
Sexually Transmitted Infections (STIs)

Session 9:

Sexual Transmitted Infections

Goals:

- Understand what an STI is, including HIV/AIDS
- Identify places to receive STI testing and treatment
- Discuss ways to support people who have an STI, including HIV/AIDS
- Increase the likelihood of condom use when a person decides to have sex

Objectives:

- Name three STIs
- List two ways a person can prevent and protect themselves from STIs
- Demonstrate the correct steps to use a condom

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

Anonymous Question Box Guidelines:

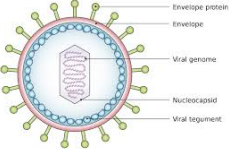

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

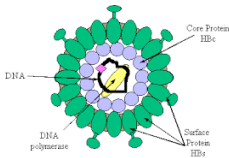
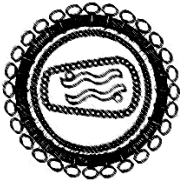
STIs Information Sheet and Scavenger Hunt

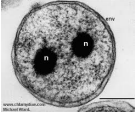
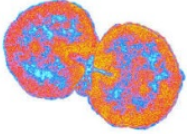

Sexually Transmitted Infections

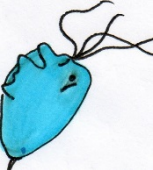

-STIs often have NO signs or symptoms!

-Condoms do not cover all areas of the genitals, but are the best protection against STIs if someone is having sex and using them correctly

| | STIs | How it is passed | Signs (Something you see) and Symptoms (Something you feel) | How to stay protected |
|---|---|--|--|---|
| Viral STIs—Not Curable but Treatable and Preventable | <p>Genital Herpes</p>  | <p><u>HSV-1 & HSV-2:</u> Possible to get from contact during vaginal, anal, oral sex or skin-to-skin contact</p> | <ul style="list-style-type: none"> -No Symptoms -Genital blisters -Flu-like symptoms -Painful urination | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam <i>every time</i> you have sex -Get tested! <p>Note:</p> <ul style="list-style-type: none"> -Condoms do not cover all areas where the virus can live -May increase risk of HIV infection |
| | <p>HPV Human Papilloma Virus</p>  | <ul style="list-style-type: none"> -Skin-to-skin genital contact -Unprotected sex -Contact with mucous membranes or bodily fluids | <ul style="list-style-type: none"> -No Symptoms -May cause cervical, penile, oral, or anal cancers -Genital warts | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam <i>every time</i> you have sex -Get vaccinated -Get tested! |

| | | | |
|---|--|---|--|
| <p style="text-align: center;">Hepatitis B</p>  | <ul style="list-style-type: none"> -Unprotected sex -Through infected blood body fluids -Blood transfer or sharing needles | <ul style="list-style-type: none"> -Can harm the liver -Pain in abdomen -Dark urine -Skin or eyes turn yellow | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam every <i>time</i> you have sex -Get vaccinated -Get tested! -No I.V. drug use -Use clean needles for steroids, tattoos or piercings |
| <p style="text-align: center;">HIV Human Immunodeficiency Virus</p>  | <p>Fluids: Blood, pre-ejaculatory fluid, semen, vaginal fluid, rectal fluid, breast milk</p> <ul style="list-style-type: none"> -Unprotected sex -Blood transfer or sharing needles -Can be passed from mother to baby | <ul style="list-style-type: none"> -Many people with HIV have no symptoms until they progress to having AIDS -A weak immune system can lead to frequent illness -Flu-like symptoms -Open-mouth sores -Can lead to AIDS | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam every <i>time</i> you have sex -No IV drug use or sharing needles -Use clean needles for steroids, tattoos or piercings -Get tested! -Prevent or decrease risk of contracting or passing HIV by using medication Pre-Exposure Prophylaxis (PrEP) or Post Exposure Prophylaxis (PEP) <p>Note:</p> <ul style="list-style-type: none"> -HIV+ individuals can have a normal life expectancy if detected early and remain on antiretroviral medication |

| | STIs | How can you get it? | Signs (Something you see) and Symptoms (Something you feel) | How can you protect yourself? |
|--|---|--|---|---|
| Bacterial STIs—Curable with antibiotics | Chlamydia  | <ul style="list-style-type: none"> -Unprotected sex -Can be passed from mother to baby | <ul style="list-style-type: none"> -No Symptoms -Burning feeling while urinating -Unusual discharge from penis or vagina -Pain in abdomen -Can cause infertility and pelvic inflammatory disease | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam every <i>time</i> you have sex -Get tested! |
| | Gonorrhea  | <ul style="list-style-type: none"> -Unprotected sex -Can be passed from mother to baby | <ul style="list-style-type: none"> -No Symptoms -Strong need to urinate -Unusual discharge from penis or vagina -Pain in abdomen -Can cause infertility and pelvic inflammatory disease | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam every <i>time</i> you have sex -Get tested! |
| | Syphilis  | <ul style="list-style-type: none"> -Unprotected sex -Contact with infected sores | <ul style="list-style-type: none"> -Has a phase of no symptoms -Sores on penis or vagina or body rash -Can cause damage to nervous system, heart, brain, and death | <ul style="list-style-type: none"> -Don't have sex -Use a condom or dental dam every <i>time</i> you have sex -Get tested to see if syphilis is in latent (hidden) phase |

