any circumstance.

### References

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