| | | | | |
|---|--|--|---|--|
| Other STIs—Curable with Medication | <p>Trichomoniasis</p>  | <p>-Unprotected sex</p> | <p>-No Symptoms</p> <p>-Burning or uncomfortable feeling while urinating or ejaculating</p> <p>-Unusual discharge from penis or vagina</p> <p>-Itching or redness of vagina</p> | <p>-Don't have sex</p> <p>-Use a condom or dental dam every <i>time</i> you have sex</p> <p>-Get tested!</p> |
| | <p>Pubic Lice (Crabs)</p>  | <p>-Skin-to-skin or close genital contact</p> <p>-Unprotected sex</p> <p>-Can be passed in sheets, towels, and clothes</p> | <p>-Itching around genitals</p> <p>-Sometimes lice or eggs can be seen</p> | <p>-Don't have sex</p> <p>-Use a condom or dental dam correctly and every <i>time</i> you have sex</p> <p>-Visit a doctor!</p> |

STI Scavenger Hunt

Directions: Use the information on the Sexually Transmitted Infections handout to solve the clues in the boxes. Answers will only be used one time.

Curable STIs → cured with medication from a health care provider

Word Bank:

Chlamydia

Trichomoniasis

Pubic Lice

Gonorrhea

Syphilis

Along with Chlamydia, I can lead to infertility- not being able to cause a pregnancy or become pregnant.

I look like a sea animal and can cause private parts to be very itchy.

My name is hard to pronounce.

I can cause painful urination and can also lead to infertility.

If not treated, I can cause harm to the heart, the brain, and may lead to death.

Treatable STIs → with medication and care from a health care provider

Word Bank:

HIV

HPV

Hepatitis B

Herpes

There are two types of me, and I can cause blisters.

I can cause cancer and warts on the private parts.

I can harm the liver.

I can be passed through only 6 bodily fluids, including blood and breast milk.

There are many ways to prevent STIs. Name 2 ways to reduce the risk of getting or passing an STI.

1.

2.

***The best way to reduce the chance of getting any of us is by**

***The most common symptom of any of the STIs is**

Sexual Transmitted Infections

Shedding Some Light on



1 Sexually Transmitted Infections



Some STI basics:



- STIs are passed **mostly** through **oral, anal, and vaginal** sex
- Two types: **Curable** and **Treatable**
- STIs can be **prevented**
- **1 in 4** sexually active teens contract an STI each year

Curable STIs

Chlamydia

- Very common bacterial STI
- Nearly 3 million new cases reported in the U.S. each year
- Left untreated, can cause scarring in the reproductive organs and infertility
- Can be detected with a urine test



Pubic Lice



Tiny insects that are sometimes called "crabs"

Trichomoniasis



The most common curable STI

**Most
common
are:**

Syphilis



Curable when treated in its early stages

Gonorrhea



Very common amongst 15-29 year-olds

Quick Facts about Curable STIs

- They can be **cured** by **antibiotics** or **insecticides**
- It's possible to get them **more than once**
- They can make you **more likely** to contract **HIV**

2

Curable STIs

Chlamydia

- Very common bacterial STI

- Nearly 3 million new cases reported in the U.S. each year

- Left untreated, can cause sores in the reproductive organs and infertility

- Can be detected with a urine test



Pubic Lice



Tiny insects that are sometimes called 'crabs'

**Most
common
are:**

Trichomoniasis



The most common curable STI

Syphilis



Curable when treated in its early stages

Gonorrhea



Very common amongst 15-29 year-olds

Chlamydia

- Very common **bacterial** STI
- Nearly **3 million** new cases reported in the U.S. each year
- Left untreated, can cause **scarring** in the reproductive organs and **infertility**
- Can be detected with a **urine test**



5
Not being able to get pregnant or get someone else pregnant



3

**Not being able to get pregnant or
get someone else pregnant**

Trichomoniasis



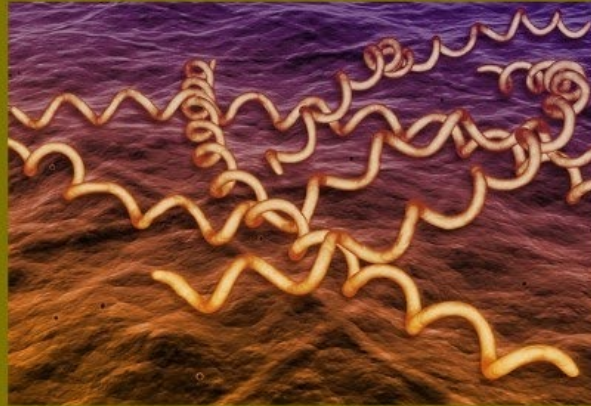
The most common
curable STI

Gonorrhoea



Very common amongst
15-29 year-olds

Syphilis



Curable when treated in its
early stages

Pubic Lice



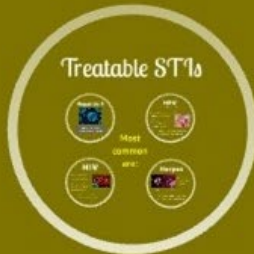
Tiny insects that are
sometimes called "crabs"

1 Sexually Transmitted Infections

Curable STIs

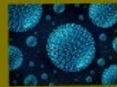


Treatable STIs



Treatable STIs

Hepatitis B



A virus that causes inflammation of the liver

HPV

Human Papilloma Virus

- The most common of all STIs
- Spread by skin-to-skin contact
- Can cause genital warts, cancer of the cervix, or other cancers
- There is a vaccine that protects against some strains of HPV



Most
common
are:

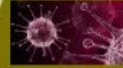
HIV

- Virus that attacks the immune system and makes it weak
- This makes it hard for a person's body to fight off illnesses



- Can be detected by a blood test or an oral swab

Herpes

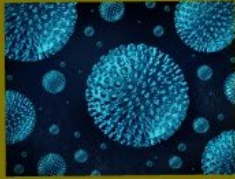


- Spread by skin-to-skin contact
- Can cause painful blisters
- Can be detected by a blood test or a visual exam from a doctor

Quick Facts about Treatable STIs

- These STIs are **treatable** but **not curable**
- They are all caused by **viruses**
- They can make you **more likely** to contract **HIV**

Hepatitis B



A virus that causes inflammation of the liver

HPV

Human Papilloma Virus

- The most common of all STIs
- Spread by skin-to-skin contact
- Can cause genital warts, cancer of the cervix, or other cancers

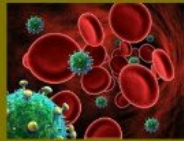


- There is a vaccine that protects against some strains of HPV

Most
common
are:

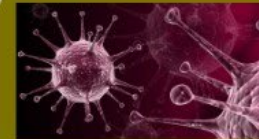
HIV

- Virus that attacks the immune system and makes it weak
- This makes it hard for a person's body to fight off illnesses



- Can be detected by a blood test or an oral swab

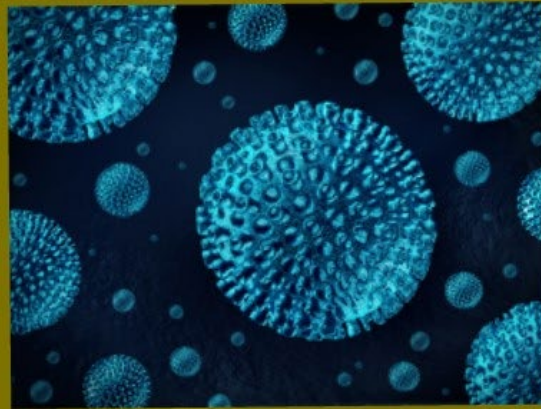
Herpes



- Spread by skin-to-skin contact

- Can cause painful blisters
- Can be detected by a blood test or a visual exam from a doctor

Hepatitis B

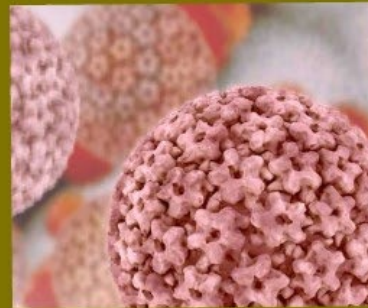


A virus that causes
inflammation of the liver

HPV

Human Papilloma Virus

- The **most common** of all STIs
- Spread by **skin-to-skin** contact
- Can cause **genital warts**,
cancer of the cervix,
or other **cancers**



Can be detected by an swab from a doctor

Can be detected with a pap test



Like anal, penile, and throat cancer

4

- There is a **vaccine** that protects against some strains of HPV

Can be detected by an exam from a doctor

Can cause **genital warts**,
cancer of the cervix,
or other **cancers**

Can be detected with a pap test

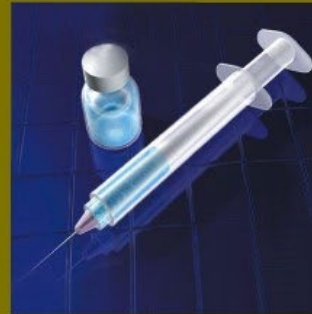
Like anal, penile, and throat cancer

4

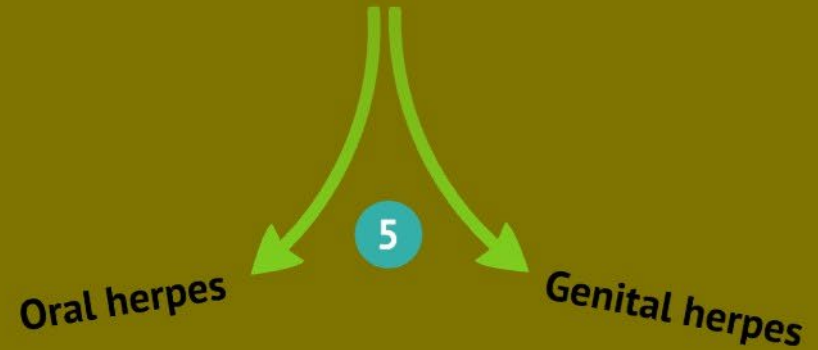


- There is a **vaccine** that protects against some strains of HPV

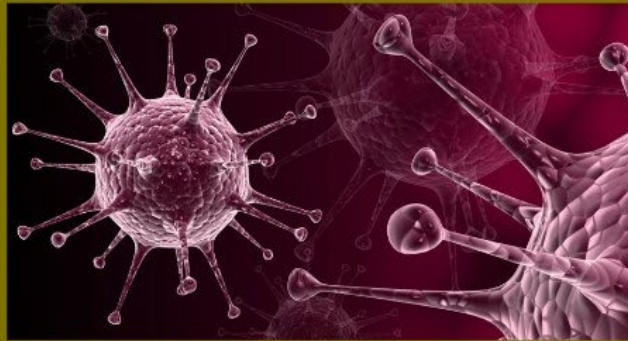
- Recommended for all genders, ages 9-45
- Do NOT need parent's permission



painful blisters



Herpes



- Spread by **skin-to-skin** contact

- Can cause **painful blisters**

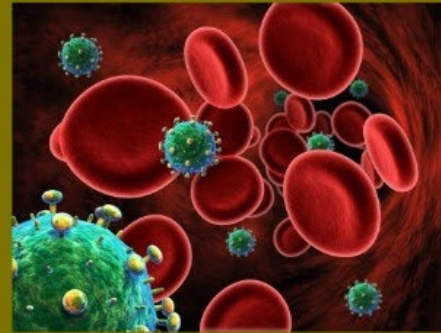


- Can be detected by a **blood test** or a **visual exam** from a doctor

HIV


- Virus that attacks the **immune system** and makes it **weak**
- This makes it hard for a person's body to **fight off illnesses**

6



- Can be detected by a **blood test** or an **oral swab**

HIV & AIDS are Different

- **HIV** = Human Immunodeficiency Virus
- **AIDS** = Acquired Immune Deficiency Syndrome
- When the immune system is **extremely weak from HIV**, the person has AIDS 
- **Antiretroviral therapy** can help treat HIV and prevent transmitting HIV to others

Only Six Bodily Fluids

8

Can Pass HIV:

- Blood
- Semen
- Vaginal Fluid
- Breast Milk
- Rectal Fluid
- Pre-ejaculatory fluid



Medications can lower the risk of contracting HIV:

PrEP

Pre-Exposure Prophylaxis

Pill taken by an HIV negative person **before** potential exposure to the virus

PEP

Post-Exposure Prophylaxis

Pill taken by an HIV negative person **after** exposure to the virus

Remember... 9

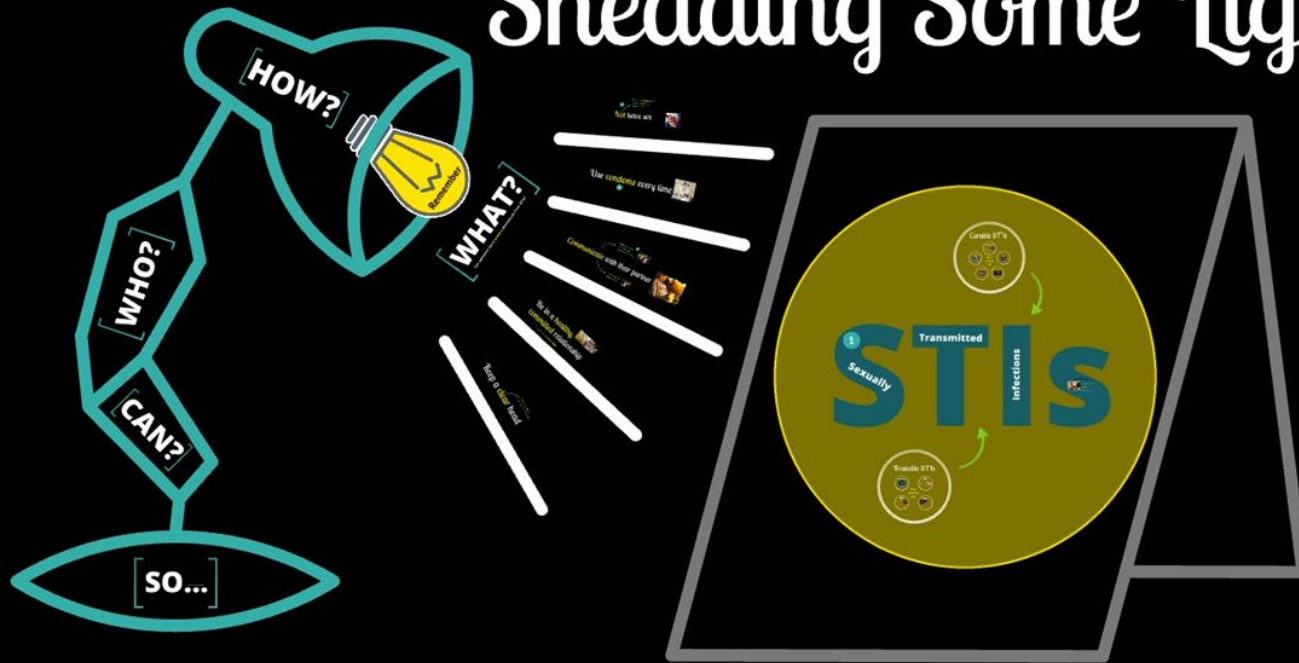
Treat people with HIV the way you want to be treated.

1. What activities have **no** risk of HIV infection?



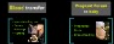
2. How can we **support** people living with HIV/AIDS?

Shedding Some Light on



HOW?

How did you get to this point?



How else can a person get an STI?

Blood transfer

- Injectable drug use
- Tattoos
- Piercings
- Fighting



Pregnant Person to baby

- Pregnancy
- Birth
- Breastfeeding



Blood transfer

- **Injectable drug use**
- **Tattoos**
- **Piercings**
- **Fighting**



Pregnant Person to baby

- **Pregnancy**
- **Birth**
- **Breastfeeding**



WHO?



Who can get an STI?

10

Anyone can get an STI

- All genders
- All races and ethnicities
- All sexual orientations



[CAN?]

Can you have an STI
and not know it?

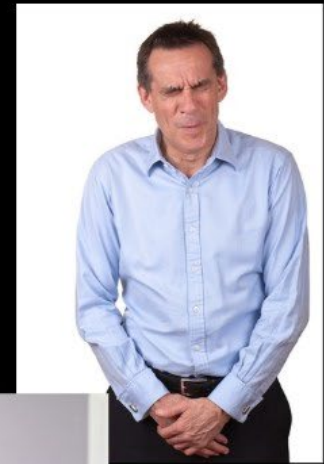
Yes.

11

**70% of people with STIs have NO
signs or symptoms.**

Sometimes people do have symptoms:

- **Itching**
- **Burning while peeing**
- **Bumps or blisters**
- **Unusual discharge**
- **Irregular bleeding**



SO



Get checked by a **doctor!** 12

Every year

Before every
new partner

If something
starts to look or
feel different

Get checked by a **doctor!**

12

Every **year**

Before every
new **partner**

If something
starts to look or
feel **different**

WHAT?

Can someone do to **protect** themselves from STIs?

13

This is the **best** way to prevent getting or passing STIs.

Not have sex



Use **condoms** every time

14



Communicate with their partner

15

Ask about their partner's past sexual experiences.



Get tested and share results.



15

Ask about their partner's past sexual experiences.



**Get tested and
share results.**




Be in a **healthy,**
committed relationship



Such as marriage

Keep a **clear** head

Choose to not mix
sex, drugs, and alcohol.






Remember

If you get an STI...

1 in 4 sexually active teens
gets one each year



- You are **not** a bad person
- Take **all** of your medication
- **Tell** your partner

**1 in 4 sexually active teens
gets one each year**

SO



Get checked by a **doctor!** 12

Every year

Before every
new partner

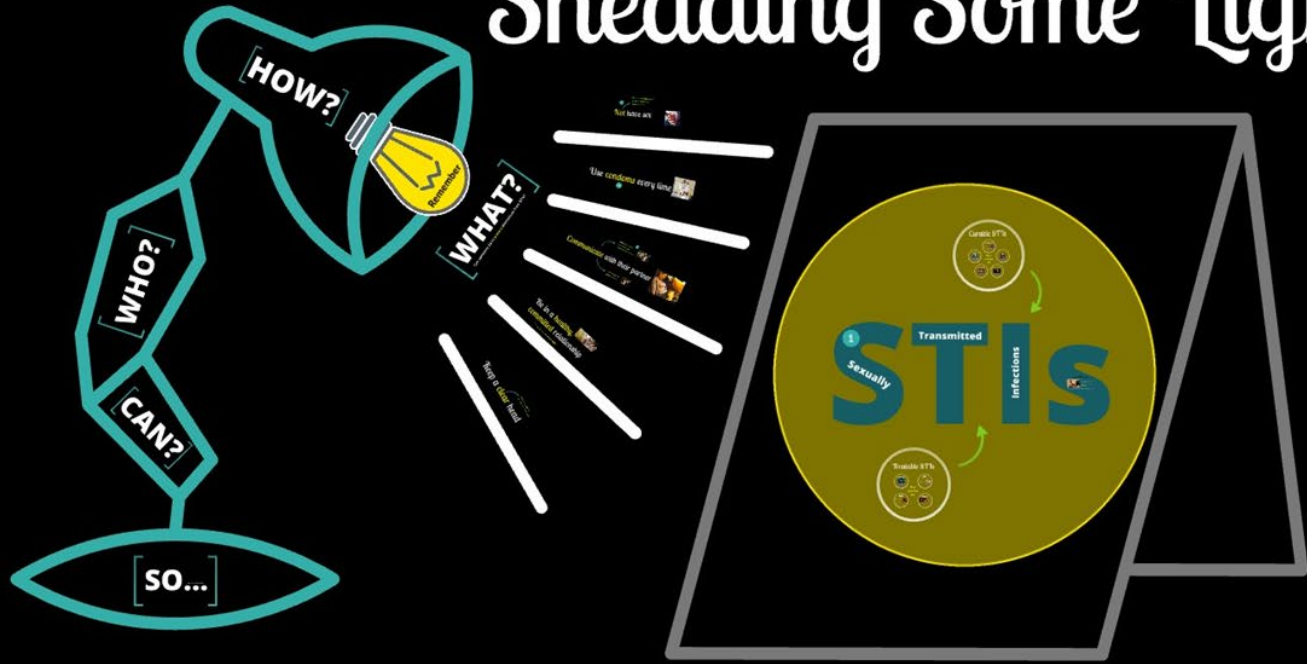
If something
starts to look or
feel different

Which **clinics** around here will give you a free STI test?

16



Shedding Some Light on



Sexually Transmitted Infections (STIs)

What is an STI?

Sexually
Transmitted
Infection



An infection passed mostly through oral, anal, or vaginal sex

Two types: **curable** and **treatable**

Curable vs. Treatable

Curable STIs

Caused by
bacteria

Cured with
medication

Treatable STIs

Caused by
viruses

Treated with
medication

Common Curable STIs

Common Curable STIs

Chlamydia

- Left untreated, can cause scar tissue and **infertility**
- Easily detected with a urine test and cured with **antibiotics**



Common Curable STIs

Gonorrhea

- Left untreated, can cause scar tissue and **infertility**
- Easily detected with a urine test and cured with **antibiotics**



Common Curable STIs

Syphilis

- Left untreated, can cause health issues that lead to death
- Can be detected early with a blood test and cured with **antibiotics**



Common Curable STIs

Trichomoniasis

- A parasite (protozoa)
- May cause pain, odor, or discharge from private parts
- Curable with medication



Common Curable STIs

Pubic Lice

- An insect (“crabs”)
- Causes extreme itching around private parts
- Easily curable with medicated body wash

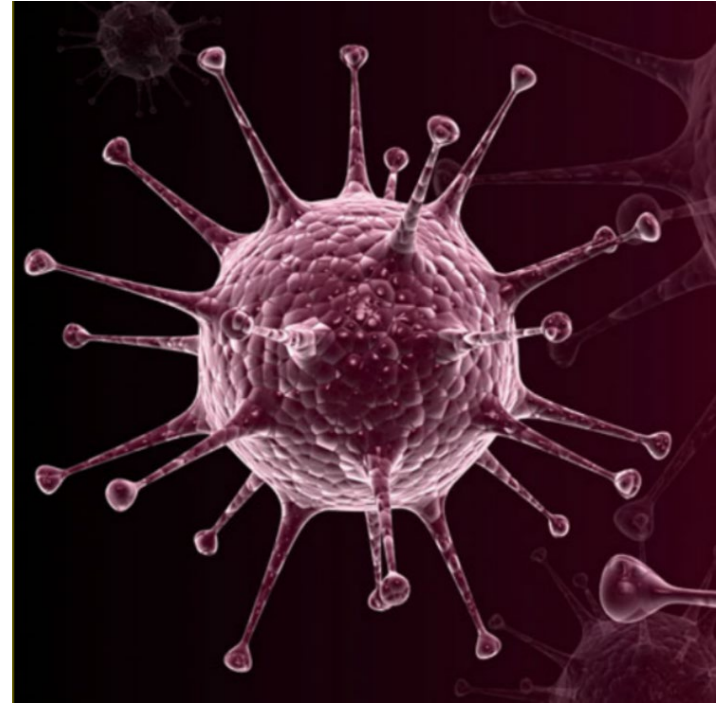


Common Treatable STIs

Common Treatable STIs

Herpes

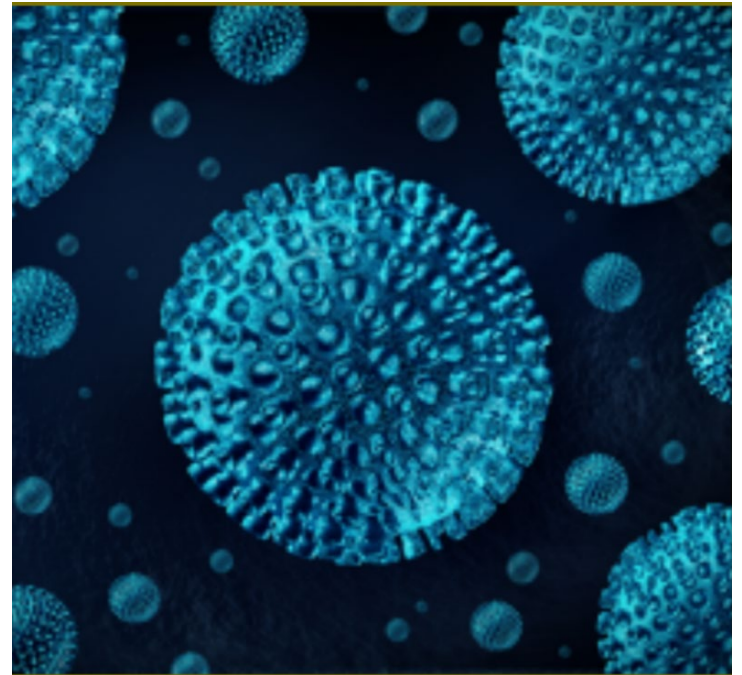
- Spread by skin-to-skin contact
- Causes painful blisters on mouth or private parts
- Detected with a blood test or visual exam and treated with medication



Common Treatable STIs

Hepatitis B

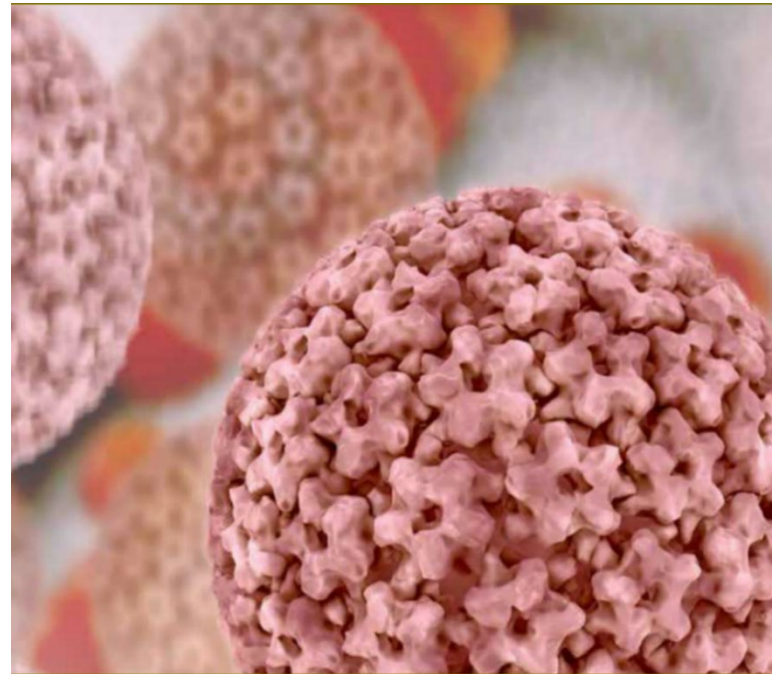
- Also spread by blood and childbirth
- Causes inflammation of the liver
- Vaccine can prevent this virus



Common Treatable STIs

HPV

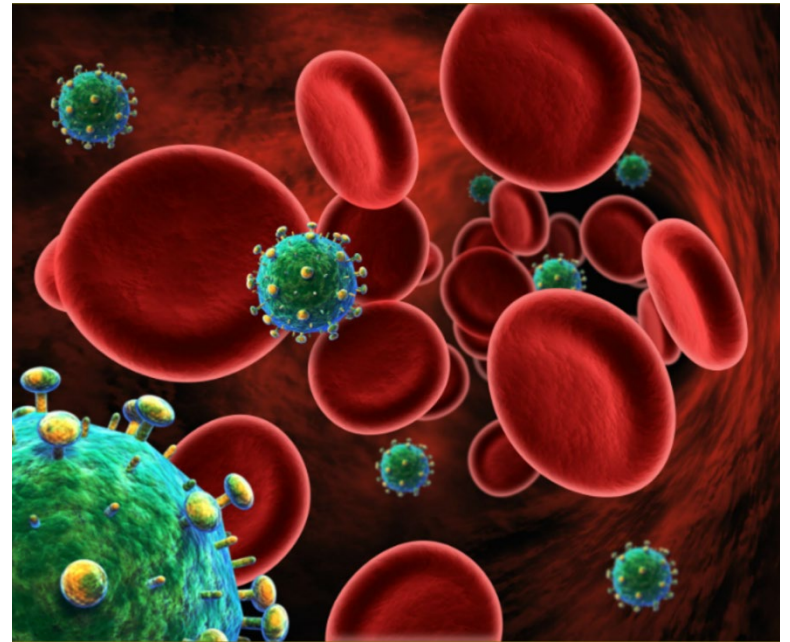
- Spread by skin-to-skin contact
- Can lead to warts or cancer
- Vaccine can prevent this virus



Common Treatable STIs

HIV

- Virus attacks the immune system and makes it weak
- Makes it hard for the body to fight off illnesses



HIV and AIDS are Different

Human
Immunodeficiency
Virus

Acquired
Immune
Deficiency
Syndrome

When the immune system is extremely weak from HIV, a person may be diagnosed with AIDS

Medications to Prevent HIV

If a person is HIV negative...

PrEP

(pre-exposure
prophylaxis)

A medication used by
people who are at a
higher risk of getting HIV

PEP

(post-exposure
prophylaxis)

A medication used by
people who were
recently exposed to HIV

Medications to Prevent HIV

If a person is HIV positive...

ART

(antiretroviral therapy)

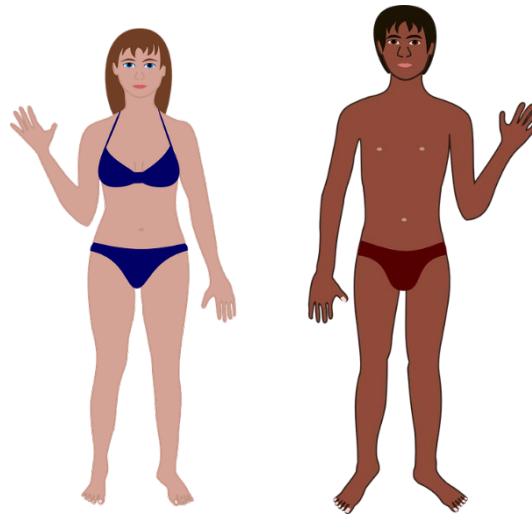
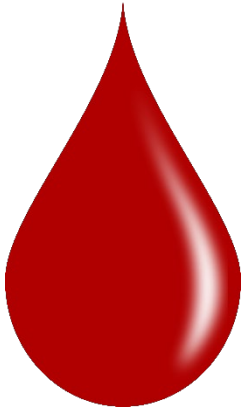
Medications used to treat HIV
and prevent transmitting the
virus to others



How is HIV passed?

Blood

(sharing needles with a person who has HIV)



Breast milk

(from a person with HIV to their baby)



Fluid from the penis
(semen and pre-ejaculatory fluid)

Fluid from the vagina

Fluid from the anus

How HIV is *NOT* Passed

Kissing

Hugging

Shaking hands

Sharing a drink

Sharing a bathroom



Mosquito bites

Donating blood

Sweat, urine,
or saliva

Being friends with
someone who is
living with HIV



How Can We Support Others?

If someone is living with HIV
or another STI...

- Do not make them feel bad
- Treat them with respect
- Do not be afraid to include them
(hang out, watch movies, play sports, etc.)

Who Can Get an STI?

Anyone!



Most Common Symptom

NO SYMPTOMS!



Possible Symptoms

- Pain or itching in private parts
- Burning feeling when peeing
- Something looks or feels different



Best Way to Avoid STIs

Don't have sex!



Use a Condom During Sex



Talk with Your Partner

Ask about past sexual experiences



Keep a Clear Head

Do not have sex if you or your partner have been using alcohol or drugs!



Get Tested for STIs



Once each year

Before every
new partner

If something
starts to look or
feel different



STI Testing

What clinics near us can we go to for free STI tests?



STI Poster Activity

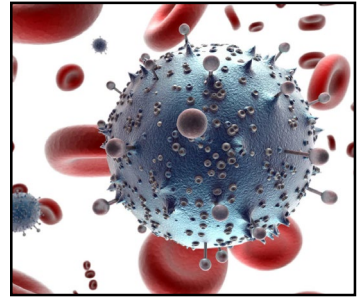
STI Toss Activity

HIV 101

HIV 101

Human Immunodeficiency Virus

A virus that attacks the cells in the immune system. The immune system usually keeps the body strong and fights off colds, the flu, etc. When someone has HIV, their immune system gets weak and it is harder to fight off illnesses.



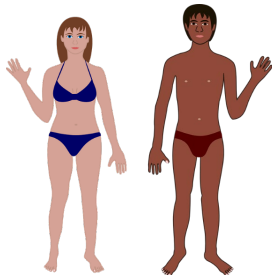
Acquired Immune Deficiency Syndrome

When someone with HIV starts to get sick and their immune system is very weak, a doctor may diagnose them with AIDS. Now we have many drugs to treat this disease and, with proper treatment, people with HIV can have a normal life expectancy. There is still no cure, but hopefully scientists will come up with a cure someday soon!

HIV is passed by...

Blood

(sharing needles with someone who has HIV)



Fluid from the anus
Fluid from the vagina
Fluid from the penis

(semen and pre-ejaculate)

Breastmilk

(from a mother with HIV to baby)



HIV is not passed by...

Hugging

Kissing

Shaking hands

Sharing a drink

Sharing a bathroom



Mosquitos or insects

Donating blood

Sweat, tears, or saliva

Being friends with someone who is living with HIV




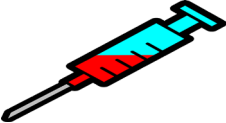

How does someone know if they have HIV?

They get tested by a medical provider!

To learn more about HIV, visit: www.kidshealth.org/en/kids/hiv.html

What Do I Know About HIV?

Directions: Read each sentence and circle either Yes or No.

| | | |
|---|--|--------|
| You can get HIV from kissing. |  | YES NO |
| You can get HIV from sharing a cup with someone with HIV. |  | YES NO |
| Mosquitos and bugs can pass HIV. |  | YES NO |
| A mother can pass HIV to her baby. |  | YES NO |
| You can get HIV from donating blood. |  | YES NO |
| You can get HIV from shaking hands. |  | YES NO |
| You can get HIV from hugging. |  | YES NO |
| You can get HIV from having sex with someone with HIV. |  | YES NO |
| You can get HIV from being friends with someone with HIV. |  | YES NO |